

Health fair offers free testing

Program helps participants assess physical condition

By STELLA TSAI
Collegian Staff Writer

Sauntering through the halls of the Human Development Building, men and women in search of good physical health traveled from area to area anticipating their next test of blood type/fit factor or visual acuity.

On Friday and Saturday, the nursing department, in collaboration with the College of Human Development and area health agencies, sponsored a health fair that offered free health screenings and other health consciousness promoters.

"There's a lot of areas in health that you should keep tabs on," said Cyril Kapinus, a health fair participant and a University financial officer.

Kapinus said he came to the health fair to take tests that you would ordinarily have at check-up time.

The health fair featured diagnostic tests intended to assess participants' physical condition. Volunteers from health professions reviewed the results and recommended marginal testing, said Laurie Gunter, professor of nursing and human development.

Follow-ups will be administered by telephone and home visits, she said. Volunteers will then make necessary referrals to physicians or other health care facilities within the county.

But volunteers from both health professions and the University student body are needed to more people can be tested, Gunter said.

"We turned people back today. We have a limited time to work," she said. "We had to close before all of them could be tested."

The nursing department used the health fair — the offspring of an idea obtained from *Prudential Life* — as a Spring Term practicum.

A few sessions were conceived of and conducted by University nursing classes.

Several exhibits featured at the health fair allowed University and State College health agencies to show off their services.

For example, because it is difficult for some college students to maintain healthy diets on meager funds, graduate nutrition counselor Martha Harveywebster offered participants a chance to schedule free nutritional consultations to deal with such dietary problems.

A great percentage of those attending the health fair were middle-aged and older, Suzanne Simile (9th-nursing) said. However, students should not ignore the potential health risks measured at the fair because they are young.

"Students could really benefit — there's not a whole lot more time better than this time to catch a lot of problems that may be developing," she said.

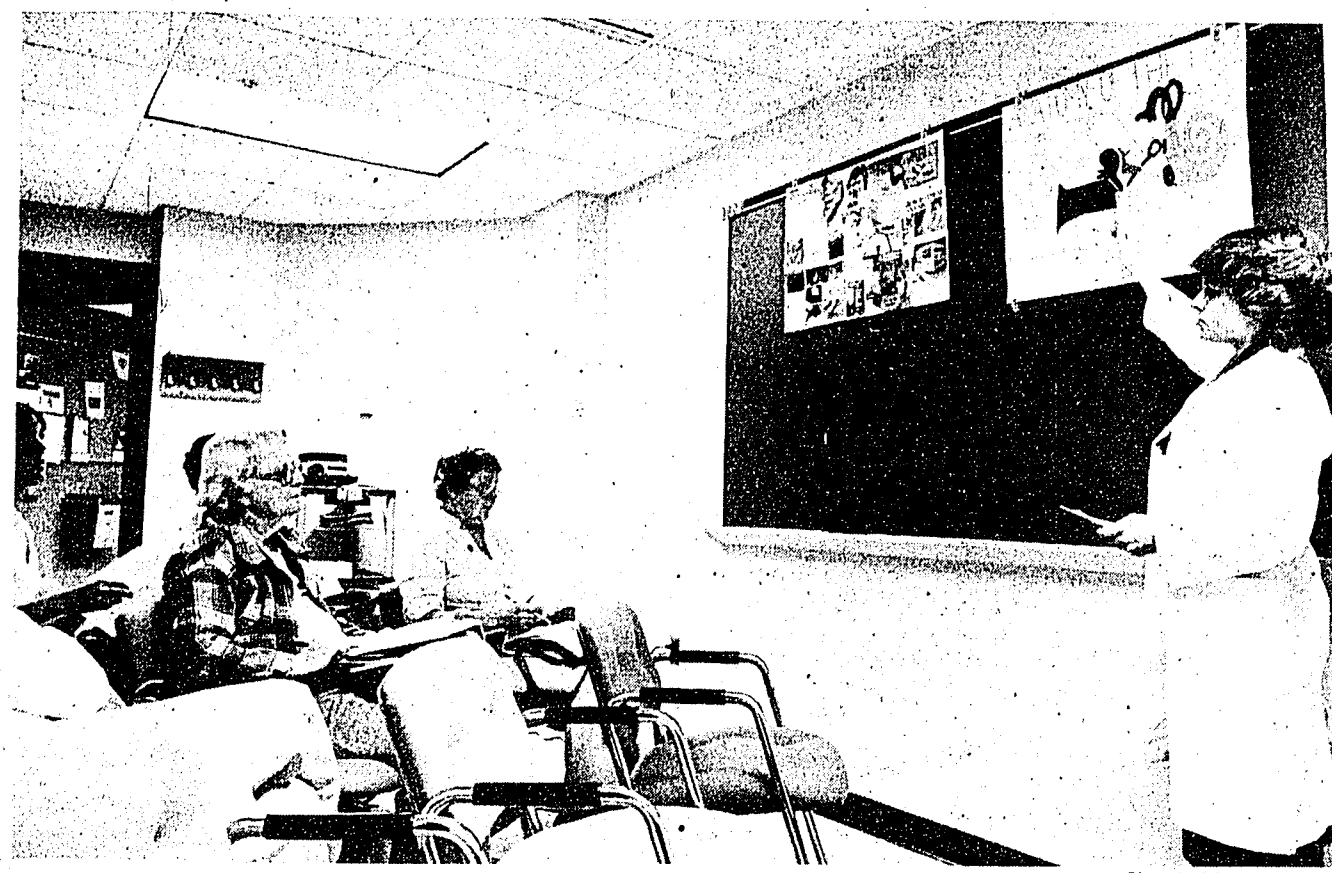
"We're not immune to disease that you may think hits everybody else."

