



Mark Hardy/Index

University Recycling Center Coordinator Howard Worcester operates the glass-grinding machine at the school's Recycling Center. The Center saw an increase in the amount of glass being recycled following Veolia Environmental Services' decision to no longer accept glass.

## Recycling Center crunches more glass

University's Center is the only local place accepting glass

BY SLAVINA STOYANOVA  
for the Index

The fledgling glass recycling program at the Recycling Center finally is coming into its own.

"Right now we get 1,800 to 2,000 pounds of glass per day," Recycling Center coordinator Howard Worcester said.

Although the amount of recycled glass continues to grow on a daily basis, when the program began in 2003, the center's employees had to work to advertise its existence, he said.

"When we first started [recycling glass], we were not getting very much because I think people were used to throwing it away," Worcester said.

The Kirksville Curbside Recycling Program, managed by Macon-based Veolia Environmental Services, stopped accepting glass, according to the City of Kirksville Web site. The Web site still advises residents to "dispose of glass with regular household trash," but also includes information about dropping off glass at the Truman Recycling Center in the Delaney-Baldwin Complex on the corner of Franklin and LaHarpe streets.

Worcester said the Curbside Recycling Program doesn't have the means to recycle glass, but for the last five years, the University has. After Veolia discontinued its program, the Recycling Center saw a noticeable increase in its glass items.

"People are really thankful that they don't have to throw it in the landfill," Worcester said.

He said that other than the University's center, the closest facility capable of recycling glass is in Columbia, Mo., — the city features curbside pickup for glass and other items.

Worcester said Kirksville residents appreciate having a closer glass recycling center and that about half of the people who recycle glass are students. But he said the Recycling Center would like to do more.

"For now the Recycling Center is doing what they can, but if there was more money, there would be a bigger building and more equipment and more full-time help," Worcester said.

Ralph Cupelli, assistant to the University provost, said he has been recycling for the past two decades.

"I recycle probably everything: steel, paper, plastic, glass and cans," said Cupelli, who uses both the Recycling Center and the Kirksville Curbside Recycling Program.

For all non-glass items, Cupelli said he takes advantage of the curbside pickup.

Cupelli said he thinks Kirksville stopped recycling glass because it could not afford to pay contractors to pick up and dispose of the glass items.

Even though it's a little longer than the trek to the curb in front of her house, senior Megan Gatley said it's convenient for her to recycle at Truman's Recycling Center because it has long operating hours (7 a.m. to 3 p.m. on weekdays) and a 24-hour drop box.

"I save everything, and once a week, I take it to the Truman Recycling Center," Gatley said. "... It is not a problem for me because it is only a block away from my house, and it is really easy."

She said she wasn't aware the city had discontinued glass pickup but that she prefers to

go to the center so she's sure her items are recycled.

"We have a dumpster, so I don't think it gets separated," Gatley said.

Freshman Kanghyun Kim said she finds recycling convenient as well.

"I live in West Campus Suites, and I recycle everything — bottles, glasses, newspapers and cans," Kim said.

She said recycling is easy because she lives on campus but that even if she were off campus she would make the effort.

Truman is participating in RecycleMania, an annual nationwide college recycling competition, which currently is in

its seventh week.

The University ranks third nationally in the per capita contest out of 147 schools. During the last seven weeks, Truman has averaged just more than one pound per University community member of cans and bottles, including glass, and more than five pounds of recycled goods per student overall.

The cans-and-bottles total is actually slightly lower than last year's average after seven weeks of the RecycleMania contest. But last year, Truman ranked ninth out of the 175 participants when the competition ended, six places below the University currently stands.

According to the RecycleMania Web site, "[Truman's] recycle center so we weigh and sell all material that is recycled. The only exception is our glass, which we grind and use in construction projects on campus. Glass is weighed as it is ground."

"When we first started [recycling glass], we were not getting very much because I think people were used to throwing it away."

