Spring/Summer 1993 Vol. 7 No. 1 $1.95

Spectrum

The magazine for Columbia and Montour counties

Biotechnology is improving the quality of food and the lives of terminally ill patients. Is designing humans next?

The 139th Annual

BLOOMSBURG FAIR

BLOOMSBURG Founded 1855 FAIR ASSOCIATION

Sept. 25 to Oct. 2

GRANDSTAND SHOWS • HARNESS RACING • 4-H EXHIBITS
LIVESTOCK SHOWS • FREE ENTERTAINMENT • PETTING ZOO
ALL TYPES OF FUN AND EXCITEMENT

Also at the Bloomsburg Fairgrounds:
Tractor Pull
June 5th and 6th

"Personal Touch Banking"

LIST OF BENEFITS

INVESTMENT ACCOUNT
- UNLIMITED CHECK WRITING - NO CHARGE
- FREE CHECKS - (CHOICE OF COLOR)
- MONTHLY INTEREST (RATES VARY)
  - $500 TO $4,999 - $5,000 TO $9,999 - $10,000 AND UP
- MONTHLY STATEMENT OF ACCOUNT
- $2,000 A D & D INSURANCE
- FREE STOP PAYMENTS
- OVERDRAFT PROTECTION (IF QUALIFIED)
- FREE DIRECT DEPOSIT SERVICE
- FREE MAC & PLUS SYSTEM SERVICES ANYWHERE
- FREE AUTOMATIC TRANSFERS

BONUS CD RATES
1/4% DISCOUNT ON CONSUMER LOANS WITH AUTOMATIC PAYMENT
10% DISCOUNT ON SAFE DEPOSIT BOX
FREE TRAVELERS CHECKS
FREE COUPON REDEMPTION
FREE OFFICIAL CHECKS OR MONEY ORDERS
FREE PHOTO COPIES (5 PER MONTH LIMIT)
FREE TRUST CONSULTATION

FREE IRA SERVICES
FREE SAFEKEEPING OF WILL
FREE SIGNATURE GUARANTEE
PERIODIC SEMINARS
DISCOUNT BROKERAGE SERVICES AVAILABLE
INSURANCE - ACCIDENTAL DEATH & DISMEMBERMENT
- -COMMON CARRIER $50,000
- -SCHEDULED AIR $100,000

TRAVEL RESERVATION SERVICE - 24 HOUR TOLL-FREE
TRAVEL DISCOUNTS (NATIONAL, AVIS, HERTZ)
TRAVEL DIVIDENDS 3% AIR, 10% HOTEL, 3% AUTO
SHORT NOTICE TRAVEL - QUIK-PAK
EMERGENCY AIRLINE TICKETING
PREFERRED CHECK ACCEPTANCE
KEY REGISTRATION
AUTOMOBILE THEFT REWARD
EYEWEAR DISCOUNT PROGRAM
EXTENDED WARRANTY/90 DAY CASUALTY PROTECTION
DISCOUNT SHOPPING SERVICE
DISCOUNT PHARMACY
NEWSLETTER
NATIONAL DISCOUNT BOOK

Get all the details by stopping at any convenient office... you'll like our "Personal Touch."

In Touch with You℠

FIRST NATIONAL BANK
OF BERWICK

FDIC

A FIRST KEYSTONE COMMUNITY BANK

- Berwick 752-3671
- Scott Township 784-0354
- Open Saturday 9-1
- Salem Township 759-2628
- Freas Avenue 752-1244
- Nescopeck 759-2767

Where quality service comes FIRST

Spectrum

The Magazine for Columbia and Montour counties

Spring-Summer 1993

Vol. 7 No. 1

All-American Magazine
Gold Medalist
Certificate of Merit
First Place

Associated Collegiate Press
Columbia Scholastic Press Association
American Bar Association
American Scholastic Press Association

p. 30

p. 27

p. 8

Cover photo by Matt Steinruck

*This issue of *Spectrum* is printed on recycled paper.

Exercise Videos: Weighing the Competition

Cher does it. Jane Fonda does it. Even Angela Lansbury does it. It seems a different celebrity jumps on the bandwagon monthly. It's the exercise video bandwagon and a craze that isn't going away.

According to *Shape* magazine (January 1993), $84 million was spent on exercise videos in 1991. Its source is Alexander & Associates, a New York research firm that tracks video sales. *Shape* adds analysts agree most of the money spent on videos is a result of sales pitches by celebrities like Jane Fonda, Kathy Smith, Richard Simmons, and other respected exercise experts.

But, although the stars' videos rank among the best sellers, they aren't necessarily the best, according to Jill Ross, director of customer service for *Collage* Video, a Minneapolis, Minn., mail-order catalog service. "The majority (of the videos we sell)," says Ross, "are instructor videos produced by small companies." *Collage's* "Complete Guide to Exercise Videos" includes reviews of videos by experts from *Shape, Self, American Fitness, Lears,* and other magazines.

Cher's video, "Cher Fitness: A New Attitude," was rated an A-minus overall by *Shape* reviewers in their seventh annual fitness video review (January 1993). They say Cher's wisdom in hiring a fitness expert to lead the workout is a definite plus.

A best-selling video despite criticism is "Cindy Crawford/Shape Your Body Workout with Radu," which received an overall rating of F-plus from *Shape* reviewers. Their experts say Crawford uses terrible form and risky, ineffective moves, and believes her trainer, Radu, fails to mention even the most basic safety instruction.

Shape reviewers rated "Richard Simmons - Sweatin to the Oldies 4" video a B overall. The 64-minute tape is described as a fun workout, performed by real people in front of a lively band.

How to choose the best video for your needs? *Shape's* "Buyer Beware" article about videos suggests sticking with the big names, because they usually deliver what they promise. From "Abs Busters" to "Yogarobics," there is something for everyone on video.

-PATTIE LANNING

It's a Wheel Sensation

We've all heard the saying, "It's like riding a bike. Once you learn, you'll never forget." Well, you won't have to learn to ride this bicycle all over again, but it will take some getting used to.

The recumbent bicycle allows the rider to lean back and relax as it is being ridden. The rider reclines in a wheelchair-type cushioned seat with the handlebars either under the seat or coming back to meet the rider, as on a motorcycle.

It's a lot more comfortable than a normal bike," says Paul Baskin, Jr., owner of Paul's Bicycle Shop, Bloomsburg, who sells the bicycle manufactured by Linear. "You can cruise along all day without the backstrain that you have on another bike," Baskin says.

The bicycle is comfortable to ride, but area riders have found noticeable drawbacks. Russell Lewis, who has been a competitive bicyclist for 20 years, says, "They're much slower and much more difficult to ride up hills."

Lewis notes two reasons why he doesn't prefer the recumbent bicycle. "It's a much heavier bike so there's extra weight going up the hill," says Lewis. "You can't use your arms as much because you can't stand up and ride it and it's not as stable going downhill as on a regular road bike."

Safety concerns are another problem with the bicycle. The bicycle sits low to the ground which makes it difficult for traffic to see it.

Bicyclist Jeff Tate says he wouldn't ride the bike because "it would be difficult to get off of the bike quickly if you needed to for any reason."

Although the bicycle does have drawbacks, people have been inquiring about it because it is different, comfortable, and new to the area.

The recumbents have been around since 1982, but area shopowners just started selling them last fall. The recumbent has 21 speeds, is longer than a conventional bicycle, and is equipped with either a 24-inch backwheel and a 16-inch frontwheel or a 27-inch backwheel and 20-inch frontwheel. Its price ranges from $400 to $2,000, depending on the model.

- FELIPE SUAREZ

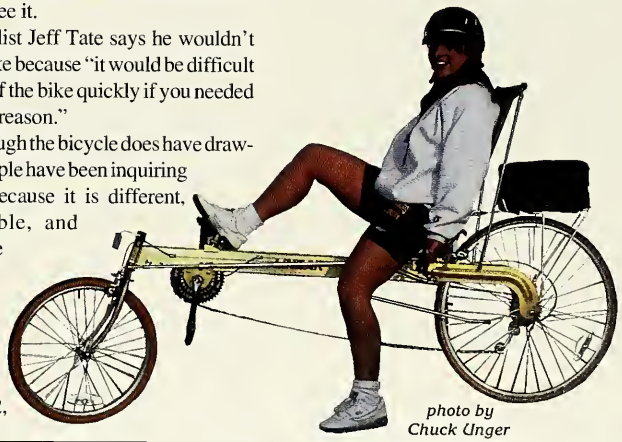


photo by Chuck Unger

The First Cat Strives for Purr-fection

Even before Chelsea Clinton moved Socks the cat into the White House, Americans had been favoring cats over dogs as their pets of choice.

