

Jessica Dorman Joins American Studies Faculty

By Deb Hoff

Capital Times Staff Writer

It is not too often you run into a leprechaun or elf in the fall of the year, but as I sat across the table from Dr. Jessica Dorman I couldn't stop myself from thinking that I was in the presence of just such a sprite.

Her blue eyes twinkle life and mischief, and her burnished copper-brown hair, cut in simple curves, frames her fair and freckled face.

Only minutes into conversation and I knew I had been lured by the "will-o'-the-wisp," for this spritely young woman has both feet firmly planted on the ground, in more ways than one.

Dorman, 33, recently joined the American Studies faculty to begin teaching this fall. Currently, the courses offered under her tutelage are American Renaissance, American Ideas, and City and Country.

She also teaches a graduate course entitled Pivotal Books. They were "popular books at a moment in time" (i.e., "The Power of Sympathy," by William Hill Brown) that affected our ideas and are recognized as classics, "the best, masterpieces," she offers.

Dorman did both her undergraduate and graduate studies at Harvard and received her Ph.D. in American Studies in 1996. Her undergraduate major was History and Literature.

She decided on American Studies because she was "interested in an interdisciplinary field." She has a love for popular culture as well as sports and can combine these topics.

"It's exciting," she explains, "[It] lets me work with materials that you can pick up outside of a library."

She was an active participant with the Harvard Crimson daily newspaper and entertained the idea of going into journalism. She says she "fell into the newspaper scene" through friends.

She enjoys sports and started covering the stories which led to her position as the first woman to serve as sports editor, and eventually the president of the paper.

You get the sense that journalism is still in her blood by the frequency in which she slips

into the interviewer mode with her own set of questions. This is easily understood once you know that in 1988-'89 she also worked for syndicated columnist Karen Feld in Washington, D.C. That was a "fun job running around D.C.," she enthuses, "part of me still loves journalism."

It is quite obvious Dorman is close to her family as she talks of her heritage. She comes from a lineage of Irish-Catholic and Jewish mix. Both her parents were raised Jewish and she names Austria, Turkey and Lithuania as regions of descent.

She was born August 20 and raised in Connecticut. She also lived in Boston during her college years, as well as Indiana, the District of Columbia, and Massachusetts for short periods. Her parents currently live in Maine.

She proudly boasts that her only sibling, a younger brother, is a rock musician "living as a starving artist in New York."

"He's very good. He has a couple of CDs out," she adds.

Dorman is not married and has made her place of residence in the Harrisburg area at the Simon Cameron School, which was an elementary school renovated into apartments.

You have the "feel of being in the city" without actually having to be there, she remarks. In talking about the area, Dorman muses, "it's beautiful." She loves hiking and observes that the countryside couldn't be better for "getting up into the mountains."

She plays baseball and soccer, and has already joined a women's soccer league here in Harrisburg. She loves playing sports and is a big Boston Red Sox fan. She also enjoys hiking and reading.

Dorman is in the process of getting her book ready for the Stanford University Press entitled "Deliver Me From This Muckrake: The Art and Craft of Reform Journalism," which is about "muckraking and reform journalism at the turn of the century during the progressive era."

Dorman wanted to study how

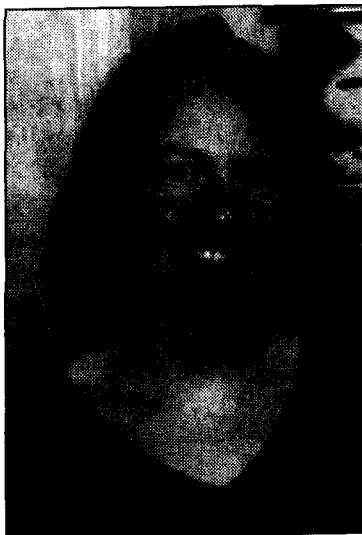


Photo by Matthew McKeown

Dr. Jessica Dorman

journalists told stories during that time frame and uses Ida Tarbell from Pennsylvania as an example.

