

Bend and stretch



Lindsey Borgna/Index

Graduate student Katie Martin, left, leads students in yoga poses Saturday morning as part of Yoga on the Quad, sponsored by the Student Recreation Center.

Shared stories raise awareness

BY ALEX CARLSON
Staff Reporter

About half of U.S. adults will develop a mental illness during their lifetime according to a 2011 report from the Centers for Disease Control and Prevention.

At Truman State, Joe Hamilton, Counseling Services assistant director, said depression is the most common health concern with which the University Counseling Services helps students, followed by stress and anxiety.

The Active Minds organization began its Mental Health Awareness Week on Monday with testimonials given by people who wanted to share their experiences of coping with mental illness or stories of others that they know who live with mental illness.

The program's purpose was to increase mental illness awareness on campus and in the community while breaking down the stigma of mental health conditions.

Active Minds president said senior Liz Reuther.

Reuther said she designed the testimonial night to have an informal and conversational tone, one where students could feel safe and comfortable sharing what otherwise would be a difficult subject to speak about.

"I really want it to just be a night that people can share whatever they want to share just to get through the healing process," Reuther said. "I also want to get people aware of mental illness."

Attendees of the testimonial presenta-

tions signed up upon entry, allowing them to stand in front of the crowd and tell their stories of how mental illness impacted their life or the lives of others they know.

Reuther had her own story to tell at the testimonial, having been affected by her own mental illness throughout her life. She wanted her stories to not only inform students but to act as ways to show those with mental illness that they're not alone, she said.

"In the past, I've spoken about my experiences with depression and I'm going to focus on my anxiety issues," Reuther said. "I want to share more about that and the coping mechanisms that I have used throughout my life."

Reuther said she uses relaxation exercises, meditation, and group and individual counseling.

Junior Amanda Schwent, Active Minds publicity chair, said she worked with Reuther to make the testimonial night an environment where students should feel comfortable speaking about such a sensitive subject.

"The entire organization is about opening the lines of communication between people," Schwent said. "It's

true that some people are afraid to talk about mental illness, but we want the testimonial to be a safe environment that people can talk in and have an open discussion."

Other events during Mental Health Awareness Week included the Tuesday night Freshmen Frustration sessions and today's "Life Gives You Lemons" lemonade stand.

The Active Minds website lists student activities nationwide and can be used to find other local Active Minds chapters.

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— Liz Reuther
Active Minds president

Students react to Walmart remodel

BY KATHLEEN BARBOSA

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Sophomore Lynnea Wooten walked into Walmart in early August to purchase an alarm clock, but after nearly 20 minutes of searching, she asked an associate for help. The associate led her through blocked off aisles and around construction equipment to the clocks that had been moved next to the picture frames.

Wooten had walked into the middle of the Walmart remodel. This project included changing the floor plan, replacing the floor tiles and installing a high efficiency freezer section. It began during the last week of June and finished Sept. 23. Its aim was to make the store more efficient.

Co-manager Mark Fotle said every tile was replaced and the floor plan was redesigned by Wal-Mart's store planning division.

"We've moved entire departments," Fotle said. "It makes a lot more sense and it integrates like items together."

The remodel also features an expanded electronic section, he said.

Kirkville's Walmart is the fifth store in the nation to have the new, environmentally friendly refrigeration system. Fotle said the system uses less energy while keeping produce frozen at a colder temperature, which will keep the products fresher longer. Project manager Mark Smyer said the store will save \$1,000 to \$2,000 off its monthly electric bill. The system cost about 30 percent more to install than the old system but he said the store expects to make up the cost over time.

Co-manager Charity Taylor said

the system does this by using digital temperature monitors on every other door in the freezer section. This system reduces chlorofluorocarbons emission by 20 percent, meaning it is easier on the environment. It also is more efficient at monitoring the temperature than the old system, which was a thermometer hanging in the freezer section, Fotle said.

The remodel might have caused inconvenience for shoppers, but Taylor said Wal-Mart company policy dictates stores should be updated every five years and some sections of the store had not been remodeled in 8 years. She said that because of the economy, Kirkville's location was one of the few stores in the nation that received a complete remodel, while most stores due for an update received a "facelift" or "touch ups."

To complete the remodel, the store hired 50 workers, but Fotle said nearly all the workers have been let go now that the project has been completed. A few workers who especially impressed management have been asked to stay, he said.

Fotle said staffers have had to relearn the layout to help customers. He said staff has been instructed to find items with people instead of pointing them in the right direction.

He said he has received more positive than negative remarks regarding the new floor plan.

Wooten, however, dislikes the new layout.

"I just don't understand why they need to change it, and especially why they had to do it at the beginning of the school year when you need to be able to find stuff the most," Wooten said.

She said she wishes all Wal-Mart stores would be the same so it would be easy to find items in any location.

Drive-Thru Influenza Immunization Clinic

Sponsored by the Adair County Health Department

Thursday, October 6, 2011

3 p.m. to 8 p.m.

NEMO Fairgrounds

Use South Entrance (Patterson St.)

No cost to participants