

Students take trays to Ryle

BY DANA BRUXVOORT
Staff Reporter

Sitting down to dinner with a tray full of food might not seem like a strange occurrence — unless you're in Ryle Hall.

Since Sodexo made Ryle's cafeteria trayless beginning this fall, some students are upset with the decision and expressed their discontent by taking trays from the Student Union Building to dinner.

The tray removal from Ryle was in response to efforts from the Environmental Campus Organization's campaign to encourage students to be more environmentally friendly by ditching the tray.

Sophomores Kaitlin Fisher and Julia Duran took trays from the SUB and brought them into Ryle's cafeteria. They said they used the trays for about five meals during a week's time before the trays were confiscated.

"We don't think it's fair that Ryle's the only one that's trayless and then C-Hall and MO [Hall] can have trays, because we eat in Ryle almost every day," Duran said.

Fisher said a worker in Ryle took their trays from them Friday and told them that because they had taken the trays from the SUB they couldn't use them in Ryle anymore.

She said she knows she could eat at another residence hall and use a tray, but she prefers Ryle's cafeteria.

"I don't want to have to go to MO Hall all the time or go to C-Hall all the time just because I want a tray," Duran said. "That's

why we took the trays, because we want to go to Ryle, and we want a tray."

Fisher said she and Duran didn't know what would happen when they brought the trays into Ryle. She said some of the workers thought it was humorous, and for nearly a week no one told them they couldn't take the trays in. She said other students wondered what they were doing.

"We got a lot of looks from people who were eating, because they're like, 'Where did they get the trays?'" Fisher said.

She said after they used the trays, they cleaned them before bringing them back into Ryle.

Fisher said she's not sure if she and Duran will try to take trays into Ryle in the future. She said if they could get more people to participate they might consider doing it again. For now, she said they will just eat in Ryle without trays.

Dennis Markeson, director of dining services, said that although some students are upset by Ryle being trayless, most students are adapting.

"Yes, there are some students who are unhappy with it, but I'd say the majority of students are going along with it, and it seems to be going good," Markeson said.

He said most of the complaints are likely from upperclassmen who are used to using trays. One of the reasons Sodexo chose to go trayless in Ryle was because of the large number of freshmen who live in Ryle and Dobson halls.

Freshman Brad Young said he would rather have the option of using a tray in Ryle. He said that as a football player who eats a lot, it would make meals more convenient.

"I eat a lot more, so I have to keep on going back on up to get more food," Young said. "It's just a hassle."

Freshman Mac Findeiss echoed this sentiment.

"It'd be easier with trays because then you could get drinks and everything with your plate," he said. "We like to eat a lot, so it'd make it easier."

"We felt that there was more freshmen in that area ... and there would be less resistance if you start with a freshman class than the upperclassmen," Markeson said.

He said trayless cafeterias create more mess, but Ryle workers are cleaning the tables often. They also were worried there would be more breakage of plates and glasses, but Markeson said there probably has been less breakage so far this year.

At the time of the interview,

"We got a lot of looks from people who were eating, because they're like, 'Where did they get the trays?'"

Kaitlin Fisher
Sophomore



Brian O'Shaunessy/Index

Ryle launched its trayless campaign at the beginning of the semester. Centennial and Missouri halls still have the option of trays.

Markeson was not aware that students had brought trays into Ryle. He said this should not be allowed for sanitary reasons.

"I don't want people bringing things in from the outside," he said. "You never know where it's been."

Markeson said that despite some student resistance, he doesn't foresee the situation in Ryle changing.

"I don't see any changes in the near future," he said. "But that will

be up to the University. We work with them and the students on trying to make things better for not only the students cost-wise, but for the environment."

He said if students don't want to eat without a tray, they should go to a different dining hall.

"I would say go to another hall and eat, or get used to it, because it's probably not going to change in Ryle Hall," Markeson said.

Magazine made by students for students

BY ELIZABETH KOCH
Staff Reporter

Students can read information about anything from diets to unhealthy sexual practices in Student Health 101 magazine.

Dan Wolman, publisher of Student Health 101 magazine, said the magazine is issued to more than 300 universities and colleges across the United States and Canada.