The effects and causes of stress, a health affliction that affects all age groups, were discussed at the fair.

Kathleen Maguire (graduate-nursing) said some factors contributing to this tension disorder are school, work and holidays.

More attention has been directed toward stress because of the recent preoccupation with physical fitness.

"The problems with stress have been around for a while, but the attention to them has been getting more widespread," she said. "More people are health oriented."



Carol Way (13th-nursing) lectures on hearing at the Health Fair held Friday and Saturday in the Human Development Building. Programs were sponsored throughout the fair to inform participants about health care.

Walk-A-Thon participants raise \$600 for local March of Dimes

By ANDRIJA SILICH
Collegian Staff Writer

Yesterday afternoon 12 people started the Walk America Walk-A-Thon sponsored by the March of Dimes. Several hours later all the participants crossed the finish line, successfully completing the 12-mile loop.

Aided by Gamma Sigma Sigma service sorority and Circle K, the charity raised at least \$600, said Jack Lux, area chairman for the walk-a-thon.

"Without their help we would have been lost," Lux said. "Although the number of walkers was a disappointment, Patty Owens, president of Gamma Sigma Sigma service sorority, said, 'It wasn't such a disappointing thing because it was the first year. There's a lot to be learned from a first year — at least it got started. Now that we have all the details like setting up checkpoints and forming the route, we can concentrate on getting more participants.'"

William Gahret, area chairman for the March of Dimes, said, "Next year we want to concentrate more on the Centre County area rather than just the University."

Lux said next year's walk may start in Bellefonte and finish in State College. This may help generate support from surrounding areas, he said.

"People may have thought it was a University fundraiser affiliated with local fraternities or sororities, he said, and the March of Dimes wants to make it clear for next year's walk that it is not exclusively for University students but is open to all Centre County citizens."

One thing that all participants seemed to agree on was that

'Next year they should go to the high schools for support. It seemed like a lot of younger people were interested but didn't know about it.'

—Lynn Friedgen, member of Gamma Sigma Sigma

Contests wind up dairy exposition

By SHARI MARCUS
Collegian Staff Writer

Dressed in white, participants in Saturday's Dairy Exposition "Show Day" silently led their cattle into the ring to be scrutinized by the judges. The next few minutes concluded six weeks of preparation.

The students were evaluated on fitting, the appearance of the animal and showing, or the presentation of the animal. Past showing experience and breed variety were also taken into account.

More than 100 University students, including many non-agriculture majors, competed in the fitting and showing contests at the campus dairy barns. The event was sponsored by the Dairy Science Club.

A month and a half ago, the participating students drew lots for cows from the University dairy herds.

Long hours were spent preparing the animals for the show. Prior to competition, each animal had to be washed several times, brushed heavily to remove excess winter coat hair and bleached to remove stains. All hoofs had to be cleaned and polished and each animal had to be carefully clipped for blending.

