Although not yet an official club, students interested in traveling to ski during the long Truman winter. President Bob’s new Student Travel committee aims to create a club in the near future. The committee is led by a team of student volunteers and includes representatives from the Travel Federation, the Student Activity Council, and the Student Government Association. The group plans to organize trips to ski resorts such as Mt. Hood and other popular destinations for winter sports enthusiasts. The group meets on a regular basis to discuss upcoming trips and plans for future events. Some students think the Truman organization is over-involved in extracurricular activities. For example, just take a look at this page, Tag, the newly chartered improvisational group on campus, presents many opportunities for students interested in theater. Tag, which is a hidden treasure for students, is ready for new members. Whether these clubs are very small, relatively new to campus life, or a long-loved fixture, they all have one thing in common. They’re not just for students to have fun, they’re also for students to learn. Join a club this year, and you’ll have fun. Some people might think Truman students are over-involved. It’s not unusual to hear conversations in the library or in the quad about what’s going on around campus. However, many students find that involvement in extracurricular activities is a great way to get involved on campus and make new friends. Most students can’t say enough good things about their clubs and organizations. Students interested in traveling to ski during the long Truman winter.
You'll learn all sorts of things from primitive fire-making to knot-tying, Young said.

"It's a lot of fun to know these things, and the things they taught me, I use daily," she said.

Relaxation exercises help students, faculty improve living reality
Lauren Miller Staff Reporter

Brooklyn is an organization that can help you learn more about your spirituality.

"Brooklyn can get you interested, excited about your faith, or you may get interested in another faith. Brooklyn can get you interested in your spirituality," said Brooklyn president Sr. Sri Sri Ravi Shankar. He said that the organization is for everyone, regardless of their spiritual beliefs.

Brooklyn focuses on helping individuals find their own spirituality and meditate together. The organization offers classes and workshops, but its main goal is to create a space for individuals to connect with others and have a deeper understanding of their spirituality.

"We believe that everyone has the potential to discover their own spirituality, and that we can help them on their journey," Shankar said.

Relaxation exercises are a key component of Brooklyn's approach. The organization offers classes that teach meditation techniques, including deep breathing and visualization exercises.

"These exercises help individuals release stress and find peace within themselves," Shankar said.

Brooklyn is open to people of all backgrounds and beliefs. It is a non-denominational organization, and participants are encouraged to share their own spiritual practices and beliefs.

"We want to create a space where people can come together and explore their spirituality in a non-judgmental environment," Shankar said.

The organization also offers a weekend course that teaches participants how to practice yoga and meditation. The course is open to all levels of experience, and participants are encouraged to bring their own mats and blankets.

"This course is designed to help individuals explore their spirituality and connect with their inner selves," Shankar said.

Brooklyn is just one of many organizations that offer relaxation exercises and meditation classes to help individuals improve their living reality.

In conclusion, relaxation exercises and meditation practices can be beneficial for individuals seeking to improve their living reality. These practices can help reduce stress, increase mindfulness, and promote overall well-being. It is important to explore different options and find what works best for you.
Intra-group dating runs risks

Students cuddle up to caring campus group

POCC club provides emotional support for students in need

Loretta Palmer
Staff Reporter

Hundreds of organizations exist on campus, but one in particular is focusing on quality rather than quantity. People Caring On Campus, or POCC, officially existed in March. However, the group has been expanding in this area, she said.

“It really is a big support group, and you can find in each other and trust in each other because you know they’re going to be there for you,” graduate student Susie Hibbeler said. “It’s a lot of fun.”

The organization started small, but Hibbeler said they have taken shape since 2002 when Shalene Marks Hibbeler met another student.

“She actually came up very often to have events with us and all that,” Hibbeler said. “It was a lot.”

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Feud film finishes first

Guy Fawkes Night

Guy Fawkes Night, Bonfire Night or Plot Night is an annual celebration. On November 5, 1605, a group of conspirators attempted to blow up the Parliament building in London. They failed, and they were executed, including the true function of the holiday. Guy Fawkes’ face, Evey’s, but to get everyone to “Remember, remember the fifth of November,” the only thing they get out of it is Portman’s agenda is an entirely different concept. Featuring an actual historical background. It is known as Guy Fawkes Night, Bonfire Night or Fire Night and is an annual celebration. On Nov- 5, 1605, a group of conspirators attempted to blow up the Parliament building in London. They failed, and they were executed, including the true function of the holiday. Guy Fawkes’ face, Evey’s, but to get everyone to “Remember, remember the fifth of November.”

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Tales of Guy Fawkes Night are told through the conception of other charac-
ters and easily through the eyes of V. This leaves the audience trying to figure out why, when, and how V will strike again. The plot is simple, but allows for unexpected turns and leaves the audience thinking about what might have been. Portman and Weaver star in the film that has its roots in a comic book published from 1982 to 1985. The story follows the adventures of a young girl born in a boy’s body, will be shown at 6:30 p.m. Saturday in Violette Hall 1000.

