

Students aid rehab

Exercise science students benefit from hands-on personal training experience

BY EMILY BATTMER

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When people are released from the hospital after being treated for chronic illnesses, unhealthy habits can have serious consequences that sometimes land them right back in the emergency room, said Nancy Averill, director of therapy at Northeast Regional Medical Center.

This is why the Health and Fitness Center has teamed with Northeast Regional Medical Center and Truman State to create the Pathways to Healthier Living Program, which pairs interested clients with student trainers to help them kick bad habits, Averill said.

The two free months of access to the Health and Fitness Center at Northeast Regional Medical Center always have been available to discharged patients, but few people were aware of this service because the informational brochure was lost amongst other discharge packet flyers, Averill said. To increase awareness and participation in the program, Averill served as chairman of a committee to brainstorm ideas, and the Pathways to Healthier Living Program was started during last semester, she said.

The program was important for chronically ill patients, but Averill said everyone in the community can benefit from increased physical activity and healthy lifestyle changes, so they decided to expand the program and offer two free months of service to any interested community member.

"Whether it's exercise or even just the socialization of coming out here and being with other people, I just think that's a really healthy lifestyle for folks," she said. "Especially if they have chronic illness, exercise makes people healthier and they don't have the complications they might have otherwise."

Jennifer Hurst, exercise science associate professor, said the program also is a valuable experience for students. Students from her health and wellness psychology class will be working with the program this semester, beginning this week.

"It's important for our students because the vast majority of people they work with are going to be general population people — not just athletes," Hurst said. "The greatest need is within the general population, and students need to know what it's like to work with someone who has different priorities and isn't super motivated to ... perform like an athlete might be."

Students will meet with their clients two or three times each week, Hurst said. They will do an assessment of the client and design a program together to help them work toward healthy living goals.

The goal is to build independence for the client, so Hurst said the support and time commitment from students will be most important initially and will decrease as time continues.

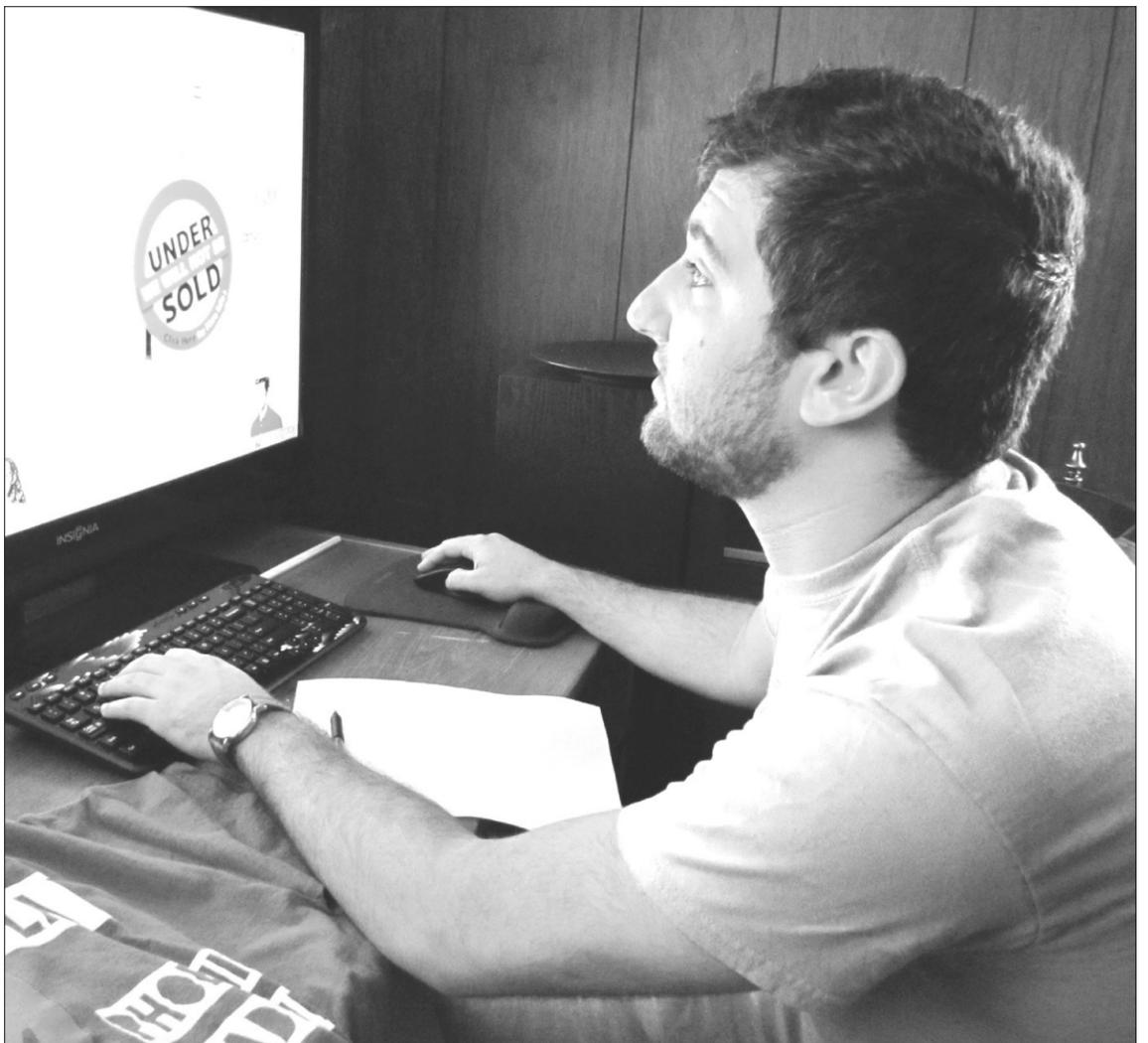
"They come up with the program and instruct the individual in terms of what they need to do, and then they do it with them, providing social support," she said.