"The more you do it, the more you learn," said David Livermore (9th-dairy production), who participated in the show.

Each cow had to be trained to "set up" so that the foot nearest the judge was slightly forward allowing the fore and rear udders to be seen.

Showing cattle "takes the willingness to put in some time," Livermore said.

Five breeds of dairy cows were shown: Ayrshire, Brown Swiss, Guernsey, Holstein and Jersey. Winners from each showing set of eight competed again in the all-around competitions that afternoon.

The Amateur Champion Showman was Linda Webster (8th-dairy production) and the Amateur Champion Fitter was Sue Brandt (12th-marketing). An amateur is defined as a showman without experience in competition.

Jim Harding (9th-agriculture business management) was the All-Around Grand Champion winning both the All-Around Showing and Fitting competitions.

Expo judge Peter Witmer, of the class of 1974 said, "It came down to some really tough decisions. The winners put in a lot of hard work, and it was obvious."

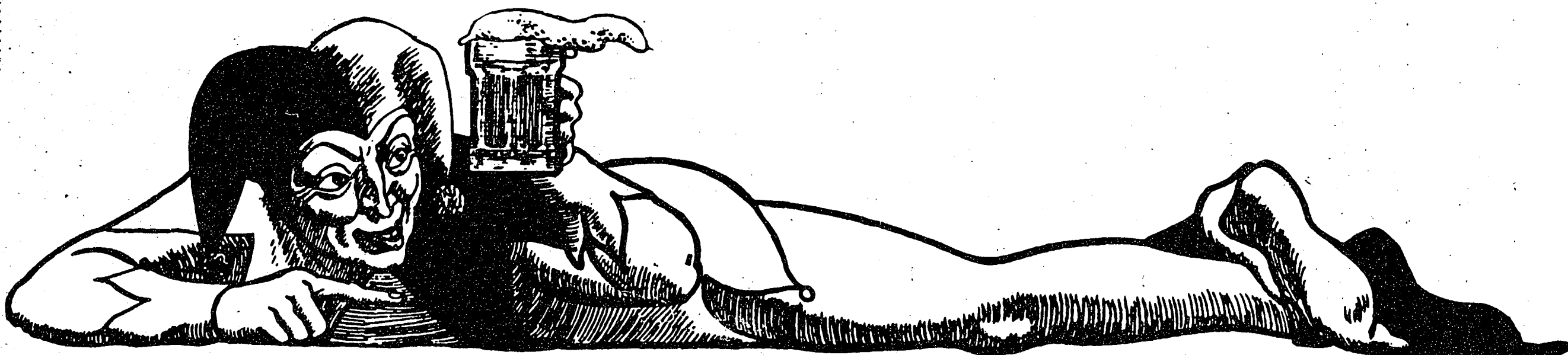
The 97th annual Dairy Exposition was dedicated to John O. Almquist, a professor of dairy science at the University who was recently awarded the Wolf Foundation Award for outstanding research.

"Show Day" also featured several special events including celebrity, sorority and independent milking, fraternity milk chugging and calf dressing contests.

Joel Johnson and Bob Thomas, members of the University wrestling team, won the celebrity milking contest with four pounds of milk in five minutes. They just slightly edged out their opponents, Heather Carmichael and Jon Almquist, members of the University track teams.

"I had a slow start," Almquist said. The sorority milking contest was won by Kappa Kappa Gamma sorority. Kappa Alpha Theta sorority came in second and Kappa Delta sorority placed third.

"It was a lot easier than I thought it would be," said Lowrie MacDonald (18th-spanish), a member of Kappa Delta.



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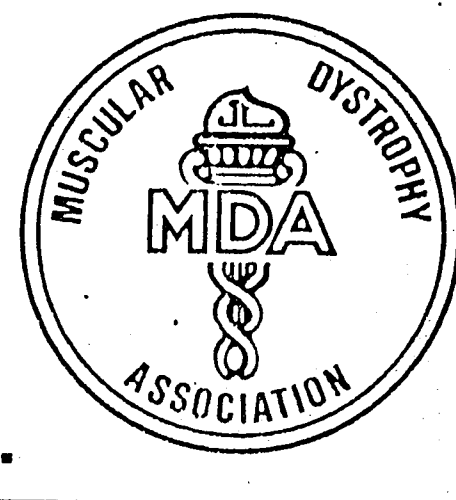
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