

# Wellness brings music to students' ears

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Capital Times Staff

As Marylou Martz talked about health issues focusing on the anatomy from the waist up, the Latin jazz band Salsamba was in another part of the Olmsted Building eliciting a reaction below the waist on Sept. 25.

Nearly 40 listeners showed their appreciation by tapping their feet to the enchanting rhythms of music from Cuba,



Photo by Lee Ashton

Marylou Martz explains vision chart.

Brazil and the Caribbean as Salsamba, a group from Pittsburgh, performed in the Gallery Lounge.

Two people showed up for the wellness seminar hosted by Martz, Penn State Harrisburg's health services coordinator. Realizing competition from the band was likely to blame for the small turnout, she decided to proceed anyway.

"If you know how your body should be functioning, you can help to prevent illness," Martz said as she spoke about minor ailments common to the eyes, ears and nose. The strains of Salsamba's performance drifted into the second floor classroom as Martz continued. "The key is to live well," she advised. "Watch your diet."

A key piece of information Martz emphasized was "don't mess with your ears." She referred to a tendency of some people to poke Q-tips into their ears to dislodge wax or small foreign objects like bugs. Martz cautioned that the object usually becomes embedded even further, resulting in a more serious obstruction.

Reminding that "our eyes are our most valuable asset," she said it's important to wear sun glasses to help shield against sun or snow glare. And, more importantly, ultraviolet rays from the sun can cause problems after long-term exposure.

Martz said a common complaint effecting the nose is stuffiness, largely due to our areas high pollen count. Advising that most nasal sprays are "bad news"



Photo by Lee Ashton

Latin jazz band Salamba performs for listeners in the Gallery Lounge.

because of causing drowsiness, she recommended a product called Ocean Nasal Spray.

Closing out the seminar, Martz said a breast cancer program is scheduled for

noon Oct. 23 in the Black Cultural Arts Center. Women are encouraged to attend. If you'd like more information, stop by Health Services in the Olmsted Building, or contact Martz at 948-6015.

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## Diversity, from page 1

would allow students to meet the requirement through courses taken at other colleges, a student's previous experiences, courses taken at Penn State Harrisburg or through experiences the student has while at PSH.

The nearly two hour debate ended quickly when there was a call for a vote on whether or not to approve the proposal. While some faculty were ready to vote on the proposal, others said more debate was needed, calling the procedure "rushed" and "ridiculous" as they left the meeting.

A panel of faculty representing both sides of the debate was supposed to have been formed for the discussion, but fell through since no one volunteered. Instead, the debate echoed the opposition to the proposal already discussed at previous meetings.

The results of the faculty ballot should be known after Oct. 18.

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