Truman is now one of the many schools across the country involved with the magazine after Wolman met Brian Krylowicz, director of University Counseling Services, at a conference. Krylowicz worked with Student Health 101 in the past, and Truman's first issue (2009 Orientation Edition) premiered in June.

Student Health 101 started in 2005 as a print magazine but made the switch to an interactive online publication in 2006 after requests from students, Wolman said.

"It's an interesting educational tool that students enjoy reading," he said.

Student Health 101 is a way to receive legitimate information in an anonymous way, he said.

Different health organizations on campus, such as University Counseling Services and the Recreation Center, publish their input in the magazine.

Compared to other schools' health issues, Truman is fairly average, but there is definitely room for improvement considering the high stress levels at Truman, Krylowicz said. Krylowicz works with Joe Hamilton, who is very involved with the technical features and has done a lot of work to get Student Health 101 where it is today.

"The company [Student Health 101] has put it together, but they allow us the ability to add on video features and add on information," Krylowicz said. "We can 'Trumanize' it in a lot of ways."

Students' needs determine the subject matter of the Truman specialty articles. The last issue emphasized the new Student Success Center's availability and information about Sexual Assault Awareness Week. Next month's issue will include information pertaining to suicide prevention and depression, he said.

Krylowicz said he would like people from any health-related organization to alert him of any ideas that would be beneficial to the magazine or promote it. The involvement of Truman faculty and students is one of the magazine's greatest promotions, he said.

"The best thing about the Student Health 101 is it's written for students by students," he said.

Some of the current students involved with the Student Health 101 magazine are enrolled in HLTH 195 or are working for scholarship hours, he said. Medical professionals oversee the student writers to ensure the articles are accurate and cover the major points, Krylowicz said. Statistics aren't available yet because only one mass issue has been sent to the entire campus, but readers seem to like it, he said.

Readers can access past issues of Student Health 101 online as well. Students have said they like the interactive aspects and user friendliness of the online magazine, Krylowicz said.

"I think it's really different hearing other students' voices," he said. "People tend to relate to people their age talking about issues of their age. I think I'm young and hip, [but] I'm not."

Seeing Truman students in the magazine attracts readers as well, showing it's not just a generic college health magazine, Krylowicz said.

The Student Health 101 company is very happy with what Truman has contributed to the magazine and how it's being promoted, Krylowicz said. Krylowicz sent an issue to all faculty members, and within three hours, he already had received notice that more than 60 faculty members would like to continue receiving

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Brian Krylowicz
Director of University
Counseling Services

Want to check out the magazine?

Visit the University Counseling Services' Web site, usc.truman.edu.

the magazine in the future.

Krylowicz brought the idea to Evonne Bird, health and fitness instructor, and she agreed the magazine would be beneficial to Truman. Bird is bringing the magazine into her HLTH 101 class to discuss it with her students. She also is in charge of the Well-Being Coalition, a group of faculty, staff and students who are working with Student Health 101 to address the health needs of Truman students.

Main topics covered in every issue include nutrition, exercise, psychological and emotional health, she said. All students can submit information to put in the magazine, but the submitted information will be filtered, Bird said. Two student group exercise instructors have recorded videos for the Truman Student Health 101 magazine, including the introductory video in the September issue and a secondary video on exercise classes offered at Truman.

Students with health in mind are being recruited to work on Student Health 101, along with the Student Public Health Association and other organizations on campus, Bird said.

"It's a great way to get some health information to the students," she said. "The students love the high tech [and to] get involved, be a part of it."

Sue Limestall, director of campus recreation, learned of Student Health 101 through Krylowicz and the Well-Being Coalition.

She said that in looking at past issues, the quality of information was impressive and the idea of information coming from students to students was an appropriate concept.

"It is full ... of valuable information," Limestall said. "Now if they [readers] only get one thing out of a particular issue, it's been worth their time to read it. Just give it a chance."

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Personal Statement Writing Workshop
with Donald Asher
by professor's nomination

How to Attend Graduate School for Free or Minimum Cost
with Donald Asher
Location: VH 1010 **Time:** 6:30 - 7:30 PM

WEDNESDAY SEPTEMBER 30TH

Personal Statement Writing Workshop
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