

# Professor promotes health in Kirksville

BY LACEY RAPER  
Staff Reporter

Health and Exercise Science professor Brian Snyder and his wife Carrie, a registered dietitian, are on a mission to promote the wellbeing of the Kirksville community and beyond. Their new business, Snyder Nutrition, is focused on informing the community about nutrition and helping others eat and live better.

The business addresses three main areas — consulting, individual counseling and contract work for health departments. With the combination of these three aspects, the Snyders said they hope to fill a gap they have seen in the health of the community.

"There is a high need for that kind of community wellness dietitian in Kirksville, so I felt like our expertise could really fulfill a need here," Carrie said.

The two formulate total health solutions for the clients who work with them, helping them ensure long-term solutions rather than quick fixes, Carrie said.

"We believe more in a whole health diet approach," Brian said. "It's not just dieting. It's not just what I need to fix my problem. It's how can I move towards a more healthful diet without feeling deprived of life opportunities or lifestyles that I enjoy."

Brian said people tend to want a

quick fix, but it will not fix the issue. It will just provide a short-term solution, he said.

The work won't be limited to the Kirksville community, Carrie said. They also offer help via phone or online, so people outside the Kirksville area can receive their services, she said.

"We also offer telehealth, which is providing counseling either via phone or Skype, so our clients there could be from the surrounding communities where they don't want to drive to Kirksville to do a face-to-face session, or even someone in Kansas or in North Carolina," Carrie said.

The Snyders said they are excited about the good the company will be able to do for people throughout the community.

Carrie said she looks forward to helping people live healthier, whether they want to prevent chronic disease or already is suffering from a disease and wants help.

Brian said he will focus on leading seminars and informing the public about health and nutrition, while Carrie said she will assist with the consulting and lifestyle changes.

"I like teaching people who want to know how the body works so they can tweak the dials to get optimum performance or better health, so I tend to work better with athletes," Brian said.

He said Carrie does better with the people who don't want to change and don't want to hear the information. Brian said he does better with those who want the latest information.

Brian said he especially is looking forward to the seminars because they promote the company and give back to the community.

"I like teaching people in the whole area of why food is important, why [they] should pay attention to what you eat, how can this actually benefit you," Brian said.

Brian said he has conducted some seminars as a professor at Truman, but he sees it as service to the community. Now, Brian said the seminars will be both service to the community and help for his business.

The Snyders strive to maintain a positive environment for their clients, Carrie said. According to their website, syndernutrition.com, they "focus on what you can do, not constantly telling you what you can't."

Starting Jan. 20, the Snyders will start their face-to-face consultations at Faith, Knowledge, Strength Fitness. The Snyders also are working to provide online health resources and possibly student health resources. Currently, they offer weight loss packages students can purchase at a discounted rate at fksfitness.com.



## A few of Professor Ball's favorite songs

"The Whale" from The Hitchhiker's Guide to the Galaxy Soundtrack  
"Smells Like Teen Spirit" covered by Paul Anka  
"It Must Be a Camel" by Frank Zappa

To hear these and more of Professor Ball's favorite musical artists and top songs, tune in today (12/5) from 5 – 6 pm to Ph.D. Playlists! Right here on campus on KTRM – listen live at 88.7 FM or online at <http://trn.truman.edu/ktrm/>.

## Undergraduate degree

BA in Linguistics from University of Rochester

## Graduate degree

Ph.D. in Linguistics from Stanford University

## Favorite musical genre

Contemporary Classical

## Favorite song

The Rite of Spring by Igor

# Palin book leaves critic feeling cheerless

Early in Sarah Palin's latest book, "Good Tidings and Great Joy: Preserving the Heart of Christmas," she promises her message is a joyful one. She must be talking about some other book.

"Good Tidings and Great Joy" is surprisingly difficult to summarize. Basically, Palin lists the ways secularists and liberals have taken over Christmas. In particular, she discusses the rhetorical change from "Merry Christmas" to "Happy Holidays" and the supposed double standard of accommodating other religions while not accommodating Christianity. She thinks America is in a state of moral decay and the state of the Christmas holiday exemplifies this decay.

But she moves in and out of her arguments, throwing a punch and then telling a story. It is a simple and dangerous technique. She mixes fact, opinion, narrative, religious logic, personal experience, rhetoric and recipes — such as "Merry Christmooose Chili" — together in a populist play. It's the same tone Palin has used throughout her political career. Every chapter of this book begins with a family picture and personal anecdote. The idea is



## CRITIQUE

of the week

★ ★ ☆ ☆ ☆ BY MATT SLUDER

"Good Tidings and Great Joy" by Sarah Palin

to make readers feel comfortable, to ease them into her more contentious arguments.

