

In case of nuclear emergency, KI pills now available here

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Three Mile Island Nuclear Power Plant is the Capitol Campus' most famous neighbor. An accident is very unlikely since the accident there in 1976.

Just in case, however, there are emergency instructions in the front of the phone book and potassium iodide (KI) pills are available at Penn State Harrisburg's Student Health Services.

Show your student ID in the Health Services office and you will be given a KI pill and instructions.

These pills can cut the chance of getting certain types of thyroid cancer in half, in the event of the accidental release of some types of radioactivity. The pills are only to be taken when instructed to by safety specialists over the radio or other media, since

not all accidents release radiation. The thyroid takes up iodide at a fast rate, and by filling the thyroid with potassium iodide, the radioactive iodides will not be absorbed by this gland in the throat. Again, the need for these pills is very unlikely.

KI pills are just one of the many services available at Health Services in Olmsted W-102.

Walking in to the Health Services Self-Care Area hints at the diversity of information and services available. For students only, individual packs of Sudafed, Tylenol, and Advil and instructions on when to use these, await a student's need.

Students can also obtain tampons and cough drops. Numerous brochures on subjects as diverse as self-care, sexually transmitted diseases, birth control, nutrition, and high blood pressure explain

various health concerns. Education abounds in posters such as "The Effects of Club Drugs," telling a cold from the flu, and one that states: "two or fewer alcoholic drinks each week are consumed by PSU Harrisburg Students" according to a recent survey. All this is just in the waiting/Self-Care area which is open 8 a.m.-8 p.m. Monday through Thursday and 8 a.m.-5 p.m. on Friday.

The inner office houses coordinator Marylou Martz, and staff assistant Amy Monismith, as well as treatment areas also offers information.

Information on free and low cost medication is available. Appointments can be made to see the Medical Doctor and Physician's Assistant who each come once a week, Tuesdays and Thursdays, to provide general medical care. The Doctor can sign Pennsylvania

Department of Education forms for students who are applying for PDE certification. Office hours are Monday, from 8 a.m. - 7 p.m. and Tuesday through Friday 8 a.m. to 5 p.m..

Martz, R.N., M. Ed. will see students who have health care issues. She can assess and treat minor illnesses and make referrals to specialists when needed.

Individual nutritional and health counseling is offered. Martz can also do Tuberculosis (TB) testing, which may be needed for employment or volunteer work in schools, nursing homes and other settings.

If a student is having a rough time in general, Martz is available as a safe and confidential place to share concerns or just vent. Her warm, caring personality makes it easy to talk, and she is very knowledgeable about campus and area resources.

At the health office one can also obtain student health insurance brochures and applications. The deadline for insurance for the fall was September 19.

The spring deadline is January 23, 2007. Student coverage is \$642 for the spring and summer. Additional coverage can be purchased for spouses and children. This is not an unlimited, full coverage health care, but will cover illnesses and injuries up to a certain amount.

While feeling healthy, every student should check on what local providers and hospitals will be covered under their own insurance. Many folks end up with large bill because they go to a non-covered provider in an emergency.

Some students purchase coverage through the school if their plan's providers are only in their hometown.

Most services are free for students. There is a \$10 cost to see the Doctor or Physician's Assistant or to have a TB test. Contraceptives are available if you have a prescription for them and the cost is usually significantly less than through private means.

In early November, free flu shots will be available for the first 200 students who come in for them. Watch for announcements in late October.

A women's health fair is already planned for March 21st with free bone density tests and cholesterol screenings. Other health and wellness programs are in the planning stages.

In this era of increasingly restricted access to health care, Penn State Harrisburg students are lucky to have so much health care, so easily and cheaply available. It is highly suggested that you stop in Olmsted W-102 and check out the options.

Middletown Autumn fest, turnout, deemed success

By **LORENA ROEDAN**
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On Sat. Sept. 23, Middletown residents and PSH students enjoyed the community's first annual Autumn Festival.

The four-block festival took place on Union Street from Emaus to Ann Streets, and featured food, arts, crafts, history, and music from approximately fifty vendors.

Residents also enjoyed a mechanical bull ride, children's games and activities, pie baking contest, and Tastykake eating contest. Photography projects created by PSH students were also on public display at the local business "My Tailor."

The event was organized by the Greater Middletown Economic Development Corporation (GMEDC) as part of the Main Street Program with the help of local volunteers and the Middletown borough.

The four-block festival included local bands such as Holis, Three Mile Island, and Terry Mullins, which featured light rock, country, and classic hits.

Richard James performed on African Drums for local residents such as Jeannette Dumond, who said Middletown has been "without culture" and "stagnant" for many years. Dumond believes the festival was a "great idea" and hopes more events like these will become a part of Middletown tradition. Alfred's Victorian, Guido McNeals, Kuppy's

Diner and the Lamp Post Inn are just some of the area restaurants which provided food such as portabella mushrooms, sausage with peppers, and buffalo and barbecue wings. Business owners, such as Pamela Heddy,



Photos by **LORENA ROEDAN** for The Capital Times

Middletown Autumn Fest was a huge success for residents and students of PSH. Businesses showcased their wares on Union Street in the downtown district.

were happy with the response and participation.

"It was great to see the community and restaurant owners come out. It was not about business or competition," she said.

For the last fifteen years, Heddy and her family have owned the Lamp Post Inn and said, "Middletown has not done anything like this since I have lived here. It was great to see PSH students

and local residents enjoying their time together."

Mary Groff assisted in the preparation for the Inn's food and said, "We made over two hundred crab cakes and only had four left." Groff and Heddy said the festival was "well planned and executed from start to finish."

The festival's Tastykake eating contest included

PSH seniors Brian Polesnak and Mike Davidson, who battled in the 18+ age category for the championship trophy. In 8 minutes contestants waffled down as many chocolate Tastykakes as possible.

"The contest was really fun," Polesnak said. "I did not know that would be one of the hardest things I have ever done in my life." Polesnak ate a total of 18 Tastykakes. Davidson said, "I felt sick after the first four but

I knew I had to continue because of all the support my classmates were offering me. I pounded down another twelve in the name of the lion." The winner of the competition was a local resident who ate a total of thirty-one Tastykakes.

Introduced by the Main Street Program of the GMEDC, Autumn Fest is just one of the many events in the community which hope to include more students.

Main Street Program manager Stefan Klosowski was "happy and pleased with the turnout". The program is already planning for next year's festival which hopes to include more music, activities, and performing arts. Klosowski would also like to "cater to what PSH students want included" in next year's festival.

The GMEDC is working together with Middletown officials to improve the overall ambience and development of the community.

"PSH is a really great university campus," said Middletown Major Robert Reid. For many students this is their "home away from home." Towns that have brought the Main Street Program to their community have "successfully progressed."



Brian Polesnak, Senior, represented Penn State Harrisburg in the Middletown Autumn Fest. Contestants chowed down chocolate tastycakes with chocolate frosting.



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