

The Health Fair

By: Kelly Anne Walch

On Wednesday April 7, Penn State Hazleton's annual Health Fair took place in the Physical Education building. Approximately fifteen different theme stands were set up with displays offering free prizes, pamphlets, drinks, or lessons. Residence Life in accordance with several community resources covered many concerns with techniques and ideas for ways to improve good health and welfare. Unfortunately most of us take our good health for granted until something goes amiss, then we search for cures, remedies or possibly the underlying cause. Prevention through favorable habits and proper hygiene are the means to a healthy body and peace of mind.

If you attended the Health Fair, then you already have many new tools to utilize in your pursuit of a salubrious lifestyle. If not, then the following information can be an instrumental key in your quest for a more unique physique and a less pernicious existence.

Upon entering the Health Fair, you could have been greeted by some friendly people from Saint Joseph's Rehabilitation & Fitness Center. Here you could have had your blood pressure and heart rate checked, in addition to inquiring about ways to improving cardiovascular fitness; losing weight; strengthening and toning muscles; reducing your risk for heart disease; controlling cholesterol, triglycerides, or blood sugar; coping with stress; or even just feeling better. The next few stands dealt with Health and Fitness, the Effects of Smoking, a Healthy Diet, and proper Dental Hygiene. You could have obtained a fat analysis and facts on detriments of steroid abuse. The American Cancer Society was present in full force to suggest the abandonment of the tobacco habit and to inform the public of the evils of the habit. One of the facts from an ACS pamphlet states the following; "People who smoke less than a half pack a day still have a death rate 30% higher than nonsmokers. One to two packs a

day--100% higher, two or more packs a day--140% higher. Smoking causes 390,000 deaths a year, deaths that didn't have to happen--and not just lung cancer, but other cancers (mouth, throat, bladder), heart attacks, stroke." What we put into our mouths/bodies was examined through dental care and a guide to good eating. When you take the advice of your professional dentist and the Food Guide Pyramid, your teeth, gums, and body get the right treatment and in return will treat you right. The community resource Planned Parenthood was available to discuss methods of contraception, safer sex guidelines, and information on sexually transmitted diseases, not to mention that you could try to win a free condom. Two stands, Rape and Self Defense were somewhat related. Self Defense had demonstrators and videos to show proper techniques and to give tips on reducing your risks. Rape explained some of the power and control conflicts that occur in unhealthy relationships--from psychological, emotional, and verbal abuse, to sexual and physical abuse. Other booths that purveyed public resources were the Drinking and Driving and the

Alcoholism & Drug Services. Mothers Against Drunk Drivers and Serenity Gardens were on hand to assist anyone with inquires on steroids, depressants, stimulants, alcohol, and other substances. It is important to know the facts on these topics and the dangers that may ensue from their usage. The issue that everyone is affected by--stress was covered by the stand Stress Management. Here you could hear of stress horror stories and learn simple instant relaxers, such as, head rolls, back stretches, neck massages, the head lift, the dangle, and the value of a hot shower or bath. Some of these same remedies were carried over to another display Sleeping Disorders. Here you could learn about common sleeping disorders, such as, insomnia--difficulty in falling or staying asleep, narcolepsy--sudden attacks of sleep paralysis, sleep apnea--the cessation of breathing during sleep, violent dreaming--severe, extreme, strong, uncontrolled dreams, and sudden infant death syndrome--a death from cessation of breathing in a seemingly healthy infant. One booth devoted its topic to lice, Lyme-disease, and giardiasis. The Unusual Diseases booth explored the nature of these parasitic based diseases and how they are spread, treated, and cured. Last, but certainly not the least, one display was directed at the growing problem of skin cancer. One in every six Americans will develop skin cancer in his/her lifetime, and between 1980 and 1989, the incidence of melanoma increased 94% while non-melanoma skin cancers increased 11%. The Skin Cancer display offered many handouts and even a raffle to win sunscreen products.

What The Butler Saw

By: Kelly Anne Walch

What do you get when you cross a *risque* play script, an outstanding director whose life is devoted to the theater, a fantastic costume designer (who just happens to be the wife of the director), a vivacious cast, a post-neomodern band and an irresistibly sassy stage crew? The answer is an absolutely brilliant production of Joe Orton's *What The Butler Saw*. The Penn State Hazleton Campus Society of the Arts presented the play in the Highacres Commons by invitation only on March 31 and then for the general public on April 1, 2, and 3. I laughed. I cried. I was completely powerless to contain the thunderous guffaw which arose from my diaphragm. I loved it. It was better than *Cats* and I wish I could see it again and again. This was by far and away the finest production that the Hazleton Campus has ever been treated to.

The play is set in present time in a room at a private clinic. The play begins with the psychiatrist Dr. Prentice played by Todd Ritter interviewing a perspective new secretary Geraldine Barclay played by Darlene Sweet. The true intentions of the good doctor are soon revealed when he attempts to seduce the naive amanuesis under the rouse of a

medical examination. This "Most ill-timed attempt at seduction ever" was frustratingly spoiled by his voluptuous wife played by Stacey Love who struts in after spending the night at the Station Hotel. She is closely followed by Michael Brewster who plays Nicholas Beckett a hotel bell hop who is trying to blackmail Mrs. Prentice with illicit photos of the two of them copulating. While sarcastically biting dialogue, such as, "You were born with your legs apart, they'll send you to the grave in a y-shaped coffin" was tossed about the stage, a plot twist is introduced when government officials show up at the clinic. Dr. Rance an investigating government official played by Jason Vichinsky stirs up mayhem and makes preposterous accusations of Dr. Prentice and his unconventional practices. Meanwhile, an officer of the law Sergeant Match played by Keith Fernsler enters on the scene to inquire about more illicit acts performed by Nicholas Beckett and to interrogate Geraldine Barclay about the missing parts of a statute of Sir Winston Churchill. The ensemble turns this comical spoof into a sexy burlesque folly.

Needless to say, all of the actors performed stupendously,

but some credit needs to be given to the people behind the scenes. The production staff is stage manager Heather Dickinson, technical director Christopher Knapp, assistant director Susanne Munford, musical director Dave Avillion, assistant seamstresses Michele L. Fulton and Gina Hammond, set construction crew Joey Sue Bronson, Dipen Kamdar, Jason Levin, Colleen Leyden, Jason Long, Mark Manno, Joanne Micko, and Eric Picard, lighting crew Angi Price, set running crew Eric Picard and Dipen Kamdar, props running crew Jason Levin and Mark Manno, costume running crew Michele L. Fulton and Colleen Leyden, make-up crew Gina Hammond, box office Joanne Micko and special appearances from the band "The Outpatients" guitar and keyboard: Dave "Winky" Ranzan, bass: Jeremy dePrisco, and drums: Dave Avillion. The production was remarkable and the attention to detail was saucy and sly right down to the backwards clock on the wall, the office design designed by a lunatic who stays at the clinic from time to time (direction and set design by Steve Schrum) and Dr. Bourk's strategically placed elephant on Sgt. Match's boxer shorts.

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