

## WHAT CAN BE RECYCLED?

The five materials being recycled on MSU's campus are: white paper, mixed paper, newspaper, cardboard and plastics.

Tin, steel and aluminum cans, as well as glass (brown and clear) and #1 (pop bottles) and #2 (milk jugs) plastics can be recycled on and off campus.

## Where can you recycle?

Students living in houses or duplexes in East Lansing have the option of using the city's automated waste collection program. On collection day, place your recyclables in the blue container provided by your rental company on the curb next to your trash.

For students in apartments, or without access to the trash collection program, several recycling centers are available:

**L&L Food Centers**, 6075 Hagadorn Road and 1671 Haslett Road

**Meljer**, 1350 W. Lake Lansing Road and 2055 Grand River Ave

**7-Eleven**, 740 W. Lake Lansing Road, 918 Grand River Ave. and 311 Grove St

**Kroger**, 3176 Mall Court, in Frandor Shopping Center and 1550 W. Lake Lansing Road

**Westlund's Apple Market**, 2301 Grand River Ave

**Quality Dairy stores**, 1109 Grand River Ave. and 808 Michigan Ave

**Goodrich's Shop-Rite**, 940 Trowbridge Road

**CVS Pharmacy**, 240 M.A.C. Ave

**On-campus students** can place their recyclables in residence hall containers.

SOURCE: CITY OF EAST LANSING AND MSU OFFICE OF RECYCLING AND WASTE MANAGEMENT

# Reclaim your rubbish



PHOTOS BY JEANNA-DEE ALLEN/THE STATE NEWS

Lauren Olson, an Office of Campus Sustainability employee, makes functional, recycled art. At left, there is a lamp made from X-rays; a bracelet, middle, from discarded printer pieces; and a painting created on a National Geographic Magazine insert. Below, Olson created an agenda portfolio out of scrap fabric.

By Marilyn King

THE STATE NEWS

Ellen Bornhorst thinks about the four R's whenever she can — reduce, reuse, recycle and, a recent addition to the list, rethink. "When I go out, I stop and think, 'Do I really need to buy this?'" said Bornhorst, a bio-systems engineering junior and co-president of campus environmental group Eco. Students such as Bornhorst are looking for ways to reuse materials to make them good as new in an effort to reduce waste. Little ways to help out can add up, Bornhorst said.

## Ways to reuse

Exchanging items with friends is one way to help reduce consumption, said Laurie Thorp, director of Residential Initiative on the Study of the Environment, or RISE.

"Have a swap night where you bring stuff and exchange it," Thorp said. "Think of creative ways to not buy something new all the time."

Thorp also recommends avoiding shopping as a pastime.

"Do things that aren't con-

sumption-oriented," she said. "When we stop buying these things we really don't miss them."

Buy Nothing Day, an unofficial holiday that originated in Canada about 15 years ago, is an alternative to Black Friday, the day after Thanksgiving when people get up as early as 5 a.m. to shop.

The alternative holiday heightens awareness

See RETHINK on page 4B



## HOW TO: Create an eco-friendly office

Putting together a working space doesn't have to mean a trip to IKEA.



There are plenty of resources locally, and in your own closet, that can be recycled into items for a chic, environmentally friendly office; half the fun is finding the right ones to use.

**1. Lay down a carpet** made of materials such as pop bottles and industrial plastics that can be recycled again. Stores such as Interface Fabrics Group in Grand Rapids sell reusable carpet.

**2. Get a "Think Chair,"** a chair that can be disassembled in less than 15 minutes by hand and has components that can be recycled.

**3. Instead of spending** hundreds of dollars at a furniture store, check out the MSU Surplus Store for desks, shelves and other storage units.

**4. Buy a refurbished** computer. Companies such as Dell use old components to make a used computer as good as new.

**5. Create portfolios and folders** with old cloth and Velcro instead of wasting material by buying new ones.

SOURCE: THE OFFICE OF CAMPUS SUSTAINABILITY  
ILLUSTRATION BY CHELSEA HOGORISK



To see a video of Olson showing off things she made or refurbished in her eco-friendly office, visit [statenews.com/multimedia](http://statenews.com/multimedia).

