

Laughter needed in workplace for enjoyable job

Stacey Simmers
Capital Times Staff

Take a deep breath. Look at the person beside you. Look him in the eyes, but don't say anything. Are you smiling? You should be.

Smiling is the most effective form of communication, said Ruth Brillinger, director of "Health Gain," of the Capital Health System.

Brillinger spoke in the Gallery Lounge to about 45 people, most of whom were faculty and staff, on "Humor in the Workplace" on April 1.

"Many people forget how to laugh," Brillinger said, "because as we grow up, we're told to 'wipe that smile off your face.'"

Brillinger said, "Humor awareness can be dormant." She advised people to look for humor in their lives, because it makes

Ten Ways to Put Laughter in Your Life

- Collect cartoons and jokes and share them.
- Use exaggeration to get perspective.
- Write your own or your supervisor's job description with obvious exaggeration.
- Carry some humor in your purse/wallet and share it.
- Practice new jokes five times the day you hear them.
- Create and distribute humorous memos.
- Hang out with people who laugh.
- Give silly and ridiculous gifts and cards.
- Make a list of stressful situations and prepare humorous responses.
- Create preposterous rules with absurdity--like Murphy's Law.

life a little easier.

"Humor is effective as a stress manager," Brillinger said. "So when dealing with any stressful situation, try to find something to laugh at."

Phyllis Crum, a secretary in the

Computer and Information Systems office, agreed.

"As my husband and I deal with stressful situations, we find it important to laugh about some things," Crum said.

Brillinger said that the power of the

mind is tremendous and actually helps people recover from illness. She said laughing daily helps the mind cope.

"Humor and laughter have a temporary effect on the body," she said.

Antibodies increase, blood pressure goes up and muscles in the chest and abdomen contract. When you stop laughing, the body relaxes, Brillinger said, comparing laughter to an aerobic workout.

Laughter also helps to control pain, as it distracts your attention, which helps reduce tension.

"You only see what you look for," Brillinger said.

"Look around the room and remember everything that is burgundy," Brillinger instructed the crowd. "Now tell me everything you saw that is dark brown."

The key to all of this, is to find something to laugh at every day.

"Look for humor and it will find you," Brillinger said.

New SGA president plans attack on apathy

Terry Wolf
Capital Times Staff

As the new Student Government Association officers were preparing to be sworn in on April 7, room 216 started to get a little crowded.

Present were the old and new members of SGA, many members of the administration and interested students. The newly elected officers were sworn in by Student Court Chief Justice, Ed Somers.

As the ceremony ended, there were words of encouragement by Janet Widoff, SGA adviser, and cheerful applause and congratulations for the new officers and senators. As people began to enjoy the punch, cheese and crackers, one new officer looked on with optimism.

Rick Delgiorno, the new SGA president said that as a senator-at-large, he has tried to heighten awareness of SGA. He said he has tried to "market SGA as a customer service department of Penn State University." He said SGA should improve the time spent here by students.

"We have to offer them every thing that's possibly available," Delgiorno said. "You don't just come here to learn. I think there is a lot more on this campus to get."

Delgiorno said he has promoted projects that encouraged student involvement. He said some things he wanted to accomplish this semester didn't get done, such as an improved communication system for the students, including student mailboxes in the Olmsted Building, and to decrease student apathy on campus.

"I'm not proud that that was one of my goals," Delgiorno said, but plans to continue striving for it.

Delgiorno said he will promote several projects next semester, such as acquiring a TV lounge. He said he is optimistic about another project for next semester, WPSH going FM.

"I think it would be a wonderful learning experience if we, as a student government, could help them in any way, shape, or form to achieve that," Delgiorno said. "This is a learning institution and going FM would give those guys ultimate hands-on experience."

Delgiorno wants to improve communications between SGA and students. He said there is too much paper being wasted on too many bulletin boards because people never see those announcements. One idea includes marquees at the front of campus and student mailboxes.

When asked to compare himself with outgoing SGA President Mike Hermick, Delgiorno said that they come from two

different backgrounds, so the differences are numerous.

"I have management experience and he has management experience," Delgiorno said. "However, I have management experience in business in the real life." Delgiorno said he has never had the opportunity to manage people in a volunteer setting, but Hermick excelled at this.

Delgiorno said he plans to delegate authority more than Hermick did. He feels the senators will become closer to students by virtue of this delegation. He will also work with the students from the start to let them know they have a place to express concerns.

The 28-year-old Delgiorno and his wife, Michele, have a son, Nico, and Rick also owns his own business.

PREGNANT...
and
you didn't mean to be?

Who will
listen and really
understand how
scared and
worried you
are?

Birthright

233-8666

The Dauphin County unit of the American Cancer Society is offering a free breast health program, called "Special Touch."

The program includes information on mammography, clinical breast examination, and instruction on the proper methods of breast self-examination.

It will be held May 5, from 6:30-7:30 p.m. at 1500 N. Second St. in Harrisburg, and is open to the public. To register, call 231-5780 before May 1.

**ON
CAMPUS:**

**Wednesday, April 22
11 a.m.-1:30 p.m.
LION'S DEN**

**Part time job
openings available
for package handlers!**

**\$7.00 - \$7.50/hr
* PLUS ***

Tuition Assistance

RIPSSM
ROADWAY PACKAGE SYSTEM
AA/EOE