The cat population has risen 5.6 percent annually since 1972, while that of dogs has held steady or declined, according to *The Cat Care Manual.*

"This may be because cats are more suited to our stressful lifestyle," says Dr. Marion Mason, psychology professor at Bloomsburg University.

Owner of Calli, a pet cat acquired while in graduate school, Dr. Mason contends that "dogs require a lot of interaction, and may become angry if left alone all day. But cats love solitude. They are content to live in small living quarters. And the quiet companionship of a pet cat provides relief from stress."

This fact has also been documented by hospice nurses who find that stroking a soft furry pet calms and comforts elderly or ailing patients and keeps their blood pressure normal.

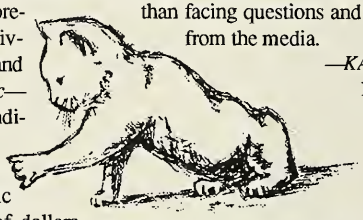
Stephen Kellert, a Yale-based human/animal bond philosopher, classifies four kinds of pet owners: *negativistic*—those who dislike animals, fear them and actively avoid them; *utilitiarian*—those who see only the practical value of animals (cats catch rats; dogs guard premises); *moralistic*—animal activists who work for their rights and welfare programs; *humanistic*—those with strong affection for individual animals.

Most pet owners fit into the latter category. These humanistic pet owners generate billions of dollars annually into the national economy. The dog food market is a $2 billion industry, while cat owners spend more than $300 million to keep their feline friends well fed.

"Animals are such agreeable friends," wrote George Eliot, "they ask no questions, pass no criticisms."

This may explain why Chelsea's father puts up with Socks, although he is allergic to cats. It has to be less stressful than facing questions and criticisms from the media.

—KATHERINE YURCHAK



LETTERS TO THE EDITOR

To the Editor:

The *Spectrum* article, "Blocking the Road to Progress," shows that authors Brian and Gail Rippey didn't give enough emphasis to the opposition's viewpoints, particularly the very large Danville concerned citizen's group of 1,000 plus who have signed a petition to continue the use of the existing bridge and construct the new bridge according to the 1974 PennDot plan at a location about a mile up river to bypass Danville and provide direct access to Route 11 and 80 from the south.

Bridge workers, inspectors, and a local bridge engineering professor have told us the existing bridge is in good shape and with quality maintenance can be used for another 100 years or more.

Placing the new bridge at Factory Street favors the less than 15 percent of traffic going to and from Route 80. Seventy-five percent of bridge traffic is from the east (Geisinger, State Hospital, TRW, etc.) To bring all this traffic to and from Danville is destroying our downtown with pollution, accidents, congestion, etc.

Paul Andruss, a retired FHA administrator, calls this plan "PennDot's Folly" because it goes backward 50 years in infrastructure planning. A few Mill Street business people support the PennDot plan, to get traffic off of Mill Street. But, the "NIMBY" [not in my backyard] plan will not work. Factory Street will still be one-way each direction through the Tunnel. A PennDot projection of 100% traffic increase in 17 years for Danville is being ignored.

Surely, the Rippeys know the $150 million price tag is a phony. A recent bid to construct a bridge at Mifflinville was just over $7.5 million. In short, our position is that the Bypass bridge is best for all traffic from the south, especially emergency Geisinger traffic.

Joseph Krempasky, committee member

[Spectrum magazine acknowledges that perhaps Mr. Krempasky's committee should have been contacted. There are many sides to this story, but we believe we presented a balanced and fair picture of the controversy. Further, the costs are those determined by bridge engineers, architects, and PennDot.]

Refreshment in a Snap

Pepsi and Coca Cola may just have some competition from *Snapple,* a new beverage that has been taking the nation by storm.

Snapple's biggest appeal is that it comes in more flavors than other sodas. According to Fred Suglia, manager of the Canada Dry Distribution Center, Bloomsburg, *Snapple* is sold more often than soda to a wide variety of people. "We especially have terrific business from the college," says Suglia. The favorite *Snapple* flavors at Canada Dry Distributors are kiwi strawberry and the iced teas, which are also the most popular iced tea products in the country, according to Suglia.

Mike Gaynard, a Kehr Union food service manager at Bloomsburg University, orders 50 cases (24 - 16 oz. bottles) of *Snapple* per week, mostly the iced tea flavors, while he orders only 50 cases of Pepsi and Coke combined.

—ALICIA CURLEY

BEHIND THE LINES

The age of computers has led to a significant increase in being able to locate information. From the first issue of *Spectrum*, we have used computers to improve the efficiency and quality of our typesetting and page design. With this issue, we used an interactive international computer network to assist us in getting information for our cover story about genetic engineering.

ProfNet, a part of Internet, links about 300 universities and major corporations. Its headquarters is at the State University of New York, Stony Brook. Members of the news media can "dial" ProfNet on computer. In our case, we "dialed" ProfNet and asked the system to help us locate genetic engineers. ProfNet sent our request by computer to the universities. As a result of our inquiry, three universities and one major research hospital responded. After exchanging a few bytes of information, we contacted some of the nation's leading genetic engineers to get further information for our story.

Using ProfNet allows for much stronger reporting and better stories by all the news media. We intend to utilize it for many stories in the future.

Interest expressed by a focus group last year influenced our staff's decision to dedicate the majority of this issue to investigating local environmental issues. Coinciding with our environmental theme, it seemed a good opportunity to begin printing *Spectrum* on recycled paper. Despite the $30 increased cost of paper, we proceeded with the plan to make our small contribution to preserving the environment.

In the process, we learned that all recycled paper is not alike. Having as much post-consumer recycled content as possible is environmentally optimal. Post-consumer paper has been used by consumers, picked- up and reused. Not only does this limit the number of trees cut down, it keeps waste out of landfills.

Pre-consumer content is composed of in-house industrial paper scraps. The number of trees used is the same as with post-consumer paper. However, in this case, the paper has been labeled "recycled" without having been previously used and discarded by a consumer.

The impact of our decision was also pondered. We had to decide, "Is it worth it for us to make the switch to recycled paper?" The cost for a much larger publication to change would be greater, but so would its overall impact. And, certainly the magazines with circulations in six and seven figures must balance significantly higher cost for recycled paper against an environmental responsibility.

In working through our environmental stories, we came to realize that not only is it our social responsibility to do what we can to preserve the environment, but our actions may influence others as well. As the demand for recycled paper increases, the industry will be moved to improve the quality and variety of recycled paper available and, eventually, the market will drive industry to produce a lower-cost product.

From this, we see that like the grains of sand needed to make a beach, so is everyone's contribution critical to improving the environment, no matter how insignificant it may seem. —*THE EDITORS*

Spectrum is published twice a year by the Program in Journalism, Bloomsburg University of Pennsylvania (Bloomsburg, PA 17815). ISSN 0892-9459.

Spectrum
Spring-Summer 1993
Vol. 7, No. 1

ETS

'Not in my air space!'

photo by Henry van Dijk, University of Texas Media Center

Dried tobacco leaves go through a dusty process to become the loose tobacco of cigarettes and cigars.

by Katherine Yurchak

"If I catch you smoking, I'll make you *eat* a pack of cigarettes."

Her father's threat terrified Edie Hill, but it didn't deter her from lighting up her first cigarette at 11 years of age.

"Both my parents smoked," says the 41-year-old Elysburg woman who markets housewares at the Columbia Mall. "Because the smell of tobacco was everywhere in the house, they never suspected I was a smoker."

Unaware, she was also being subjected to ETS (Environmental Tobacco Smoke.) According to the U.S. Environmental Protection Agency's fact sheet No. 5 (June 1989), "ETS is one of the most widespread and harmful indoor air pollutants. It comes from secondhand smoke exhaled by smokers."

The latest report from the American Lung Association estimates this kind of air pollution costs the U.S. at least $40 billion annually in additional health care costs and lost productivity.

While Edie Hill's experience is typical of those whose

photo by Gus Salinas, University of Texas Media Center

parents have failed at the "do-as-I-say-not-as-I-do" approach to the smoking problem, more serious are the health hazards nicotine-addicted parents pass on to their children. This has been widely publicized since 1984 by Surgeon General C. Everett Koop, when he called for a "smoke-free society by the year 2000."

Even the recent flood of publicity about the prevalence of lung cancer is not enough to convince people like Edie Hill to quit smoking. ETS causes 3,800 lung cancer deaths in the U.S. every year, according to a recent release by Pennsylvania's Interagency Council on Tobacco and Health.

"I resent it when I'm told I shouldn't smoke," she says. "I really get pleasure from a cigarette. And besides, I have the *right* to smoke if I want to. My 21-year-old daughter smokes. I never tried to stop her the way my father tried to stop me.

