

# FEATURES

## Seatbelts Save Lives

*Robin Price  
Capital Times Staff*

Picture this: a 19-year-old girl, not wearing her seatbelt, mindlessly tunes her radio while driving; she hits another car head on; the car is carrying a 35-year-old school teacher and his six-year-old son, both of whom are also unbelted. The father is killed instantly and the son suffers multiple fractures, unfortunately no head injury serious enough to render him unconscious; so he has to be awake in the car with his dead, mutilated father while awaiting help, certainly not a memory he will soon forget.

They buried Dad a few days ago, the child will remain in traction for several weeks. Meanwhile, the 19 year-old girl, whom I will call "Linda", lies in intensive care. She is expected to recover and be able to talk and eat again after her tracheotomy is closed. And she should be able to walk (after her orthopedic surgeries are completed) following months or even years of therapy. Linda's injuries were mostly orthopedic and cosmetic, (as opposed to more severe). So in a sense, she is fortunate.

As soon as the swelling on Linda's brain subsides and she is cognizant enough to understand, someone will have to tell her that she killed a little

boy's father--an awful lot for a 19-year-old to live with.

This, and thousands of other stories like this, could have been prevented if the victims had been wearing seatbelts. I'm not saying the accidents themselves could have been prevented, but certainly a good part of the death, destruction, and misery caused every day on our highways could be decreased.

Need more convincing? What about the people who aren't as "lucky" as Linda? I'm speaking of motor vehicle victims who suffer spinal cord injuries leaving them paralyzed from the neck down, sometimes so badly paralyzed that the victim will never again so much as breathe on his own, requiring life-time ventilatory support (ie. tracheotomy hooked up to a ventilator), and of course never again talk, laugh, or walk, never mind scratch his own nose.

On a more positive note, the victim could end up brain dead and become a multiple organ donor, so at least a happy

See Seatbelts on 8

## Poe's Memory Lives on near Hershey

*Kathleen Rickabaugh  
Capital Times Staff*

"Once upon a midnight dreary, while I pondered, weak and weary,

Over many a quaint and curious volume of forgotten lore--While I nodded, nearly napping, suddenly there came a tapping,

As of someone gently rapping, rapping at my chamber door--

"'Tis some visitor," I muttered, "tapping at my chamber door--Only this and nothing more."

Go to your memory banks, think and think again, who would entice your imagination? Yes, Nathaniel Hawthorne but...more so Edgar Allan Poe.

I had the exhilarating opportunity to go to the second annual Poe Evermore Celebration at the Mount Hope Mansion.

There was a haunted hayride before the performance and some warm applewine to shrug off the chill.

Twenty professional actors took part in some special readings and performances.

I walked from room to room listening to each story. Some of the

readings were "The Pit and the Pendulum", "The Murders in the Rue Morgue", and the "Premature Burial". Oh, I will never forget the ending, the performance of "The Raven".

Between the readings, I entered the Billiards Room to find a candleabra and Edwin Gold Thwaite playing the piano. I enjoyed the finest tastings of wines of the Mount Hope Estate.

I highly recommend this experience for even the faint of heart.

Mount Hope Estate and Winery is 15 miles north of Lancaster, 14 miles east of Hershey and 1/2 mile south of Pennsylvania Turnpike Exit 20. Call for reservations 665-7021. Performances will continue Oct.31 and Nov. 2-4. Shows will begin at 6 and 9 p.m. on Fridays and October 31; noon, 3, 6 and 9 p.m. Saturdays; and noon, 3 and 6 p.m. Sundays.

### HUMANITIES OPEN FORUM

Monday, November 5, 1990  
11-1 p.m. in the Gallery Lounge  
Come meet the faculty and voice your concerns.  
Snack and beverage provided.

## Kathy's Kitchen... Eat better by Cutting Fats

*Kathleen Rickabaugh  
Capital Times Staff*

This Fat's For You!

Are you confused about cooking oils? You are not alone. All oils contain about 125 calories per tablespoon.

Oils are classified as either saturated or unsaturated. Unsaturated fats are essential fatty acids. All of the body cells utilize essential fatty acids to repair and replace themselves and are used for immediate energy. Most vegetable oils contain unsaturated fats.

Some experts believe that the monounsaturated fats found in olive, canola, and peanut oils can actually help clear the body of 'good' cholesterol without actually raising total blood cholesterol.

Fat supports the internal organs, especially the kidneys. (Sounds like basic Biology). Natural vegetable oils are rich sources of unsaturated fats and are preferred to saturated animal fats. Some studies show that polyunsaturated fats help reduce cholesterol levels. Examples of unsaturated fats are: safflower, corn, soybean and cottonseed.

Saturated fats are solid at room temperature and are usually found in foods of animal origin such as beef fat, lard, butter fat and chicken fat, (my favorite, smothered with barbeque sauce and cooked over a hot charcoal grill). A few liquid vegetable fats: coconut, palm, and kernel oils are highly saturated. Saturated vegetable fats are likely to be used in processed foods, bakery items

and nondairy creamers, than in home cooking.

The American Heart Association recommends limiting all fats. They suggest that you reduce your total intake and replace saturated fats with fresh fruit, vegetables and grains.

The following recipe is my modified version of Stir-Fried Beef.

Marinate:

1/2 cup raw shrimp peeled and deveined

8 oz. crabmeat

in 1/4 cup wine, 2 tablespoons soy sauce

and 1/4 cup peanut oil for 30 minutes.

Prepare vegetables:

1/2 cup broccoli flowerets

1 celery stalk sliced diagonally

1 cup snow peas

(10 fresh asparagus sliced diagonally)

1/4 pound bean sprouts

10-12 sliced mushrooms

Pour 2 tablespoons peanut oil in heated wok.

Add 5 sliced green onions, and saute.

Stir in shrimp and crabmeat (save liquid).

Cook 3-5 minutes.

Add vegetables stir and cover. When steam appears, taste test. Add whatever you like...more soy sauce,

more wine, etc.

Serve over rice.

Bon Appetit!

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