Senior James Crone participated in the program last semester as a student trainer. Crone said the program offers opportunities for the community and for Truman students. People from the community who don't have the financial means to improve their health have access to a form of exercise, he said, and the program also provides a social outlet for them.

Additionally, the program is helpful for exercise science students interested in a future training career, Crone said. While learning from books is important, Crone said getting hands-on experience and interacting with real clients is an irreplaceable experience.

He said it sometimes is easy to forget that people aren't as young and healthy as he is, and the realization that it is a triumph for some people to get out of bed and pick something up has given him a new perspective.

"It really is an eye opening experience to see where some people are [physically] and very rewarding to see them improve in a functional way," he said.



Sam Gorden/Index

Senior Patrick MacMurphy sketches a T-shirt design Tuesday at his Kirksville office for his T-shirt company. MacMurphy designs shirts with the help of his five employees and makes frequent trips to Kansas City to work.

Design, print, repeat

Student operates, designs, and prints T-shirts for his own business in Kansas City

BY JOHN BROOKS

Staff Reporter

Squid Screenprinting designs and prints its own T-shirts from a basement in Kansas City, Mo.

Truman State senior Patrick MacMurphy needed money, so he started a T-shirt printing and graphic design shop in Kansas City with business partner and friend Riley Byrne to earn money and meet the demand for quality products made by trustworthy people.

MacMurphy initially became interested in making and selling T-shirts for the monetary aspect, as well as the low risk involved with the investment, he said. After talking to some friends and doing research, he said he found they would be able to invest in the necessary printing and design equipment with little risk. During the end of last summer, MacMurphy and Byrne, a senior at Missouri State, split the cost of the equipment, and their business has been growing ever since, MacMurphy said.

"I worked for a swim team in the summer, and they always need T-shirts," Byrne said. "The guy we usually went to wasn't doing a great job, and so we went half-and-half and set up in my basement. We got to make the first shirts, any paraphernalia for them, and now whenever they need a shirt they come to us right away."

During the winter, their business received more orders from people who had heard about their work through word of mouth, and the two of them made enough money to pay off the cost of equipment, Byrne said.

He said they've made T-shirts for swim teams, and expanded their business to provide apparel for baseball teams and 5K runs throughout the Kansas City area.

Their business also had an exciting breakthrough at the end of this past



Sam Gorden/Index

Senior Patrick MacMurphy folds T-shirts he ordered from an overstock website Tuesday morning at his Kirksville office. MacMurphy and his employees recently created the company's largest order, an "I play 4 Haiti stadium" shirt, which was created for the organization 4POINT4 to raise funds for a soccer stadium in Haiti.

summer, he said.

Byrne said they recently did a startup order for an organization from New York called 4POINT4, which raises money to benefit Haiti through projects like constructing a soccer stadium in Haiti. The company liked the shirts and ordered about 150 of them, Byrne said.

"They say they're going to give [the shirts] to famous people like Hugh Hefner and ask them to wear them to draw attention to the cause," he said. "So we'll see where that goes."

Currently, MacMurphy and Byrne are looking to purchase a permanent location from which to operate and also are working to build a website, Byrne said. Business has been good enough for them lately that they purchased an additional \$10,000 in equipment at the end of this past summer, he said.

Byrne said his goal is to provide apparel for an entire high school, so whenever one of the sports teams needs something printed, their business would be able to provide it.

One of their goals is to work with larger clients, particularly some of the high schools in Kansas City, he said. One of the larger screen printing businesses in the city burnt down during the beginning of the summer and wasn't rebuilt, so they are also looking to provide services for previous customers of that business, Byrne said.

"It's decent money and good profit margins, and if there's a screw-up I just take it and wear it," MacMurphy said. "In some ways, it surprised me how easy it is. The set-up can be a pain, and you have to be good with the computer programs, but it's surprisingly easy."

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