I will say, though, that both my husband and I try to cut back on the cigarettes we buy. But the health factor has nothing to do with it. It's the price of a pack of cigarettes that's breaking us." Therefore, Edie's husband has reduced his smoking from "a couple of packs a day to a third of a pack," she says. Edie, who used to smoke two packs a day, has cut down to one. And now comes the Clinton administration with a $2 per pack tax proposal.

If cost is keeping Edie Hill from lighting up her cigarettes as often as she'd like, it's not decreasing tobacco sales at the Lightstreet Uni-Mart, near Bloomsburg University.

"We're a long way from a 'smokeless society' in this place," says Dot Hamlin, whose weekends at the counter are hectic. "I don't smoke, and I'd be happy if everyone else wouldn't. An awful lot of students are smokers. You have to wonder how a college kid can afford to smoke!"

According to Uni-Mart's manager, Pat Essig, top selling brands are Marlboro Lights, Marlboro, Camel Lights, Newports, and Salems, all of which sell for $2.75 a pack, including tax. Uni-Mart's generic brand, Sebring, sells for $1.37 total cost.

Essig says about 75 percent of her store's sales are from college students who also buy snack foods. The store sells about 2000 packs of cigarettes a week, she says.

Neil Dolan is a 44-year-old Bloomsburg University student who doesn't like the high price of his tobacco habit. He says he wants to quit smoking, but "it's awful hard to do." Then with candor, he adds, "I used to drink. Now I smoke. All I did was exchange one habit for another."

According to Dolan, his smoking habit puts a $40 dent in his monthly budget.

Also admitting to tobacco addiction is Danielle Socha, 19, a Bloomsburg University freshman. Her brand is Marlboro and she needs a pack a day.

"I started smoking at 14," Danielle says, "and have tried to quit many times. I even tried The Patch. But I gave that up because I need a cigarette in my hand when I get stressful."

(continued p. 11)

Bloomsburg students who smoke must comply with the University's smoking restrictions, in accordance with Pennsylvania's Clean Indoor Air Act, which became effective February 19, 1989. The act provides that "no person shall smoke in an area designated non-smoking in a public place."

The University's newly remodeled Kehr Union building has been declared a smoke-free building. This policy was approved by the Kehr Union governing board, comprised of 17 students, two faculty members,and an alumnus.

The Clean Indoor Air law also applies to eating establishments with 75 seats or more. Mary McMurtrie, manager of Perkins' Pancake House, says: "When we have a long line of people waiting to be seated, and there's no room in the smoking area, people who like to smoke will leave the restaurant. But non-smokers will agree to be seated in the smoking section, if the non-smoking area is filled." So it seems that some people who don't smoke will put up with ETS if they have to, and especially if they're hungry.

At Russell's Restaurant, Bloomsburg, the number of seats is below the law's requirements, so there is no non-smoking area, according to manager Steve Orso. However, he says, "If a non-smoking area is requested, we try to seat our patrons where they won't be troubled by someone's smoking."

The federal law also exempts hotels from providing non-smoking rooms, but the Hotel Magee, on Main Street, has set aside a few rooms for non-smokers as a courtesy gesture.

"Recently, a smoker was assigned a non-smoking room by mistake," says the desk clerk Greg Notestine. "The smoker very politely asked for another room, so he would feel comfortable smoking."

It was the smoker's gracious attitude that impressed Notestine. "Only a few years ago, smokers wouldn't care about the feelings of non-smokers, so I think the message about tobacco's air pollution is getting across," the clerk says.

According to the U.S. Environmental Protection Agency, "Fifty million smokers annually smoke approximately 600 billion cigarettes, four billion cigars, and the equivalent of 11 billion pipes of tobacco. Since people spend approximately 90 percent of their time indoors, this means that about 467,000 tons of tobacco are burned indoors each year. Over a 16-hour day, the average smoker smokes about two cigarettes per hour, and takes about 10 minutes per cigarette. Thus, it takes only a few smokers in a given space to release a more-or-less steady stream of ETS into the indoor air."

The American Cancer Society, in a concerted effort to change the behavior of nicotine addicts, is using the national media to emphasize that "cigarette smoke contains tar, which is made up of more than 4,000 chemicals, including 43 which are known to cause cancer. Some of these substances cause heart and respiratory diseases. All of these conditions are disabling and cause death."

(continued p. 13)

The American Medical Association is also advertising its effort to "recommend proposals for an effective disease prevention program to stop the biggest killer of all [tobacco], a legal product that is deadly when used as directed. Every year 435,000 Americans die prematurely because they smoke cigarettes."

Asked to respond to the media blitz against smoking, the Tobacco Institute provided *Spectrum* with a statement which notes that "the news media appeared to cover the EPA report for its sensation value without critically examining the agency's claims."

The Tobacco Institute adds that "EPA classified environmental tobacco smoke as a Group A carcinogen only by relaxing its normal standards to achieve the result.

However, major conclusions from a report received from the Department of Health and Human Services, in Atlanta, insists that "widespread exposure to environmental tobacco smoke (ETS) presents a serious and substantial public health impact."

Armed with this information, Mary Ann Landi, executive director of the local American Cancer Society reports: "We deliver the anti-smoking message to children from preschool to the 12th grade."

At Bloomsburg Area Senior High School, assistant principal Robert Lombardo says that of a student population of 430, in the past school year four students were suspended for violating the school's policy on the use of tobacco. He notes, however, that the use of snuff and chewing tobacco is on the rise among the students.

The American Cancer Society's most recent report notes 70 percent of all students in grades 9-12 have tried cigarettes and "chew." A new report by the U.S. Surgeon General's office claims "twice as many 16 to 19-year-old boys use snuff as men age 50 and over . . . despite the fact that every state except Montana prohibits the sale of tobacco to minors."

The Pennsylvania Division of the American Cancer Society, Hershey, notes in its latest profile of smokers that the prevalence of smoking is highest among men who do not have a high school education. Half of all smokers start before the age of 18. More than 3,000 teenagers become regular smokers each day in the U.S.

Finally, Gordon C. Godbey, a retired professor and associate dean of education at Pennsylvania State University, believes we're still a good distance from achieving a "smokeless society."

"Some 50,000,000 Americans who create ETS refuse to admit chemical dependency upon nicotine," says Godbey, a Muncy resident and author of the "Current Affairs" column in *The Luminary*. He adds, "Those who insist on the right to smoke also should accept responsibility for their decision." **S**

Tracking the Consequences

From the machinery of the past came some green ideas affecting today

by Neil Dolan

Ask people about trains and they will probably complain about being stopped at railroad crossings, waiting for a slow freight train to pass. But trains have played a major part in the development of Columbia and Montour counties and the area's once abundant natural resources.

At one point, Bloomsburg was a terminal point for five major railroad lines—Erie Lackawanna, Lehigh Valley, Pennsylvania, Reading, and New York Central. There were other small local rail companies which also served the area and connected to the major carriers. Some of these were the Sunbury, Hazleton, Wilkes-Barre, Bloomsburg & Sullivan, Susquehanna, and Berwick railroads. They served not only the towns after which they were named, but also Orangeville, Benton, Catawissa, Danville, Fishing Creek, Furnace Run and other communities. They were not as fast as today's means of travel but it was faster than the stagecoaches or walking.

Originally, trains were brought into the area to help haul local resources to the major markets in Philadelphia and New York. Most people know about the anthracite coal that was found in the surrounding area, but there were other important natural resources. The area also exported agricultural products, lumber, and iron.

The discovery of iron ore in 1822 brought an influx of mining and furnaces to smelt the ore into pig iron. As the fledgling industry grew, railroads followed, leading to the development of a wide variety of industries.

Lumber was logged and sent to the local mills. It was also used to make charcoal to feed the local iron furnaces. Bloomsburg and Danville both had iron furnaces and iron works. Bloomsburg also handled a large freight yard and was a major transfer point for all the railroads. Catawissa and Bloomsburg had railroad repair shops, but the largest company was in Berwick, The American Car and Foundry Co., which made and repaired railroad cars.

Along with freight, the trains also hauled passengers for commuting to work, shopping and pleasure. You could get to many areas in the two counties and also transfer to major lines to Philadelphia, New York, Allentown, or Pittsburgh. "It was usually an all-day affair with the transferring from the smaller lines and onto the major carriers," says Tom Taber, author and train historian.

It was also not a cheap way to travel. "It cost almost a day's wages to travel on the trains," says Taber. The railroads used to run "specials" for almost any reason, and in the 1890s and early 1900s you would see the advertisements in all the local newspapers.

It was a major event to travel in those days. "Of course, you didn't have all the entertainment that you have available today," adds Taber.

