

Ntozake Shange speaks to PSH community

Jeff Warren
Staff Reporter

On Thursday, March 19th poet, playwright and performer Ntozake Shange, became another name on the long list of presenters featured in the Gallery Lounge.

"I was impressed with the poetry reading because of how much she loves what she is doing - it made me excited about poetry, and it made me reconsider some of the views that I already had," Amy Reeder, junior Humanities/Communications major said.

Shange is an accomplished performance artist who incorporates poetry, dance and music to illustrate stirring images of what it is to be black, and a woman in America.

Reeder - who attended Shange's evening performance at the Capital Union Building - said she enjoyed the varied perspectives the artists brought to her work - such as a poem written from the life of a lizard in South America.

"She made me think about life in a more creative, poetic way,"

Reeder said.

Born Paulette Williams, Shange abandoned her birth name and adopted her Zulu name in 1971 because, "as a feminist it was ridiculous to be named after a boy." She earned her B.A. from Barnard College and her M.A. from the University of Southern California. She taught humanities, women's studies, and Afro-American studies at California colleges from 1972 to 1975.

In 1975, she achieved widespread notoriety. **See Shange pg. 8**



Noted author, playwright and poet Ntozake Shange as she speaks to nearly 100 students in the Gallery Lounge March 19.

Risks for female alcoholics far exceed those of their male counterparts

Anne Boyd
Of The Weekly Collegian

When it comes to alcohol, women are not quite equal to men.

While it is common knowledge that women generally have a lower tolerance of alcohol, many may not know why that is or what it means to the female body.

In addition to getting drunk faster, research shows that alcohol consumption puts women at higher risk for breast cancer and liver damage, among other detrimental effects.

"Drinking during a woman's earlier years has the greatest effect in promoting breast cancer," said Charles S. Fuchs, assistant professor of medicine at the Harvard Medical School, who published a study on women and alcohol in the New England Journal of Medicine in 1995.

Although cancer develops over a long period of time, the late teens and early 20s are the most vulnerable periods because tissue growth is highest, Fuchs said.

Different tolerance levels between genders is not just because of lower body weight. Women metabolize alcohol less efficiently than men because the female body has less alcohol dehydrogenase (ADH), the enzyme that interacts with alcohol in the

stomach before it enters the blood stream.

What this translates into is a higher vulnerability to liver damage.

"Women alcoholics have a higher rate of cirrhosis (of the liver) than men (alcoholics)," Fuchs said.

Fuchs' study examined the possibility of beneficial effect of light-to-moderate alcohol consumption for women. While light-to-moderate drinking among men is thought to reduce overall mortality rates, primarily due to reduced risks of coronary heart disease, the same level of alcohol consumption among women is more complicated by the increased risk of breast cancer and cirrhosis.

Despite myth, it is only women who are at higher risks of coronary heart disease who might benefit from moderate drinking, Fuchs said. These women will benefit more from reducing other risk factors, such as cigarette smoking and obesity, he said.

When females consume one to two drinks a day, their risk of developing breast cancer increases by 20 to 40 percent. More than two drinks a day on average increases the risk of dying of breast cancer by 67 percent, Fuchs said.

But many college females who consume alcohol, often engage in binge drink-

ing on the weekend, as opposed to drinking a few drinks on a daily basis. This raises serious questions for researchers.

While no one has studied these issues with respect to binge drinking, Fuchs said research is under way.

HealthWorks at main campus sponsors a program, "Women and Alcohol" to educate students about the social and physical implications of alcohol use.

"We emphasize what happens when you are drinking, not so much the long-term effects," said Katie Yavorka, alcohol, tobacco and other drugs educator for HealthWorks.

"It's much easier to get drunk right before your period," she said.

The program also points out that women who drink heavily have more gynecological problems, greater risk of developing alcohol-related diseases and are more likely to deal with infertility, miscarriages still birth and fetal alcohol syndrome.

Anne Boyd is a Collegian staff writer. Her article, which appeared in the Collegian's Feb. 26, 1997 edition, was reprinted with permission.

Campus to celebrate Earth Day

Deb Mallek
Assistant Editor

Wear Green for Earth Day is Penn State Harrisburg's theme for this year's annual Earth Day Expo on Friday, April 18, from 11:00 a.m. to 2:00 p.m. The event will take place on the lawn in front of the Olmsted building.

The first Earth Day celebration was held on April 22, 1970, as an attempt to educate and involve the American public in environmental concerns. As a direct result of the first Earth Day, the United States Congress passed the Clean Air Act and the Clean Water Act re-

sions. By the end of that year, the Environmental Protection Agency was created.

Twenty-seven years later, Earth Day is still celebrated around the country and around the world. Penn State Harrisburg's celebration will house a wide variety of displays, including an Endangered Species Program by Zoo America, a Solar Cooking Display, and a seed and herb exchange to name just a few.

The bookstore will be holding a drawing for Earth Day. The winner will choose from one of the special Earth Day collection books, but the winner must be present at the

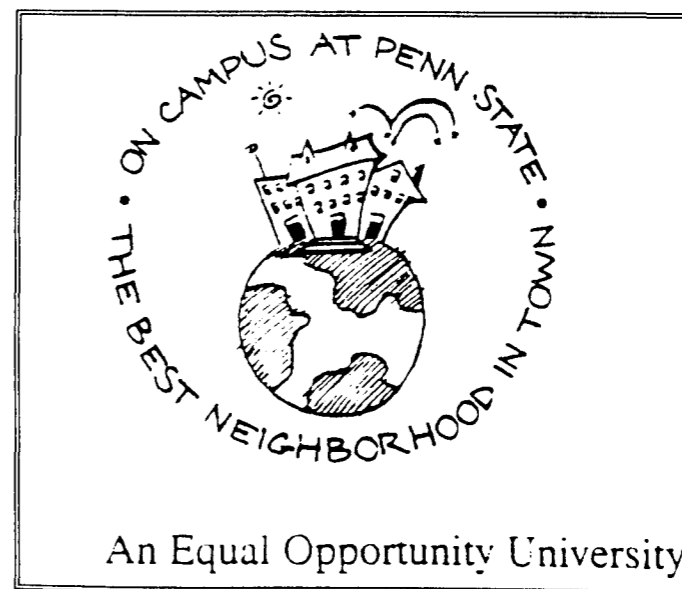
Expo to win.

WPSH will also be broadcasting live from the event.

"We are excited about participating in the Expo to increase student awareness of WPSH and to increase student involvement in campus events like 1997 Earth Day Expo," station manager Kelly Quinn said.

Alumni and special events coordinator James Malm said he invites the entire campus community to join PSH's 1997 Earth Day Expo - and to Wear Green for Earth Day!

1997 Earth Day Expo



Friday, April 18, 1997
11:00 a.m. - 2:00 p.m.

FREE FOOD

Bookstore Book Drawing

Seed and Herb Exchange

Zoo America Endangered Species Program

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