## HEALTH

# Spray tans reduce cancer risk, offer safe alternative to tanning beds

By Stephanie Goldberg

THE STATE NEWS

Heather Woelkers spends about 20 minutes of every week on her back.

During that time, the psychology and criminal justice junior attempts to forget about the stresses of her daily life in a tanning bed.

But for Woelkers, tanning isn't just about altering her pigment.

"Sometimes, when it's really cold out, I like to get warmed up," she said. "I'm not one to tan just because I want to be darker."

"I have olive skin, so I'm naturally dark all year round. I like it though because it clears my face up. When you tan, it takes away your pimples."

In addition to Woelkers' weekly date with the UVA rays that radiate from tanning bed bulbs, she also partakes in a ritual that Marcy

Street, a board-certified dermatologist, said is a healthier way to obtain a summer glow during the winter months.

"(Spray tan) is better because it stays on you for two to three weeks and it makes you feel naturally tan," Woelkers said.

Although spray tanning is just an alternative for Woelkers, for Katie Edwards, a telecommunication, information studies and media senior and manager at Bronze Bay Tanning, 100 E. Grand River Ave., it's the only option.

"I don't actually tan in the beds (at Bronze Bay Tanning)," Edwards said. "My parents told me a long time ago when I started working here, 'We want you to be cautious about your skin and don't tan all the time.' Then we started doing more and more spray tans so I decided to do that instead and I like the results."

Edwards said spray tanning is becoming more popular at

"People always think, 'It can't happen to me. I'm too young to even think about it.' We're not saying be a hermit, just be sensible. Like, don't go outside at noon with baby oil on."

Marcy Street, board-certified dermatologist

Bronze Bay Tanning every year.

"People are becoming more concerned with skin cancer and getting wrinkles and I've heard it's easier and more convenient for people to come in once every two weeks to get it done," she said.

Right now, spray tans or tans in a bottle are the best way to obtain a healthy glow short of risking skin cancer, Street said. Exfoliating beforehand and taking off the dead cell layers allows tanning lotions go on more evenly and absorb into the skin better.

Despite the plethora of effective over-the-counter alternatives to cancer-causing tanning

beds and extended sun exposure, many people still choose to play the skin cancer version of Russian roulette, Street said.

"The close contact with a tanning light, the UVA rays can actually be damaging long-term," Street said. "I know that's not something you think about when you're 18 and 20 and even into your 30s, but I'm seeing patients now, who are 40, 50 and beyond that had a long history of tanning that are now getting skin cancers."

Street said while avoiding the outdoors altogether is a sure way to protect your skin from harmful UVA and UVB rays emitted by the sun,

there are other effective methods such as protective clothing, sunscreen and sunblock.

People at higher risks for skin cancer shouldn't settle for anything less than SPF 30 sunblock, Street said.

"If someone is very light skin with green eyes and has a strong family history of skin cancer, that's someone who needs to accept their fair skin and not buy into the aesthetic that brown skin is beautiful," she said. "They're at too high of a risk."

The aesthetic addiction that tanning creates makes it difficult to convince consumers that no matter what, they are at risk of developing skin cancer later in life, Street said.

"People always think, 'It can't happen to me. I'm too young to even think about it,'" Street said. "We're not saying be a hermit, just be sensible. Like, don't go outside at noon with baby oil on."

## Skin cancer

### Where do people get skin cancer?

The face is the most common place for skin cancer. However, about 20 percent of cases develop on body parts that are rarely exposed to the sun such as the chest, back, arms, legs and scalp. These hard-to-reach places are the reason regular body checks are necessary.

### What does skin cancer look like?

If a mole is asymmetrical, has irregular borders, color variation or a diameter greater than the size of a pencil eraser, a trip to the dermatologist is in order — just to be safe.

SOURCE: DR. MARCY STREET, MEDICINE NET AND SKIN CANCER NET