But, there were prices to be paid for all this progress. The early industries needed fuel to satisfy their production needs. With seemingly unlimited natural resources and no knowledge of the consequences of industrial pollution, the area eventually suffered. As the natural resources were used up, the industries

Coal smoke from trains and the industries that used the lines added to the pollution.

photo: North Shore Railroad

they supported slowly disappeared.

Lumber that was used to make charcoal for the iron furnaces became scarce. "Most hardwood was gone from the Bloomsburg area by the middle of the 19th century," according to Rick Torsell of the Pennsylvania Forestry department. By the mid 1800s and to the turn of the century, Hemlock and White Pine were the only lumber available from the North Mountain area.

Hardwood forests of oak, maple, ash, and cherry were just a memory. "By the late 1800s and early 1900s most of the forests that covered the state were gone," says Torsell. The lumber companies had cut most of the trees and left the land susceptible to a number of hazards. On the lands once used by the lumber companies, "there was a lot of land erosion and wild fires," according to Torsell.

There were other areas of the environment which also paid for this progress. As well as using some of the waterways for transportation, some industries used water as part of their manufacturing process. Streams became a convenient way to dispose of the industrial waste products. Along with dams, the pollution helped to destroy the once abundant shad runs in the late 18th and early 19th century.

The last iron mine in this area was shut down in the late 1890s because of cheaper and more productive fields in the Great Lakes region. Besides being an eyesore, closed mines can create another hazard. One by-product of closed coal mines is water pollution. There are 5,000 streams classified as contaminated by mine runoff in the eastern United States and over half of these streams are in Pennsylvania. Due to the mineral properties of coal, the water seeping into the abandoned mines causes acid runoff.

Closed iron mines don't create the same problems, so Columbia and Montour counties were spared. Dan Spadoni, Pennsylvania Department of Environmental Resources community relations coordinator, says, "to the best of my knowledge there are no problems related to acid water runoff in this area." Spadoni also says, "a lot of the runoff problem came from decades of unregulated coal mining activities." Hank Edenborn of the U.S. Bureau of Mines, Pittsburgh, agrees. "Generally speaking, you do not have the problem with iron unless there were other minerals involved in the area of mining," he says.

Lumber, iron, and finally coal lost their markets to other areas and the workers became unemployed. Freight trains started to lose business and the passenger lines also suffered. With less freight to haul and fewer industries requiring workers, passenger travel declined. Many of the smaller lines either went out of business or were bought out and taken over by the major carriers. Passenger traffic really began to slide in the 1930s. Railroads cut back on service because of buses and the automobile. "There was a brief upsurge in train travel in the years during and shortly after World War II," says Taber, "but it really took a dive after that."

There are few reminders of yesterday's industries. The lumber mills are gone, so too are smoke-belching steam engines and iron furnaces, which used up the natural resources. There are some closed and

abandoned iron mines around the two counties; the abundant hardwood forests that once covered the state have been cut back and the bustling railroads are dusty pages in history.

There are some hard lessons learned. To the credit of most Pennsylvanians, "by the late 1800s and up into the 1920s, people were concerned with the cut land of the lumber industries," says Torsell. The Pennsylvania Forestry Association petitioned the state legislature to buy up the old lumber land. This led to the creation of State Forest Lands. State Forestry management is interested in maintaining and allowing the land to revert to its natural cover. "It takes a hardwood tree at least 80 years to mature," says Torsell. "Some hardwood trees can live for 200 years," he adds. As a result of some concerned Pennsylvanians we have a natural reinvigoration of the land, he says.

> "A lot of the runoff problem came from decades of unregulated coal mining activity."

Some of the old industries, such as the iron furnaces, have been turned into historical monuments with sprouting green lawns instead of black smoke and grit.

Just as the old coal-burning steam locomotive was replaced by the modern diesel engine, the diesel has been replaced in some areas by cleaner-running electric engines. With the use of technological advances in engineering and energy, more environmentally friendly trains could be produced in the future.

In Europe and Japan, train travel and technology have been made a state of the art affair. High-speed trains run at speeds in excess of 200 mph. The United States has just begun its own experiment with high-speed trains in the Northeast between Boston, New York, and Washington, D.C. The train, imported from Sweden, is limited to 125 mph because "this corridor does not allow the train to run its full speed for the entire line," says Taber, referring to roadbed conditions and frequent railroad crossings requiring slower speeds in congested areas.

Our current transportation policies do not allow for development of efficient and inexpensive rail travel. "Other countries use up to 40 percent of their transportation budget for the development and upgrading of rail systems while we use a mere 10 percent," says Taber. Amtrak spokesperson Pat Kelly says, "Our operating budget varies from year to year according to what congress appropriates."

In 1992, for example, Amtrak's funding was $505.5 million and $496 million for 1993, she says. It is possible to use an existing system and either upgrade or improve it, but it would require some innovative planning. So far, a major overhaul of the railroad system is not planned. S

"It is our purpose to earn the respect, confidence and loyalty of customers by serving them so well that they profit from their association with us."

W. William Ott
General Manager

For over 100 years, Grit Commercial Printing, Inc. has been providing quality printing services to Columbia and Lycoming Counties and the surrounding area.

But new ownership and management have given this seasoned company new capabilities: an expanded range of marketing, printing and direct mail services that can save you money.

CAPABILITIES

- Full service printing
- Complete advertising & marketing services
- Graphic design & photography
- Direct mail & product delivery

Take advantage of Grit's new capabilities. Call Bill Ott at (717) 326-1771 for a quote on your next project.

GRIT
COMMERCIAL
PRINTING
208 West Third Street
Williamsport, PA 17701

Color photo courtesy of David Burke Photography

THE NEW LOOK OF TRADITION

DJ sees life through music

photo by John Michaels

Disc jockey Lou Kolb reads his Braille program guide before getting his show's music cued up.

by John A. Michaels

"The $7,000 search for stuff . . . ," disc jockey Lou Kolb tells listeners of WKSB-FM, the 53,000-watt radio station in Williamsport.

Kolb's smooth delivery about an upcoming scavenger hunt is delivered perfectly. No hints of any problems as the next song cued on one of three compact disc players begins to play.

Few of the listeners of his top-rated show know he was making the pitch as his fingers glided across a Braille message on his program guide. Lou Kolb, 40, has been blind since he was born prematurely in Philadelphia in 1952.

"Blindness is something I don't call any attention to if I can help it," he says during a brief respite between cuing and filing compact discs or getting commercial cartridges ready. "On the other hand it's no secret. It's incidental. It's a sighted world that I'm communicating with and I approach it on those terms."

Kolb's 10 a.m. to 3 p.m. show finished No. 1 in the recent Total Survey Area ratings, whose coverage area includes Montour, Northumberland, Snyder, Union, Lycoming, Sullivan, and Tioga counties. He does more than hold the early morning audience that tunes in to hear news and weather updates while listening to the antics of Gary Chrisman, Kathy Collins, and the 6-10 a.m. crew.

"Lou's trying to keep what Gary has and also keeps the people who tune in at work for a longer period of time," says program director Tom Benson, who previously worked at stations in Bloomsburg and Berwick. "They may hear Gary for about 20 minutes at home or during the ride in, but once they get to work, they listen for longer amounts of time."

"102.7, Kiss-FM. Good times and great oldies," Kolb tells his audience during the break. "All Request Class Reunion Show," which gives listeners the opportunity to select the daily show's music.

The music is laid out, except for the request hours. "This is a well-programmed station. A lot of thought goes into the programming here," Kolb says. "It's impossible to please everybody all of the time.

"We program for the 25-plus crowd because those are the people who are likely to spend money and who the advertisers want to reach," explains Kolb.

"We play new releases, but we accent the oldies. That's sort of the foundation of the station," he says.

Kolb keeps busy while the music is playing by filing away CDs that have already been used or picking out the next songs. Each CD is filed numerically and has a peice of labeling tape with Braille numbers on the side for Kolb to find. He moves along the rack slowly, up and down, feeling and reading the numbers.

When he finds the correct one, he checks his program guide for the correct program number then listens carefully, counting the number of clicks as he turns the knob on each of the three CD players on the left side of the U-shaped console area.

"I had to come up with a system—like the labeling—and facilitate it as much as I can because I can't wait for somebody else to modify things," Kolb says. "Employers are the biggest concern when it comes time to hiring, especially a blind DJ. I had to be very willing and able to meet the employer half way doing things that had to be done."

One of the big things Kolb accomplished was winning a Pennsylvania state grant to purchase a computer that prints Braille. Now, whatever's in the company computer—programming, music guides, etc.—can be quickly printed into Braille, saving countless hours of dictation.

"The computer has made all sorts of

things accessible to me," Kolb says. "I used to have somebody dictate the music log to me, or the commercial copy to be recorded. Anything."

