

Health craze hits Harrisburg

Paula D. Eiland
Capital Times Reporter

A new club with a focus on fitness may soon be born.

As a result of the overwhelming student interest to aerobic classes being offered on campus, prospective by-laws have been sent to both the Student Government Association and the Student Activities Office.

"The organization will be called the Penn State Athletic Club (PSAC)," Kim Baert, a Junior Psychology student, said.

The purpose behind PSAC's existence as a club is to "get financial aid for equipment that we can't get on our own," Baert said.

Baert, along with Senior Electrical Engineering Technology major Rob Reddick teach the classes.

"We work out everything from abdomen to arms and legs," Baert said.

Baert teaches a high-impact class and Reddick teaches the lo-impact class, Baert said.

Also offered is Step-Aerobics.

This form of aerobics, originated from Rebok, is comprised of a plastic step which helps to work the gluteus maximus (the buttocks), quadriceps, and back muscles, Baert said.

"I feel like I'm gonna die at the

end of the jumping around," Dain Carpenter, one of the students who regularly attends the class, "but I'm glad I'm doing it because... I would never do it... just on my own."

The classes are held from 9-10 pm Monday through Thursdays.



Photo by Paula Eiland

Workin' It
PSH students beat stress during free aerobics class offered weekly in the CUB.

Unopposed election in SGA

Matt Hunt
Capital Times Reporter

The Student Government election process was changed due to the apathy of Penn State Harrisburg students.

In other news, the SGA is reviewing a proposal that would have students of branch campuses paying an activity fee.

When the deadline for applications for candidates for the Fall SGA elections came due, there were only six students to fill the positions, DeBoard said.

It was originally decided at the Sept. 28 meeting of SGA to vote the candidates into their positions, since none of them would have been opposed in open elections, Senior Senator for Humanities James McLaughlin said.

"We suspended the ordinary procedure," DeBoard said, "We had an election, but rather than a campus-wide one we (SGA) elected them."

At the meeting, Janet Widoff, Student Activities Coordinator, expressed concern over the decision made.

"I was concerned that the procedure used was unusual," Widoff said.

In an interview on Sept. 29, Widoff said, "I want to take a look at the constitution with Todd (DeBoard) and see if there are any precedents for this."

After reviewing the constitution, Widoff and DeBoard decided to run one person in an open election and allow DeBoard to appoint six.

The final step for all the candidates is to be sworn in, Widoff.

DeBoard also mentioned that an ad hoc committee has been formed to revise the SGA constitution. DeBoard formed to committee to make sure that the constitution meets the needs of SGA and this campus, DeBoard said.

Meanwhile, the Council of

Commonwealth Student Governments, comprised of representatives from student

governments from all state run universities, is considering a proposal which would require all Penn State students to pay an activity fee.

The CCSG sent the proposal to all campuses, so that it might be reviewed at their SGA meetings.

According to the proposal, full-time students would pay \$25-35 and the fee would be pro-rated for part-time students. Each campus would have a committee of students, staff, and faculty would decide where the money collected would go.

"The committee would be appointed by Provost Leventhal and Associate Provost South," Senior Senator of Humanities James McLaughlin said.

The proposal also states that all decisions of allocation must be approved by the provost.

Alumnus speaks on business in military

Jennifer Brandt
Capital Times Reporter

Proper business management can cut military costs, said PSH alumnus Lt. Gen. Emmet Paige, Jr., who was given PSH's 1993 Alumni Fellow award on Tuesday, Sept. 21 in the Gallery Lounge.

Students, faculty and alumni joined in the Gallery Lounge for his lecture on defense systems. Paige, the U.S. Asst. Secretary for Command, Control, Communications and Intelligence, focused on "business process re-engineering" as a means to slash military spending.

"Business process re-engineering is a philosophy and a set of techniques for business management that calls for...radical redesign of a company's processes, organization and culture..." Paige said.