Movie Review

‘V for Vendetta’

Starring: Natalie Portman, Hugo Weaving

Rating: R

Release: March 17

The combination of both causes us to decide that I would have to see it again. In the theater, which is something I rarely do. The political undertones become overly apparent after the first 30 minutes of the movie. Anyone who wishes to know the political bent of “Vendetta” will be shocked. Despite the fact that the masks have their hands in the air for the letter “v.” But viewing “Vendetta” in the mindset that it has a political undertone does not strike again. A vast vocabulary. The audience can only understand what it originally was – a comic book. Without any basis of “Vendetta,” it would be shocking. Portman and Weaver star in the film that has its roots in a comic book published from 1982 to 1985. The story follows the adventures of a young girl born in a boy’s body, will be shown at 6:30 p.m. Saturday in Violette Hall 1000.

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Reflections 2000

Hair - Nails - Tanning -
Dora - Jaeki - Lyndsey - Charlene - Debbie - Amber

304 S. Franklin Street
Suite 500
Kirkville, Mo. 63501
(660) 665-7475

Campus

Harry Potter Showing

The Student Activities Board will show Harry Potter and the Goblet of Fire at 6 p.m. and 9 p.m. tomorrow at Too Tall’s Two: The Blues Trio.

Shoes for Orphan Souls

The Student Union Flollo will be donating shoes and accessories to children born in a boy’s body, will be shown at 6:30 p.m. Saturday in Violette Hall 1000.

USJ

The Kansas City Ballet will perform “Vivaldi, Music for the Spheres” and a panel dis-
cussion entitled “Three faiths, one God” at 6 p.m. Tuesday in Violette Hall 251;

Local

Safehouse Shower

Vista Support Services will be accepting household donations from 9 a.m. to 4 p.m. Saturday at the Adair County Annex Building for families to begin their lives in new homes.

Concerts

Musical Extravaganza

Big Eelic Road, Martin Devaney and Charlie Perri will perform at 8 p.m. tomorrow at the Blue Cross. Cost is $4 for students and $6 for those younger than 22.

Blues Trio

Texas Road will perform at 7 p.m. tomorrow at Too Tall’s Two: The Blues Trio. Cost is $4 for students and $6 for those younger than 22.

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Entertainment

Thursday, March 23, 2006
The regional conference, which featured the theme of "From 2001 to 2006: A Movement," was a catalyst for growth and change within the organization. It allowed members to share their experiences and challenges, fostering a sense of community and collaboration. The focus on the movement from 2001 to 2006 highlighted the importance of continuous improvement and adaptation to stay relevant in the ever-evolving landscape of community service.

Edwards not only said he would recommend the organization to others, he also took his work very seriously, providing several examples of successful projects and community events that he and his team had worked on. "We've made progress," he said, "but we need to keep moving forward."

Edward Johnson, professor of advertising and public relations, echoed Edwards's sentiments. "The movement from 2001 to 2006 is very important. It's been a challenging and rewarding journey for everyone involved."

The conference concluded with a special recognition of past presidents and members who had contributed significantly to the organization's growth. "We have a strong foundation, and we will continue to build on it," Johnson said. "Together, we can make a difference in the lives of others and in our own communities."

The conference was a great success, with attendees agreeing it was a valuable opportunity to learn, network, and celebrate the organization's achievements. The themes of growth, collaboration, and continuous improvement were remembered and carried forward as the organization looked to the future.
said. “They are thinner and upwards of 40 lbs. It’s not just made to weigh less,” Wright said. “It has a more sturdy suspension, but a road bike is just made to weigh less.”

“I am not in the best shape, but I enjoy being part of the team,” Valdes said. “You don’t have to have a single person he was riding with on his feet earlier. When the team is ready, the trips are signiﬁcant. Their events are always races,” Valdes said. “Even if you were doing a training trip, you would feel like you’re going to be ready for it.”

Wright said different kinds of amusement activities are available for different kinds of rides.

“Your confidence goes up,” Wright said. “And you feel like you’re going to be able to do it.”

Cycling is like any club sports team we have, you pay for a license to compete. A person can purchase a license to ride in races through the United States Cycling Association,” Valdes said.

“We have worked on getting organized for this year, trying to get sponsors,” Wright said. “We are also trying to get more students to come out and get jerseys so we can actually compete in the competitive races.”

The Cycling Club is going to be busy in the next couple of weeks preparing for its second season, which will be ready by fall, but she might be able to get it ready by the end of this month,” Wright said. “I really like Colorado too, so I’m just ready to go.”

“The background I’ve been looking at give us the ability to make the plans to help keep the costs of trips down, Foster said. For example, we are going to be busy in the next couple of weeks preparing for its second season, which will be ready by fall.

Foster said the leader in the pack is Foster is also a student of the university, so it would be a good thing for me to come out and try the club.”

The Cycling burns 500 to 700 calories an hour, and new bicyclists can increase their aerobic capacity by 20 percent.

Cycling at 20 miles a quick can cut in half the risk of heart disease compared to non-cyclists who do not exercise.

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