Kolb says that now anything that's written comes out of a computer and they can just make a copy at their convenience without having to coordinate schedules with him.

The electronic age also helps Kolb in his spare time when he wants to read a magazine article or a book. Previously, he had to get cumbersome Braille copies. Now, all he has to do is pop a tape into his portable player, sit back and enjoy.

"The Talking Book Program of The Library of Congress puts a magazine or book on tape. You can take these tapes with you wherever you go," he says.

"It's partly cloudy outside," Kolb tells his listeners. He can't see what's going on outside, so he relies on others to tell him. "If someone tells me it's cloudy or foggy, I'll mention that," Kolb says. "I'll say it's bright and sunny out there, even though I can't see the sun."

Kolb, who previously worked at a competing station in Williamsport and at one in Jersey Shore before coming to WKSB, took his first job while a student at Penn State University.

"Since I wasn't paying a lot of attention to my classes in college, I left school to go to a radio station 50 miles south of Buffalo," he says. "Being blind, I also didn't know if I'd get a job after college, so I took the sure thing."

"I can't say I really regret it. Sometimes, I wish I had a degree, although I didn't need it in my case. I don't know that I would encourage anybody else to do that."

And, for Lou Kolb, Williamsport might be the best place to finish his career. "I had intended to work my way up to a Philly station, but the longer you're in a place, the more comfortable you are with it," notes Kolb, who has been with WKSB four years. "I was unwilling to give up all the progress I made around Williamsport. S

'Waste not . . .'

Hospital waste management is helping preserve the environment

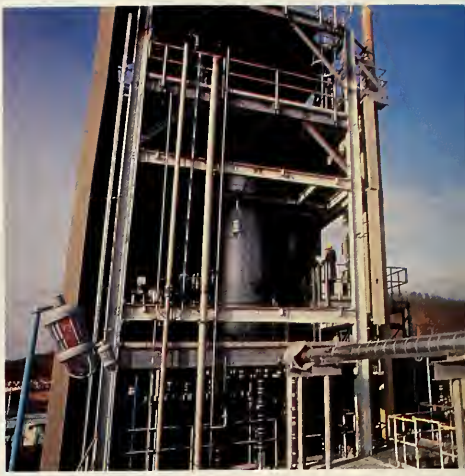


photo: Merck & Co.

by Stacy Tassone

Polluted air.
Depleted natural resources.
Limited landfill space.
Rising costs of trash disposal.

To combat the environmental problems facing society, hospitals, the largest generators of medical waste, have implemented waste reduction, recycling and municipal waste management programs to safely and efficiently dispose of their waste and to comply with the Department of Environmental Resources (DER) waste regulations.

In recognition of increasing problems nationally with proper disposal of medical waste and potential health concerns, DER regulations were specifically first imposed in April 1988, and more stringent amendments were made in April 1992.

The maximum fine for violating DER regulations is $25,000 per day, per violation. In extreme situations, there could be criminal prosecution if the evidence shows it to be a deliberate action, explains Dan Spadoni, community relations coordinator for the state DER, Williamsport.

Landfills have a double liner to reduce the risk of liquid waste leakage so "the risk of ground water contamination is virtually nil when waste is disposed of properly," Spadoni says. However, problems could arise "if someone throws a couple of bags onto a bank and it goes into a creek that is used as a source of drinking water for a community," he explains. In the case of animals, "If a red bag of infectious material should be dropped outside of the incinerator or dumping grounds, an animal could come in contact with it," warns Melvin Martz, director of purchasing and environmental services at The Bloomsburg Hospital.

In Pennsylvania, there have been "scattered" problems in the past with medical waste turning up unauthorized at landfills in loads of municipal waste, according to Spadoni. He says, "Those situations may sometimes very well be accidental if waste is not packaged properly and mistaken for municipal waste. It is very important to use labeling and color-coded bags."

> "The risk of groundwater contamination is virtually nil when waste is disposed of properly."

However, Spadoni admits it is not always an accident. The sometimes significant cost for facilities who generate fair amounts of medical waste but lack on-site incineration capabilities is temptation to bypass required methods and seek alternate means of disposal.

DER regulations specify the how infectious and chemotherapeutic waste should be stored, contained, and transported.

Infectious waste, the largest category, includes equipment that has been contaminated with disease producing microorganisms, such as blood, feces or urine. Bloody gauze, bandages, IV bags, tubing, culture dishes, and body fluids removed during surgery fall under this category, as do "sharps" (needles, knife blades, scalpels.) Most infectious waste is disposed of in red, polyethylene bags labeled "biohazard." Sharps are required to be capped immediately after use and put into red, rigid, leak-proof, puncture-resistant jugs.

The most significant risk is with people handling this waste. "Contagious diseases may be transmitted if someone should be pricked by, say, a needle that had been

A fume incinerator destroys vent gasses from over 40 process vessels at Merck & Co., Danville.

used to draw blood from a person with active hepatitis or is HIV positive," explains Spadoni.

Chemotherapeutic waste, consisting of vials or bottles containing any drug or medication residue, is put into yellow, labeled bags.

On-site incineration and autoclaving are two methods commonly used to dispose of waste.

In Pennsylvania, almost all incineration is hospital infectious and chemotherapeutic waste, 11,500 tons of which is done on-site, according to the 1992 DER Environmental Quality Board report. This process reduces risk because less people need to handle it, says Spadoni.

Autoclaving, a sterilization process, disinfects but doesn't reduce the amount of waste in terms of volume. It may be disposed of at a municipal waste landfill, contingent with prior approval of the fill owner and the DER.

The Bloomsburg Hospital produces 100,000 pounds of waste a year, in addition to some chemical waste, according to Martz. Regular municipal waste, food and candy wrappers for example, totals 144,000 pounds a year, with paper, cans, cardboard, and bottles being recycled.

The hospital spends $200,000 annually on its waste disposal, of which infectious waste disposal about $118,000. The cost includes labor, gloves, Lycoming county dumping fees, gas for incineration, test requirements, color coded bags, and sharps containers. Hauling regular trash costs $6,600. Recycling costs $7,000, which is primarily labor, and $1,200 is spent disposing of open container waste, such as construction material like ceiling tile and old drywall.

Berwick Hospital Center incinerates 30.5 tons of infectious waste annually, in addition to the 1.5 tons it burns on-site, primarily for generators like physicians and dentists, according to John Costa, director of maintenance. The infected material includes tongue depressors, drinking cups, dentists' clean-up trays, and paper from doctors' examining tables. After incineration, the ashes are hauled to the Lycoming County Landfill.

Although Berwick deals mostly with municipal waste, it also recycles paper, cardboard, glass, tin, and aluminum. Radioactive isotopes from X-rays are the only hazardous wastes it handles.

The hospital conducts an annual review for all employees on universal infection control procedures. Each department does its own as well, and new employees receive additional instruction during orientation, Costa says.

Smaller generators of medical waste, such as physicians' and dentists' offices, are no exception to the DER's standards. Spadoni emphasizes that physicians and dentists are expected to be familiar with, and to comply with, regulations on waste disposal. However, Spadoni admits that because there are too many small offices, regular inspections can't be conducted. Therefore, he says, "They are expected to be complying with the law."

Dolores Hranitz, nursing supervisor at the Bloomsburg University Health Center says the health center deals mostly with infectious waste, such as bandages and dressings, which are placed in bags labeled "biohazardous waste," while sharps are discarded in the red, impervious containers. This waste, in addition to waste from other parts of campus including the training room and biology department, is kept in an on-campus freezer until it is picked up. The University spends about $75 monthly for waste removal.

Hranitz admits it's not easy for smaller

offices to initiate an effective waste removal system. "At first, it's an inconvenience to do something different, but it's become a part of our routine," she says, "it's essential. There's no alternative to good management of this type of waste."

Geisinger Medical Center handles both hazardous and infectious waste. It spends $25,000-30,000 a year disposing of hazardous waste, which also includes assorted batteries and low-level radioactive byproducts from chemotherapy. The waste is stored on-site in DER-approved facilities and hauled to a hazardous waste site several times a year.

Geisinger's Infection Control Committee runs on-going education programs to keep employees updated about universal safety precautions. In addition, it makes recommendations on safety procedures and enforces barrier protection.

Although infectious waste poses the greatest risk, recycling large quantities of municipal waste is also an integral part of waste management plans. "One-third of all the trash at most hospitals and at Geisinger is food, and one-half of it is paper and cardboard," according to Mark Tomeo, Geisinger Medical Center spokesperson.

Last August, Geisinger contracted a recycling operation in Danville to station a representative at the hospital three times a week. The agent collects, bales, and compresses paper, and sterilizes and crushes glass at the on-site glass crusher/sterilizer.