Performance and Cuts

"The essence of the program is to perform our business activities at the optimal combination of performance and cuts, so that defense capabilities and mission performance are enhanced, costs are reduced and redundant activities eliminated while remaining within our prescribed funding levels," he said.

This includes closing defense bases that the military considers less productive than others, he said. By closing selected bases, the military can focus on one with better facilities and greater potential.

At a breakfast the next morning, one student asked Paige about gays in the military.

"They have been there all along; if they become a problem or ineffective, you could eliminate them quickly," he said.

Another student asked about women in combat.

The wives at home have more to say about the idea than anyone, he said. Women have always been in combat, he added, referring to nurses.

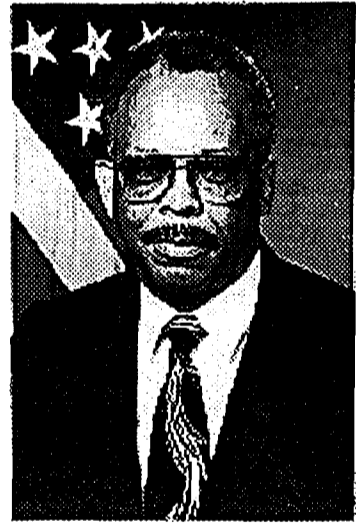
"Those women dealt with that just like the dudes did...and they did well," he said.

In the military, a woman's main obstacle is her upper body strength, he said. Because of this, he didn't allow more women than men on his teams, he added.

Paige, who received a master's degree in public administration from PSH in 1974, said he dropped out of high school at 16 to join the army.

"I wanted to be a tough guy like Patton," he said.

Paige also received a certificate and a bronze Alumni Fellow Medallion from Provost Ruth Leventhal.



Emmett Paige, Jr.



Photo by Michael Starkey

River Ran Red
Steffie Domike, producer of the documentary The River Ran Red, presented the film in the BCAC on September 16.

River Ran Red: Documentary shown at PSH

Matt Hunt
Capital Times Reporter

The Black Cultural Arts Center was a place of history on Sep. 16.

That's when the second the BCAC became the site of the second showing of the documentary The River Ran Red.

The film was made by independent filmmakers Steffie Domike and Nicole Fauteux. Steffie Domike was present at the showing to discuss the film and answer questions.

The film chronicles events surrounding the 1892 Homestead

Steel Strike, which pitted steel magnate Andrew Carnegie against the nation's most militant labor union.

The film contains scenes filmed in the Pittsburgh area as well as readings of journalistic accounts and more lyrical commentaries. The film itself is narrated by Blair Brown, most famous for her role on TV's *The Days and Nights of Molly Dodd*.

A companion to the film is published by University of Pittsburgh Press, and is called *The River Runs Red*.

Resignation kills Capitalite again

E. Mikael Hein
Capital Times Reporter

For those awaiting the 1992 *Capitalite*, there might be some disappointment.

Late last spring, the editor, Lisa Malask, resigned leaving unfinished work and virtually no other staff. The apparent reason being personal and possibly health related, according to Student Activities Coordinator Janet Widoff.

A pamphlet with senior photos has been created to compensate graduates.

"We try to emphasize that the *Capitalite* is student run. Any work we (Student Activities) do is strictly on a more suggestive basis." There is no formal advisor for the yearbook.

As a result of the lack of student staff, there appeared to be an overwhelming amount of work to be done by a few people.

In an effort to decrease the work load, Ms. Widoff expressed the desire to help delegate the responsibilities to more people in the club, besides the editor.

The graduating seniors will not leave Penn State Harrisburg empty-handed, according to Widoff. Student Activities has worked with Davor Publishing to create a pamphlet including the senior portraits. The soft-bound pamphlet is similar to one distributed in 1985. The cost will be underwritten by SGA.

So far the signs posted throughout the campus have yielded

a light response. Anyone interested in helping the yearbook staff should see Ms. Widoff in the SAC office located in 212 Olmsted, or call the office at 948-6273.

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