Dorman will be speaking about Ida Tarbell at the Hershey Museum, Oct. 25 at 1:00 p.m. The talk is open to the public and anyone interested in journalism.

If you get the chance to meet Dorman, do so. I would be willing to bet you will come away from the meeting feeling... well, lucky!

Parking Fees Justified

By Tabitha Goodling

Capital Times Staff Writer

Paying \$40 per semester to park on campus may seem like a lot of money, but Director of Safety and Police Services Kevin J. Stoehr wants to remind students that the money is going toward additional beneficial services as well as parking fees.

The parking fee pays for the parking lot's lights, snow removal and police escort services.

Stoehr also said the fee is going toward the development of traffic lights on Route 230 at the main entrance of the campus.

"Anyone who has ever pulled out there knows that it's not easy," Stoehr said. He went on to say that even though Penn State Harrisburg would not be entirely responsible for the full \$85,000 it will cost to install the new lights, he didn't know if the lights could be put in without the parking fees.

Despite this new project, Stoehr said that parking fees have remained the same since he took his position two years ago.

He said he realizes that some students may be bothered by the \$40 fee that accompanies the headaches of tuition and books

each semester, but their surprised reactions may be because many students never had to pay a fee before.

Staff assistants who handle the actual distribution of the parking permits say they rarely hear students complain.

Barb Clark, Staff Assistant, says, "Occasionally someone will say 'why do we have to pay here?'"

Students who try to avoid paying the fee are faced with a \$15 fine each day their car is parked illegally on campus. Clark says that those students who procrastinate on obtaining their parking permits are allowed a grace period.

No fines are issued on the first week of classes. Students also have the option to park on the township streets without police protection.

Stoehr says that students are better off parking in a lot where there is police protection, which provides a sense of crime prevention. "It's a benefit to campuses to have vehicles registered. There are very few thefts and we know what vehicles are here."

The Skinny on Diet Supplements

By Brad Clements

Capital Times Staff Writer

The word thermogenesis is defined as the production of heat, especially in an animal body by physiological processes.

This is the basic idea behind the ever-famous diet supplements.

What has become the biggest seller in the supplement industry, diet formulas are being used as energy boosters, appetite suppressants and metabolic enhancers.

I'll get to that metabolic thing in a minute. Women and men both take it to help them shed those unwanted pounds and get that lean, ripped look.

Being an employee of a certain vitamin and supplement chain, I've had the opportunity to see many people come in looking for that "miracle pill".

You know, the one that they can take and magically lose weight without considering a proper diet and exercise plan. If you happen to be one of these people, you should keep your money in your wallet and spend it on a Big Mac.

The whole idea of a metabolic enhancer is that it does just that, boosts your metabolism.

This, in turn, allows your body to produce more heat, leading to the burning of more calories.

Most of the diet supplements in stores today contain a combination of a few vitamins and herbs.

Chromium picolinate is one. This is said to be the most efficient form of chromium. It has many functions including assisting in fat loss.

Guarna, a natural herbal form of caffeine, and ma huang, a natural herbal form of ephedrine, are usually found in these diet supplements.

Taken together, they both act as a metabolic enhancer and appetite suppressant.

L-carnitine, an amino acid responsible for helping to transport long-chain fatty acids, using them as energy, is another commonly found ingredient in these products.

You might want to look for potassium in a weight loss formula as well. This is a mineral that

helps to restore and balance electrolyte levels, something that is very important when dieting.

Some of the leading sellers of these thermogenic formulas are Diet Fuel by Twinlab, Metacuts by Metaform, Metabolift by Twinlab, and Xenadrine.

There are a handful of others with similar ingredients as well, so the best thing to do would be to go in and do some price and ingredient comparisons.

One can typically get these diet supplements in 30 to 180 counts, ranging from \$12 to \$40.

My personal assessment on diet supplements is that they can be beneficial if, and only if, an individual has a quality diet and exercise plan.

After all diet and exercise is really how the fat comes off and tone comes in.

As with any supplement program you should consult your physician first. If you suffer from any conditions such as diabetes or heart and thyroid problems, it's not recommended taking a thermogenic supplement.