Tomeo has noticed that the recycling effort is being aided on an individual level as well. He says only about three soda cans reach the incinerator daily.

Geisinger also recycles about 10 tons of metals per year. According to Tomeo, 150 pounds of silver is recovered from X-ray film and 1,100 gallons of alcohol is salvaged from labs and automotive batteries. Oils from 250 of its vehicles are recycled as well.

Much of the waste at Merck and Company, a major pharmaceutical manufacturer located in Danville, is recyclable, municipal waste consisting of paper, card-

board, aluminum cans, glass, metal, construction debris, plastics, and sludge from their waste treatment plants.

A small quantity of medical waste is generated from its faculty medical center. The facility generates under one pound of infectious waste a day, according to Ken Caputo, senior engineer at Merck.

Used solvents, the largest volume of hazardous waste at Merck, are recovered and purified. Up to 90 percent of solvents like ethyl alcohol, acetone, and methyl alcohol used in the manufacturing processes, may be recovered for reuse. Those that can't are sent off-site for incineration or fuel-blending, a process that allows the waste to be used as an alternative to fuel.

Merck received the Governor's Waste Minimization Award in the industrial waste category in 1990 and 1992 for its implementation of hazardous waste minimization programs.

In 1990, changing the quantities of ingredients used in a manufacturing process eliminated a purification step. This resulted in reduced air emissions and reduced flow to waste water treatment. In addition, solvents reclaimed through distillation were approved for reuse in the manufacturing process.

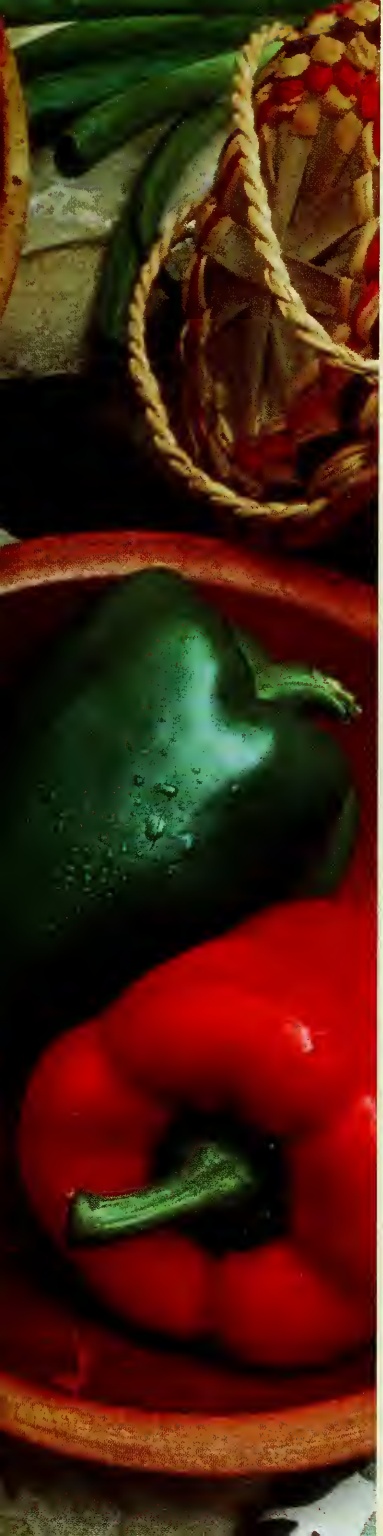
In 1992, a new process eliminated the need for methylene chloride, a suspect carcinogen, in the manufacturing of an antibiotic. Eliminating methylene chloride decreases air emissions by 300,000 pounds per year.

Treatment approaches such as pipe controls, a fume incinerator to destroy vent gasses and a wastewater stripper further decrease air emissions up to 25,000 pounds per year.

As the amount of waste continues to increase, medical facilities will need to persist in their efforts to find new "environmentally friendly" methods of disposal. **S**

(Craig Sassaman assisted with the reporting of this story.)

photos: Monsanto Co. and Thomas Jefferson University Hospital



Ripe for Controversy

Education is the key to eliminating fears about a new era of genetic engineering

by Stacy Tassone

Tomatoes that are part flounder. Corn that is part firefly. Potatoes that are part chicken.

These are not nature's mishaps. They are the results of genetic engineering, a process by which genes of different species are combined to improve the quality, nutritional value, preservation, and safety of the food you may eat in the near future. This excites some. It frightens many. To dispel fears, local professionals agree that educating the public will help pave the way for a new era of genetically-altered products.

A gene, composed of DNA, is the basic unit of heredity. It is nothing more than a way of making a particular product, usually a protein. Many of the same genes that exist in humans exist in both plants and animals. Therefore, a gene can be transferred from one organism to another where it will reproduce its characteristics. This process can be used either to add or to block the ability of an organism to make a particular protein. This is the basis of genetic engineering.

There are several levels on which research is being done. One of the simpler procedures involves taking a gene from an organism, modifying it, and reimplanting it. Although the process is no more serious than breeding dogs to create different varieties or traits, according to Dr. Joseph Ardizzi, biology professor at Bloomsburg University, its use on tomatoes has recently sparked controversy. This year, Calgene Inc., a biotechnology company in Davis, Calif., plans to introduce the first genetically altered tomato, Flavr Savr. In this case, a gene, taken from a tomato, is modified to interfere with a protein that causes rotting, then is reimplanted. This allows the tomato to ripen on the vine longer and develop better taste before shipping.

"Where people get scared is not when you take a tomato gene, alter it, and put it back into a tomato, but where you take a gene from a different organism," says Dr. Ardizzi. In laboratory experiments, a fire-

fly gene has been put into corn, and a bacterium gene into cotton plants to create insect resistance. Cold-water flounder genes in tomatoes reduce freeze damage, chicken genes in potatoes may help ward off disease, and a poultry gene implanted in alfalfa plants produces a high protein alfalfa which, when eaten by sheep, results in a wool that is very fine and dense.

Because the transferred genes produce proteins, or other naturally occurring products, the results are not dangerous to humans and can be consumed just like anything else you eat, says Dr. Ardizzi. He sees it more as a technical problem since, over time, insects may become resistant to the "harmful" protein, and the work that was done will ultimately become useless.

> "Don't fear it, but don't remain ignorant about it. Find out all you can about any new technology."

Currently, it is chemical companies which are researching which genes do what, and discovering ways to utilize them. Although their work has the potential for creating improved agricultural products, many people oppose or even fear the prospect of genetic engineering. Kent Shelhamer, former Pennsylvania secretary of agriculture and a Bloomsburg area orchardist, tells people, "Don't fear it, but don't remain ignorant about it. Find out all you can about any new technology. Learn how it was propogated and more importantly, what it will do."

One concern is the effect of the new technology on farmers. Some say the ability to produce surpluses of genetically altered foods will result in a few large growers putting small farmers out of business. Shelhamer disagrees. "The ones who are saying it philosophically don't want to see a few large growers. They think, 'If we have a scarcity of food, we'll all be a bunch of peons and that will probably be a lot easier to control,'" he says.

The viability of smaller producers may be maintained with the onset of competition. Initially, products like the Flavr Savr tomato will probably be more expensive. As companies fight for the market, competition will create another tomato and prices will drop. Although new products will enter the market, Shelhamer reminds people that "that's not to stop other farmers from growing the standard products that have been perfectly useful for years."

Safety is another issue that overshadows the introduction of genetically altered products. The fact that science has "altered" foods' natural makeup may make some people uneasy. As with anything, there may be drawbacks that have not yet been discovered. The tomato, for example, may not be adaptable to a certain climate or soil. But aside from the potential technical quirks, Dr. Ardizzi doesn't see any problem with the naturally occurring protein products. "Only if you deliberately set out to make it dangerous, you could. By putting in a gene that would create some type of protein poison you could make inedible plants," he concedes. "However, it is not easy to do. It's very complicated."

Dr. Richard Brook, philosophy professor at Bloomsburg University, says there are two categories of objections people may have to genetically altering food.

The natural-law objection says each species has its own nature and it's immoral, or against God's will, to change that nature by mixing species. People with this objection believe each species is unique and that no species should be contaminated with the genes of another species since God wants them to be separate. The argument against this is that because of the natural laws of evolution, species will change. Therefore, they really don't have a fixed nature. "Species change all the time anyhow, so it doesn't seem wrong if we help the change, or we're the cause of the change, rather than nature," Dr. Brook explains.

The other objection is based on the consequences of genetic engineering. This involves more practical concerns, such as if the process causes pain to the animals, results in contaminated foods, triggers allergic reactions, or violates kosher food guidelines, as is the concern of some Jewish dietary inspectors who wonder if fruits and vegetables containing animal genes are kosher.

