

# Star Success

by Rob Prindle  
Feature Editor

Star light, star bright. First star I see tonight. I wish I may.... I'm sure that you know the rest. I was just pondering the shallowness of that thought. Who needs to wish upon a star for anything when you could just call Maryanne?

Maryanne Hoffman is a self-proclaimed Psychic, an astrologer of national fame and an artist. She is also a prosperous business woman and the author of two books, one of which makes the whole idea of wishing on a star obsolete.



Maryanne E. Hoffman

The book is called Personal Dream Diary: Revolutionary Techniques For Recording, Enhancing and Creating Your Own Dream.. A massive title by any non-Russian standard, but who cares how long the title is if you can read this book and create your own dreams.

If Ms. Hoffman were just a psychic or just an artist, I would be less likely to give up that star-wishing thing. She is, however, much more than just your average Psychic. Maryanne holds a bachelor of fine arts degree from Ohio State University, has done graduate work for Ohio State in the areas of art therapy and art education, and has studied medical technology at Youngstown State University. She has also taught at various public schools and art centers including the Cleveland Museum of Art.

If all of the proceeding credentials weren't enough to impress you, just listen to this one: Maryanne knows the original loud-mouth himself: Morton Downey Jr. No kidding. I saw a picture of the two of them together and as far as I could tell, Mort wasn't yelling at her, so they must be friends.

I mentioned earlier that Hoffman was a successful business woman. What kind of business does today's psychic/artist/astrologer start? Why astrological greeting cards, of course. She started a company called Mystical Messages, and for about \$1.50 you can purchase a card with any astrological sign. They display both her interpretive artwork on the outside and her Astrological advice to a particular sun sign.

If you want to go beyond just your birth sign you might try one of the company's spectrum cards. They come in eight different colors, depicting variations of the color, and what that color means to your daily life.

I've never been into horoscopes or "my sign" in the slightest, ever since I found out that most women stuck their fingers down their throats to induce vomiting whenever men used that line on them. Being a journalist, though, I had to be open-minded. I picked up the card that read SAGITARIUS. The outside of the greeting card was a brilliant print of a watercolor. Maryanne said that she does all of her artwork with a special top-secret watercolor paint of her own invention. To get the right picture for the right sign she meditates several hours before she actually paints.

My Sagitarius painting was of a Christ figure standing in a forest. Gazing up at the figure were assorted unicorns and, of course Sagitarius, the half man/half horse mythological creature. The card was a real treat for the eye. Most of the picture was self explanatory, but I do wonder about the arrow-thru-the-heart tattoo that the creature was sporting on its left arm.

The inside of the card was also interesting. It said that I was optimistic, freedom loving, broad minded and prophetic. Damn right I am! It also said that I seek novelty through a variety of experiences. My favorable day, I was told is Thursday, and my fortunate numbers are 4, 5, and 9.

She really had me there. I have had many-a-good Thursdays and I once won over almost \$9 when I bet a quarter on the number 13 (4 plus 9) at a roulette table. I remember that I prophesied that 13 had to come in sooner or later, I had already lost several dollars betting on it. These were pretty good sagitarian generalizations, but I wanted something specific.

I asked her to tell me something about just myself. She said that through astronomy she couldn't do it because astronomy had to do with mathematical formulas and electromagnetic mingling of power between Earth and the moon as well as the rest of the planets. She also needed the exact moment of my birth and the exact place I was born.

Hoffman said that even if she could make a chart for me, it could not tell me anything exact. "The chart doesn't really command you," she said, "It's not in control of you." She explained that it is just to be used as a guide. The logic goes that if you know that tomorrow is going to be a dangerous day for you, don't go sky diving. Good, solid advice, I'd say.

She couldn't tell me anything astrologically, but she did say that her psychic powers were picking up on me. She said that she could

very normal to be that way."

Originally from the Cleveland area, Maryanne has recently had some of her predictions about her home town come true. Some years ago she had the feeling that good things would be happening for the city by the lake. She made an Astro-Chart painting for the city. It took six months to complete and was a collage of the parts of the city's skyline and mythical symbols. What did it predict for Cleveland? Mrs. Hoffman said it indicates that "In the latter part of this decade Cleveland will experience a rise in popularity throughout the United States." She said that his was due to the planet Neptune influencing mid-heaven.

That was a bold statement to make about a city that is commonly called "the mistake on the lake." She made the prediction anyway and look what has happened in that city. It will soon be the home of the Rock and Roll Hall of Fame. The suburbs cannot grow fast enough to keep up with the rising professional population, and if you haven't been there in a few years you would not believe the cultural and esthetical revitalization that has taken place. People are really talking seriously about the city again.

Maryanne didn't stop with Cleveland. She has just returned from the west coast where the city of Los Angeles had commissioned her to do an astrological chart for them. "They're all into astrology out there," she commented.

Is there any fame and fortune to be had by being an astrological artist and psychic? Yes. According to the latest career ratings, astrologist comes 9th. I suspect that if you add all the other aspects of this talented woman you have a person who has created a totally different career, which if rated would surely come in closer to the top. How close to the top I do not know but her greeting card business in 1985 alone had sales of over \$350,000.