Howard Worcester  
Recycling Center  
Coordinator

## Local retirement homes utilize Wii therapy

Interactive video gaming system shows benefits for adult care center patients

BY PATRICK FELLING  
Staff Reporter

Some local retirement homes have found a new way to conduct physical therapy with their patients: bowling leagues and baseball tournaments.

Twin Pines Adult Care Center purchased a new Nintendo Wii to use as an alternative form of physical therapy. Residents play virtual baseball games and take part in virtual bowling leagues with the Wii.

The new therapy has helped patients recover from health conditions such as heart surgery and pneumonia.

"About 10 to 15 residents use the Wii per week," Twin Pines employee Wendy Beckmann said. "It has been very successful."

Beckmann said any of the residents currently are able to use the Wii and that it soon will take on a greater role at Twin Pines.

"We are going to be incorporating the Wii into our regular activities program," Beckmann said.

Twin Pines isn't the only center using the Wii during physical therapy. Retirement communities across the nation

are beginning to invest in the gaming system to help their patients.

McLarney Manor, a nursing home and care facility in Brookfield, Mo., is saving money to buy the gaming system. Activities Director Tara Logan said she believes there are many benefits to using the Wii.

"The Wii helps with both mental and physical stimulation," Logan said. "It can be used during activities, for entertainment and to strengthen patients' upper extremities and minds."

In fact, Logan said she thinks the mental stimulation is as important as the physical stimulation.

"We have also looked into buying games that strengthen the mind," Logan said.

Having a Wii also has produced other unforeseen benefits.

"Our patients really love to bowl," Logan said. "Many suffer from depression, and [Wii bowling] helps increase social interaction and fight depression."

However, Logan said the Wii has a steep learning curve because many of the older residents have never used the Wii before.

"Most residents don't know how to use video games," Logan said. "They don't want to take the initiative to learn how to use them, either."

Logan also said she thinks the Wii isn't for everyone at McLarney Manor.

"There are some patients that will not benefit from the Wii because of other disabilities," Logan said. "Patients suffering from severe dementia will not be able to use [the gaming system]."

In addition to traditional physical rehabilitation methods, universities across the country, including Truman, have begun teaching methods, like the Wii, that are less mainstream. Assistant athletic trainer Adam Cline said Truman's health and exercise science faculty include several new ideas in class discussions.

"We teach a lot of varied tech-

niques and muscle energy techniques that would be considered alternative," Cline said.

Cline said he also thinks there is a social aspect involved in the use and success of the Wii.

"It is a way to get more people involved," Cline said.

Truman students interested in physical therapy also have shown support for the innovative methods. Senior pre-physical therapy and exercise science major Farren Wise said she thinks the Wii will be used more prevalently in the future.

"Technology is advancing every year," Wise said. "I could see the Wii or some other type of gaming system being used to improve fine motor skills. You could also incorporate balance and coordination training depending on the activity."

Wise said using the Wii during rehabilitation is beneficial because patients of all ages can use it.

"The population is very diverse in a physical therapy setting," said Wise. "There are older people who are still active but also young athletes returning from injury."

Wise said the Wii also is integral in helping improve patients' range of motion.

"A lot of people who are returning from injury really favor their other

side," Wise said. "Therefore, they won't be utilizing the area [needing the therapy]. Using the Wii forces patients to go through their complete range of motion."

Although she said there are many benefits, Wise cautioned against the overuse of the Wii in physical therapy.

"One downfall to the gaming system is an injury we call 'Wii elbow,'" Wise said. "There are definitely some precautions that need to be taken when incorporating Wii into a rehabilitation program. Teaching proper mechanics would be important to prevent further injury."

Overall, Wise said she sees the use of the Wii in physical therapy as a good thing.

"The Wii allows patients to continue to work on their rehabilitation from home," she said. "With the use of the Wii, more people would be likely to continue to use it and adapt it into their lifestyle."

Wise said she thinks the use of the Wii will help improve the quality of physical therapy in the future.

"The main goal of physical therapy is to return patients to their previous level of function," Wise said. "No one enjoys going to physical therapy and going through the exercises. If you can play a game and also be doing therapy, there's motivation. It's a good asset."

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