Ethical concerns about increased agricultural productivity as a result of genetic engineering were discussed by students at Bates College, Maine. In a class taught by Dr. Glen Lawson, assistant chemistry professor, the benefits of using bovine growth hormone to increase milk production and the creation of disease resistant crops were questioned. "The world population is already so large. By creating more efficient ways to produce food, without having a mechanism in place to encourage a decrease in population growth, we may be contributing to the problem," explains Dr. Lawson.

Aside from these objections, Dr. Brook speculates, "The fear about vegetables is that we'll begin to do genetic engineering on ourselves, not just to cure diseases but to design perfect people, or what we think are perfect people."

He explains that people distinguish between two types of genetic engineering—introducing genes to cure disease and changing genes. People have little trouble with ending "bad things" like disease. They have more trouble with supposing you can "design" humans. The question people must ask themselves is, "Is it a legitimate fear? Would it be wrong?" Although some believe this takes away an infant's freedom of choice, Dr. Brook admits he doesn't see anything intrinsically wrong with being able to choose a baby's physical characteristics, like eye or hair color, or its personality

traits, like being athletic or musically inclined.

In a recent survey by the March of Dimes Foundation, 42 percent of the sample said they would approve of altering embryo genes to increase an infant's intelligence level.

Dr. Ardizzi dispels the concern that personalities may be genetically altered. "The personality traits that have been studied do not seem to be due to any particular gene. Therefore, it is not possible for genes to be altered for any predictable outcome," he says.

Both Dr. Brook and Shelhamer agree some people are worried that this technology has the potential for creating a "super race" if it gets into the wrong hands. They fear the power to "design" humans will be abused, resulting in a certain type of people predominating or the creation of robot-like people who would serve as slaves. "Because it isn't clear what a good person is, it would be the responsibility of a select few to make that decision," says Dr. Brook. Shelhamer says, "I guess, technically speaking, you could say yes, that's possible, but in our society, that sort of thing is frowned upon." He adds, "The technology is there to be used for great things if we want to transfer that DNA gene for good things for mankind. But, if we ever get another madman like Hitler, who knows what some of these things could be used for. However, that's true of many things we have in this world."

Dr. Ardizzi assures us that even though this fear exists, it is not likely to become reality anytime soon. "Everyone thinks you just go into the lab, mix a couple of test tubes and inject someone. They think it's like a snap thing you can do in a high school or college biology course. It doesn't work that way at all. It's very difficult."

Dr. Ross Hardison, professor of biochemistry at Penn State University, supports this position. Referring to the fear (or hope) that we might some day be able to pick and choose physical characteristics, like designing blue-eyed, blonde, 7-foot tall basketball players, he admits, "You can't say it can't be done." Given enough time and resources, it is possible. However, he believes it would be a "waste of resources and technically impossible."

To utilize the technology as a means of pre-selecting desired physical characteristics is "very upsetting and a horrible misuse of resources. I don't think our society could afford it," says Dr. Hardison. He says it is "unfathomable" to imagine how we could manipulate all of the genes responsible for even just one characteristic, such as eye color. "You'd have to raise the complexity of changing one gene to the 100,000th power. It's a staggering improbability," he claims. "It is a huge technical problem to change one gene, but it's worth it if it's a mutant gene like cystic fibrosis," he says.

Currently, work on humans is very limited. The only gene therapy experiments now permitted are ones that will affect only the subject and have absolutely no chance of being passed on to the next generation. The people participating in the experiments must go through a rigorous screening process. In addition, any experiment in an institution partially funded by the federal government must be approved by the National Institutes of Health Recumbent DNA Advisory Committee, and most hospitals have an advisory or ethics board which grants approval for experiments being performed on its patients.

Most of the research is helping to extend and improve the lives, not cure the diseases, of terminally ill patients. "There are some people who want the process of genetic engineering to proceed faster because it has a direct impact on whether they might live or die, as opposed to other people who are fearful of what you do with humans," says Dr. Ardizzi.

He cites the example of what he calls the "bubble kids," children who don't have a fully developed immune system and must live in a sterile environment. Researchers have been able to help them by taking a normal human gene and putting it into their cells to compensate for the defective gene. "The immune system isn't normal, they still must be careful, but they have a chance of having a better life now," says Dr. Ardizzi.

DNA implantation results in transgenic pigs which produce a human protein in their milk.

photos: Virginia Polytechnic Institute

Work is also being done on cancer patients. In this case, a gene is taken from a patient, altered by adding a gene that makes a product to help activate cells, and then is reimplanted. Altering a class of white blood cells in this way makes them better able to kill cancer cells.

Researchers at Virginia Tech have created several transgenic pigs that, as a result of genetic engineering, produce a human protein in their milk. The protein, an anti-coagulant, prevents excess clotting of blood that could be used to treat heart attack, septic shock (blood poisoning), and other coagulation problems affecting everyone from infants to the elderly.

"A one-celled pig embryo is injected with DNA coded for the desired protein, and placed into the mother. After birth, the proteins are purified from its milk and injected into people who need it," explains

Dr. William Velander, associate professor of biochemical engineering at Virginia Tech and principal investigator for the project. Pigs are the easiest to use because they have a short generation time (one year, four months) and multiple births. "Because it is just another milk protein, there is no danger to the pigs or the recipient," he says.

Although ethical issues surround most human genetic work, the Human Genome Project has spurred a specific concern. Researchers are determining the DNA sequence of all chromosomes making up human genetic material. This enables them to locate genes and to compare healthy genes to those that are non-functional, allowing for easier identification of genetic diseases. "The information can be very useful if it's given to people in a context where they can understand it and how they can benefit from it in their personal lives," says Dr. Hardison. But, because there are no laws to protect affected individuals, some worry that the information may be abused, infringing on the right to privacy. Someone with diabetes or muscular dystrophy, for example, may be denied health insurance or employment if the company knows he has a genetic disease.

However, Dr. Lawson points out that, although there are drawbacks, the ability to clone and analyze the DNA sequence has already revolutionized many aspects of science. "If AIDS had become a problem 20 or 30 years ago, we'd still know very little about it. But, because of this technology, we've been able to learn the structure of the disease in a very short time," he says.

Dr. Hardison sees future human research proceeding on a case by case basis and admits, "There will never be a risk-free intervention, but if the good outweighs the potential risk, then we'll proceed along."

Now, it is up to the companies to ease the public's fears in order to successfully introduce and sell their products. The introduction of the Flavr Savr will be especially important; should this fail to be accepted by the public, it could hinder the success of future genetically altered foods.

Genetically altered potatoes resist the damage of Colorado Potato Beetles, reducing the amount of chemicals used on fields.

photos: Monsanto Company

"Consumers are definitely going to have to be educated. You have to set this product apart or people are going to say 'Why should I buy this' and 'What are the benefits of buying it,'" says Dr. Mary Ericksen, marketing professor at Bloomsburg University. She says that because people are so health conscious today, it will be important to let them know the facts about how this product was created, that it's safe to eat, and why these products are better than the ones we've had.

To prepare the public, Dr. Ericksen suggests an ongoing campaign, before and after the product hits the market, that involves extensive dissemination of articles describing this new trend. "Working with home economists, nutritionists, and dieticians who would endorse the products will lend credibility to what's being done," she adds.

Pretesting is also critical to determining if people are ready to accept genetically altered products and how well they will accept them. After that is determined, Dr. Ericksen foresees the products initially coming out in gourmet food shops, even though it is intended for the general marketplace. "If people are used to buying something a little different in these stores, they are going to be more willing to try it," she predicts. "Hopefully, by word of mouth, which is some of the best advertising you can use, the general public will begin to accept it as well."

As we begin to glimpse what a future with genetic engineering looks like, Shelhamer, who thinks "it's going to be a terribly exciting time to be alive," reminds those with doubts that "the nations who are willing to use new techniques in new, innovative ways have been the ones that have developed. It's this nation which has used more than anybody else and that's one of the reasons why we really are the breadbasket of the world."

As new uses for genetic engineering are researched and implemented, Shelhamer sums up what seems to be the hope of all: "I want our country to be the newest, most modern and most scientific, but I want it to be safe also." **S**

Kidsburg: the physics of fun

by Jay Unangst

Bloomsburg's Kidsburg may be viewed as just an overgrown playground with an inflated price tag. However, this version of the Robert S. Leathers-designed playground is in fact quite unique because of its ability to teach children while they are playing.

About five years ago, a group of professors at Bloomsburg University was discussing ways to help children become better students. They decided students generally needed a solid math background in order to be successful in school. They also noted that many good students grew up around machines or family businesses and, therefore, acquired a basic knowledge of simple math or physics while they were young. For example, a youngster who worked on his family's farm might have a basic understanding of physics from working with pulleys in the barn.