In addition to her business, Maryanne also makes numerous personal appearances, holds workshops (her latest at the Perceptions



Maryanne's work : Indigo Spectrum card.

tell I loved to travel, in fact I was infatuated with it. Call it a generalization that would apply to many people if you wish, but I have been all over the country. Traveling is my favorite thing to do. Generalization or not, it was a pretty intense thing to hear from a person you have just met.

I asked Ms. Hoffman how I could get some of this psychic power. Her answer surprised me. She said that everyone had some psychic ability and all we needed to do was exercise it and develop it. "Everybody, at some point in their life gets in touch with intuition. We don't use most of our brain...psychic people are tapping into that part of their brain."

I asked her how she got into the mystical aspects of what she does. "I was raised by two individuals who were very creative and sensitive," she said. "In my family it was

# The First Semester Advice for Freshmen

by Tammy Furiesz  
Collegian staff writer

Common sense. The most crucial element for any successful college career is what's most lacking in many incoming freshmen.

Freshman are sometimes awed by their first taste of freedom: no parents lording over them, no curfew, no one telling them what to do and when (with the exception of a few resident assistants).

Unfortunately, some see this as the cue to re-enact every stupid "college blast" movie they've seen (the ones where the girls are all gorgeous women, the classes are non-existent and the parties last all week long). So many bright, eager freshman blunder into the system expecting to master it, only to get chewed up, spit out and spend the next three years salvaging a wrecked GPA.

Look--college is a great experience and yeah, some of the stories are true. Just remember that moderation is the key. You can, and will party, but neglect the classes, and you may find yourself pushing burgers and trying to justify your existence to your rather unhappy parents.

So, what's the key to surviving and thriving on Behrend Campus? How can you be hip and happening? There's an art to becoming the big individual on Campus. The following guide--divided into basically the four main social groups for quick and easy reference--is guaranteed to make that trying process of fitting in with just the right people a whole lot easier. Good men died to provide this information.

Be upwardly mobile--Bring your parents gold card, a copy of last year's tax return, a trunk full of L.L. Bean clothing and join a fraternity or a sorority.

Relive the 60's--"Peace" is the word, tie-die everything, be a practicing vegetarian (or just look like one), mourn the passing of the 60's as if you cradled it in your arms the day it coughed up its lungs and died, and bring a guitar. Don't worry if you can't play the guitar, the point is to sit around holding it as though you might play, if only the world wasn't so messed up and bringing you down, man.

Try Art nouveau--Make sure your clothes are black and memorize the words to "It's the End of the World as We Know It" R.E.M.

Go Mainstream--Get cable so you can watch MTV, VCR so you can tape your soaps while you're at class, bring those vintage pop tapes and don't forget your acid-washed jeans.

You could always just be yourself and hope for the best, but that's kind of risky. Anyway you choose to go hopefully you will all make it to become sophomores and know the tricks to get through college life on your own.

# Five Food Groups?

by Tammy Stecko  
Collegian staff writer

Remember the Four Basic Food Groups that were forced into our memories during the first few years of our academic life? Everything imaginable that we could possibly eat was to fall under one of these four categories: Milk; Vegetable/Fruit; Meat; or Bread/Cereal. Eating the recommended daily servings from these groups was to supply us with the right vitamins, minerals, protein and energy that our bodies require to function throughout the day.

Now that we are in college and more of less on our own, it seems that our meals are lacking in a lot of those areas. The meals that we eat in our rooms, when we can't get to the cafeteria or the restaurants in town, seem to consist of foods from a "fifth" category. This category is named the Fats/Sweets/Alcohol Group. This category includes most of the high-calorie fats, such

as butter, margarine, and mayonnaise. And also sugars, jelly and all alcoholic beverages. There is no recommended daily servings for this category, which means these foods provide little or no nutritional benefits. Though it seems that it may be a "dead" group nutritionally, it is useful in providing calories that help maintain a person's body weight, and in seasoning meals. But the use of these foods should be modified to a sparing amount. These foods contain a lot of cholesterol and saturated fats, which play a large role in promoting heart diseases and weight gain. The fifth group was added to classify the foods because they are foods and whether or not they are extremely good for you, they do provide some nutrients. The nutrient levels in this group are low in many cases. Vegetable oils contain vitamin E and some of the essential fatty acids. If a person needs to gain weight they can increase the number

of foods they eat from this group, which will increase their caloric intake, though they should not rely totally on the calories they can receive from this group. This group is very high in fat content. On the other hand, those who need to decrease their weight can do so by cutting down on the number of choices they make from this group or totally removing them from their diet.

The fats in group five foods do increase the risk of cancers, and heart disease, like the fats in other foods, so when the fat intake in your diet is increase you must watch that fat consumption take only 30 percent of your caloric intake. For example, if a person was eating 1400 calories a day, only 420 calories should come from fat consumption.

With the addition of the fifth group, we have to realize that it does take an important role in nutrition, but can also lead to many health problems if it is abused.

# "BE A PART FROM THE START"



Friday,  
Sept. 16, 1988  
Noon to 3 pm  
Reed Patio

Come join the Lion Ambassadors and the Behrend Lion to celebrate the kick-off of All-University Day!

Wear Blue and White.  
Enjoy free ice cream, free gifts, buttons and paw prints too!

Remember... We Are Penn State!