

Astronaut's Life

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problems associated with moment-to-moment blood pressure which leads to orthostatic intolerance.

This forces an inadequate amount of blood to rush into the brain, he said.

Pawelczyk received a bachelor of arts degree in Biology and psychology from the University of Rochester in 1982, and then earned his masters degree in physiology from Penn State in 1995.

He then completed a post-doctoral fellowship at the University of Texas Southwestern Medical Center at Dallas in 1992. In 1995, he returned to Penn State as a professor of physiology and kinesiology.

Pawelczyk explained that 15 years of research couldn't replace the unique thrill before and after lift off.

"Crew members are really unsung heroes because there is so much training and procedural planning involved to ensure a good flight," he said, adding that crew members endure a rigorous *three hour per day weight training and flight simulation regimen*.

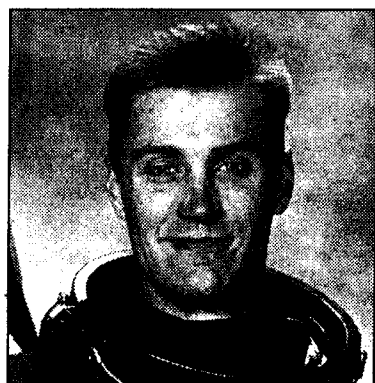
"I think that space flight is the most humbling experience you can have," Pawelczyk said.

He said the most enthralling part of his flight was not discovered through the many hours of research, but rather in viewing the earth from two million miles away.

"I've never seen a more beautiful site in my whole life."

Pawelczyk said setting career goals early enabled him to truly reach for the stars. After playing a videotape of his ascent into space, he left students with some valuable advice.

"Don't just imagine the possibilities work towards them and never lose site of them," Pawelczyk said.



Dr. James A. Pawelczyk



Photo by Kristy Pipher

Five former SGA presidents reunited Oct. 2 to hear Dr. James A. Pawelczyk. Left to right: Todd DeBoard, Duane Brooks, Andrew Hilt, Peter Mekosh, current president Roderick Lee, and Michael Sheldon.

Former SGA Presidents Visit PSH

By Kristy Pipher
Capital Times Staff Writer

On Oct. 2, five former Student Government Association (SGA) presidents along with current student leaders met at the Olive La Grone Cultural Arts Center to hear Dr. James Pawelczyk discuss *leadership and the space program*.

The Penn State Alumni Association invited the former SGA presidents back to the campus for the lecture. Afterward the seminar, the current and past student leaders attended a luncheon at The Gallery Lounge where they had a chance to mingle with Dr. Pawelczyk and each other.

The five past SGA presidents who attended the lecture were: Duane Brooks, 1995-96; Todd DeBoard, 1993-94; Andrew Hilt, 1990-91; Peter Mekosh, 1984-85; and Michael Sheldon, 1980-81.

Brooks now works as a systems analyst with Southern LINC and lives in Atlanta. His experience with SGA has been very beneficial to him professionally.

He is a project leader and his boss selected him because of his teamwork and leadership skills which he fine tuned as president of SGA.

Brooks encourages students to get involved on campus. "I think getting involved is the best thing to do," said Brooks. "I strongly encourage everyone to get involved."

Brooks enjoyed the PSH experience so much he is contemplating coming back to his alma mater to get his Master's degree.

DeBoard now works at AMP

in computer networking. The experience of running SGA meetings has helped DeBoard with business meetings in his current position.

Hilt now serves as Regional Advocacy Director for the American Diabetes Association. Previously he had done campaign work with the state legislature.

Getting involved with the SGA helped Hilt to prepare for the future. "SGA has been a big help in interacting with people and dealing with difficult situations," said Hilt.

Mekosh now works in management at a wholesale warehouse company in New Jersey. Being a member of SGA has been beneficial to Mekosh.

"Every lesson you learn from student government can be applied in later life, whether it is your personal or business relationships," said Mekosh.

He went on to say, "if you to see things change for the better, you must involve yourself and that tends to make others around you get involved."

Sheldon is now a deputy prosecutor with York County and an adjunct professor at PSH in the Humanities Division.

Being involved with the SGA helped prepare Sheldon for life after college.

"It teaches you responsibility at a time when perhaps responsibility is not a high priority," said Sheldon. He went on to say, "It's absolutely the best experience that I had while at school here."

PSH Plays Host to Day of Fun

By Jill Karwoski
Capital Times Staff Writer

An estimated 10,000 people gathered on the Penn State Harrisburg campus for an afternoon of fun at the 4th Annual Community Music and Crafts Festival on Oct. 2.

Visitors were entertained by musical acts such as Sweetwater Reunion, Pastime, Polka Quads and Ken Gheret's Swing Quartet at the main stage. The members of Pastime, a barbershop quartet, noted that they "felt like they were on American Bandstand" because of the group of young girls who danced in front of the stage throughout the set.

The main tent also featured a presentation by Space Shuttle astronaut and Penn State professor James Pawelczyk.

There were also plenty of activities for the kids, as a children's tent that featured a magic show, make and take crafts and the Danzante Dancers.

A balloon sculptor was a popular attraction, as he created unusual small sculptures such as mice, lady bugs and bumble-bees.

And of course, there were crafts. Over 150 vendors from as far away as New Jersey and Washington, D.C. showed their wares and most had a successful day.

Althea Afftton, who was offering custom designed welcome signs, traveled from Grafton, W. Va., in order to participate in the festival. This was Afftton's first trip to the festival, and she plans on making it an annual event.

"We made up our traveling

expenses, and everyone at the festival is really nice. The organizers are great, and we've done well," said Afftton, whose booth was among the more popular.

Several PSH student organizations had booths at the festival. The International Affairs Association was accepting donations for the Red Cross for the removal of land mines in Mozambique, and the Alumni Association, Kappa Delta Pi and the Psychology Club manned the information tent.

Sandra Persing, of Highspire, brought her two kids, Justin, 8, and Laney, 5, and family friend Evan Martslof, also 8, to the festival to enjoy the crafts and entertainment.

Persing said after coming to the festival with a friend last year, she knew that it was an event her kids would enjoy.

"I left the kids at home last year so I could do some shopping, but this year I brought them along to enjoy the clowns and kids shows. It's all free, and that makes it even better."

Most felt the festival offered a friendly, folksy atmosphere and allowed Penn State Harrisburg to reach out to the community. Next year's festival will be held on Oct. 7, 2000.

The festival is organized by Penn State Harrisburg and the communities of Middletown, Lower Swatara Twp., and Royalton and proceeds from the event will go to the communities.



Photo by Kristy Pipher

Clowns were just one of the many attractions at the Music and Crafts Festival on Oct. 2.