I find this intermingling of narrative and argument devious. She appeals primarily to readers' emotions, national pride, religious convictions and so-called "common sense." One of Palin's favorite moves is to tell a fictional story and then point out the elements of that story inspired by true events. Near the end, Palin serves as ghost of Christmas future, offering two visions of the Christmas holiday during 2028. In one, where the secular liberals have won, the Muslims have public foot-washing stations and the Christians are

ignored. In the other, all religions are accommodated equally, but people say "Merry Christmas" to each other.

I agree there should be no double standard. In my opinion, religious liberty means not stifling any belief. But it also means not favoring any religion's beliefs. On this point, Palin departs from fairness. She claims America is exceptional and a "Christian nation." Her attitude toward non-Christians seems to be one of condescension — thus, her vision of religious liberty could be summarized as "people have the right to believe the wrong thing." Though she admits Christians applied the nativity story to existing celebrations and named it "Christmas," she somehow concludes the Christian meaning of the holiday is the true reason for the season.

In linguistics, we talk of "semantic broadening," in which a word's meaning expands. For example, "thing" used to refer to a governmental body, but it became a general term for, well, any noun. It seems Palin is ignoring the broadening of the term "Christmas" to include the holiday celebrations of non-Christians. By doing so, Palin marginalizes the great number of Americans who celebrate Christmas without Christian elements. How joyful.

# Holiday events in Kirksville area

## Sounds of the season are coming to the Kirksville community

BY ANNA SELLE  
Staff Reporter

During finals season, holiday cheer still can be found at the numerous performances on and off campus.

From steel drum music to showcases of local talent to a Grammy-winning professional chorale group, there are many ways to take a break from studying and indulge with the sounds of the holiday season.

### 1) Steel Band Holiday Concert

The newly-founded Truman State Steel Band will play classic holiday music and traditional Trinidad tunes at their Holiday Concert 8 p.m. Friday, Dec. 6. The band of about 20 members uses steel drums,

which Mike Bump, music professor and band advisor, purchased while on sabbatical in Trinidad and Tobago, charter member and graduate student Emily Pierson said. Bump conducts and occasionally performs with the students, Pierson said.

Students can expect to hear holiday favorites, including "Sleigh Ride" and "O Come All Ye Faithful" arranged for the steel drum ensemble, as well as Trinidad songs like "My Band" and "This Feelin' Nice," Pierson said.

"You never leave a steel band concert feeling anything but very happy," Pierson said. "It's a getaway from all of your studying and the end of the semester stress."

The event is free and will take place at the Ophelia Parrish Performance Hall.

### 2) Finals Fever Reliever

This event is presented by Beta Omega Beta and the Aquadome in conjunction with a class project. Aquadome President junior Lauren Kellett and a group of students from

the class devised an advertising campaign for the event to benefit the Aquadome, Kirksville non-profit association.

"The goal of our campaign is to create an event to make the Aquadome seem more accessible to everyone on campus," Kellett said.

To do so, the group enlisted the help of several local musical groups, including The Busted String Band, Black Bear, Ambrose Way and Little Bow Beats, Kellett said. Along with musical entertainment, the event will feature comedy by the newly founded Truman comedy team, the Up-Chuckles, as well as an act by English professor James D'Agostino and communication professor James Cianciola that combines music and spoken word. The Bad Acids, Truman's printmaking club, will produce original artwork throughout the event.

"We want the event to be something that is for the whole community, and not just a certain niche group of people," Kellett said.

The Finals Fever Reliever will take place 7 p.m. Saturday, Dec. 7. Admission is \$5. The Aquadome is located at the southwest corner of Main and Harrison streets in downtown Kirksville.

### 3) Kohlenberg Lyceum Series Presents Kansas City Chorale

The last Kohlenberg Lyceum Series event of the semester is 7:30 p.m. Saturday, Dec. 7, featuring the Kansas City

Chorale. The event will take place in Baldwin Hall.

"Students can expect to hear a Grammy-award-winning musical group," said Winston Vanderhoof, Kohlenberg Lyceum Committee member.

The group performs a combination of traditional and new holiday music and has won multiple Grammy awards for their classical albums, Vanderhoof said. Among the vocalists in the group is a Truman alumnus and Kirksville native, he said.

Tickets for the event are available at the Student Activities Board box office and are free for students. Faculty and staff tickets are available at the information desk in the Student Union Building. General admission tickets are available for purchase for \$7 at the cashier window in McClain Hall.

Several other senior recitals and performances from musical groups at Truman will perform throughout the finals season. Information about these events can be found on the Truman master calendar at [truman.edu](http://truman.edu).

## Holiday Events:

Dec. 6 — Steel Band Holiday Concert

Dec. 7 — Finals Fever Reliever and

Kohlenberg Lyceum Series

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