Believing that this "head start" gave children a distinct advantage, the professors decided they would try to give children a better chance to succeed in school. However, they really never had the chance to do this until recently.

When James Moser, a physics professor at Bloomsburg University, first began reading that Bloomsburg was planning to build Kidsburg, he and his associates decided this would be a great opportunity to implement their plan. Moser, who would serve as group liaison between the professors and the playground coordinators, called Karen Heaps, head coordinator of Kidsburg, and talked of his group's plans. Moser said his group was interested in designing and being responsible for building a number of physics projects which could be put on the playground and used to help kids learn while they were playing. The idea went over well with Heaps, but the group had a little more trouble getting by the architect.

photo by Matt Steinruck

Physics professor Joe Garcia examines a dish used to teach children about the travel paths of sound waves.

The Leathers firm, which has designed and supervised the construction of over 500 playgrounds in the last 20 years, was initially unreceptive to the plans for the physics projects. While there are no federal restrictions that apply to playground equipment, there are voluntary safety standards which manufacturers follow. For example, seesaws and merry-go-rounds are no longer permitted on playgrounds because they have been deemed unsafe. The Leathers firm adhers to the guidelines generated by the Consumer Product Safety Commission to ensure the safety of playgrounds. Playground designers were concerned that, once constructed, some of Moser's early ideas could prove hazardous for children.

Moser and his associates, two of whom are Chris Bracikowski and Joe Garcia, both Bloomsburg University physics professors, didn't want their hopes to come to an end, so they came up with alternative ideas and went back to the architect. This time, the Leathers firm liked the ideas so much that it agreed to build three of them for the playground. "Our first designs didn't go over well," Moser says, "they felt the projects we designed were unsafe and we felt the projects they came up with didn't really teach the children like we had hoped. However, eventually it all came together through compromise." The three stations the Leathers firm agreed to build were the telephones, rotating tire, and the uneven swings.

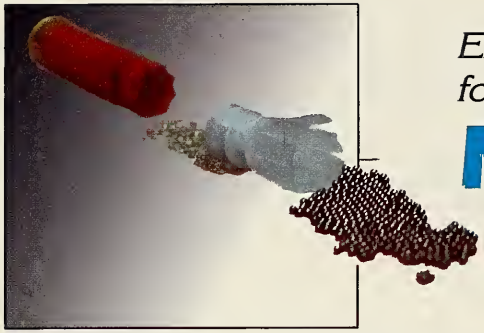
The telephones are pipelines that connect various parts of the playground and enable the children to talk to one another and learn about guided waves. The tire is a real tire that is connected, by rope, to a swivel and is designed to help the children understand rotational motion. The final project is the uneven swings, which is a regular set of swings set at various heights so children will understand that the higher the swing, the slower and longer the ride, and the shorter the swing, the faster and shorter the ride.

There are also a number of stations the

professors were responsible for putting together. Since the original design called for a submarine, the professors designed a basic periscope. Two large sound disks placed apart from each other, enable children to walk through them and get a better understanding of how sound travels.

Since no seesaws were permitted, a moveable platform was designed so the children can learn about balance and weight. There are also Po Pipes, which are pipes set at various heights to produce different notes in a diatonic scale when the openings are struck with the palm of the hand. Other stations include a Fresnel lens where children can learn about magnification, a station where they can use the metric system to measure their height and how far they can jump, and a station where children can learn about optical mirrors.

Kidsburg would almost certainly be considered a rewarding experience for those who use it. S



Environmental problems force Pennsylvania wildlife to

Move or Die

by Chuck Unger

Pennsylvania's wildlife faces an assortment of environmental problems. In addition to depriving animals of habitat, even killing them in extreme circumstances, these problems leave hunters with less game to pursue. In order to protect wildlife, the Pennsylvania Game Commission spends millions of dollars. Last year, the game commission budget was $48.5 million.

According to Ed Sherlinski, Northeast regional information and education supervisor for the game commission, pollution of water resources is a big problem. When a body of water is polluted, "wildlife will not stay." Instead, it either dies or leaves the tainted area.

Of particular concern to the game commission is the use of lead shot, especially on waterfowl. When lead shot is fired over water, spent pellets settle to the water's bottom. Here, feeding waterfowl collect the shot in their gizzards, where the lead breaks down. Sherlinski says the birds then either "die a slow, agonizing death," or pass the contamination along to animals or humans that feed on them. To remedy the problem, the game commission has outlawed lead shot for waterfowl hunting, requiring hunters to use non-toxic steel shot.

Robert Boyd, assistant director of the bureau of wildlife management, indicates decreased wildlife habitat as another major environmental problem. Urban sprawl, the draining, clearing, and development of previously undeveloped land, is partly responsible for the disappearing habitat. In order to provide wildlife and hunters alike with undeveloped land, the game commission acquires lands via its game lands program. Sherlinski says the game commission is one of the biggest property owners in Columbia County, with nearly 19,500 acres of game lands.

In addition to urban sprawl, changing agricultural land use practices have been recognized as a source of habitat depletion.

When farmers incorporate many small fields into a few larger ones, fence rows, whick are prime wildlife habitat, disappear. Increased use of herbicides, which

photo by Joan Helfer

When waterfowl, such as these Canada geese, ingest lead shot, they either die or pass the contamination along the food chain.

destroys cover, is yet another problem presented by modern agriculture.

The game commission believes ringnecked pheasant populations have decreased because of new agricultural practices. Ringnecks live and nest primarily in hay fields. Since the planting of alfalfa hay, which can be harvested more often in a season than other kinds of grain, has become widespread, ringnecks have less time to raise their young between cuttings.

> "Our game lands are becoming land fills for slob people."

The most conspicuous problem facing wildlife is refuse dumping. "Our game lands are becoming landfills for slob people," Sherlinski says. When people dump old tires and appliances on game commission property, they not only ruin the habitat but also detract from wildlife-enhancing activities. Every time the game commission's food and cover corps is required to clean up trash, they cannot perform their duty of creating and improving habitat. Additionally, money spent clearing away refuse cannot be used to fund the studies of wildlife biologists or acquire additional game lands.

The game commission is not alone in its effort to solve environmental problems. "Sportsmen have been the biggest defenders and supporters of wildlife throughout this century," says Boyd, adding, "They're paying the bills through their license fees." If sportsmen and the game commission continue to cooperate, today's environmental problems may one day be a memory. **S**

For Better or for Worse?

Domestic violence tears at the fiber of the American family, and Columbia County has one of the highest rates in the state.

by Gabrielle Stander

Lynne, 35, with short, reddish-brown hair, and a face that rarely stops smiling, doesn't seem like a woman who has been abused for about half of her life. But, she still remembers the day she came to the Bloomsburg Women's Center in 1988. "I was like a little kid that was abandoned on a doorstep," she says. "I was real upset because I knew that Christmas was coming, and I didn't know if I would have my kids with me," she adds.

Now, living in Orangeville with her four children, and pursuing a career in nursing, she is a much different person compared to who she was years ago in her relationships with her former husband and boyfriend. At 19, she had married Bill, her high school sweetheart. But their relationship turned out to be a nightmare of grabbing, biting, and kicking. "When I was three months pregnant with my son he kicked me in the stomach and threw me down the stairs," she says.

Growing up in a family where both of her parents were abusive, she did not think there was anything wrong with their relationship. "I thought it was a normal type of thing at the time, because I used to be beaten in my household," she says. She left Bill two years later, but violence continued to haunt subsequent relationships with men.

Lynne's next boyfriend of eight years was physically and mentally abusive, as well as a drug-addict. She stayed with him until she became addicted to heroin. "I ended up doing drugs with him for a short period of time. I decided that there had to be something better, and as long as I stayed with him I was going to end up dead," she says. She was put in the detox program at Bloomsburg Hospital in March 1988 for 21 days and "stayed clean" until November 1988 when she had a relapse and went back into the detox program for two weeks. She says, "You have to hit rock bottom. You have to hit the lowest point in life before you can start coming back up."

Artwork by Matt Steinruck

While Lynne was battling with her drug problem, a nurse referred her to the Women's Center. "She said that the abuse and my addiction problem ran hand-in-hand and if I ever wanted to get rid of my addiction, I would have to take care of things at home first," she says.

After intensive counseling, she realized she was not alone, and credits the program with turning her life around. "When I was at the Center I went through volunteer training where I saw the videos and I read the books and heard other women, and it woke me up," she says. Her main priority is breaking the chain of violence with her children, one son and three daughters who are ages 3, 6, 10, and 15. In particular, she is trying to help her son. "Right now, my 15-year-old son takes up a great deal of my time. He has a girlfriend, and I'm constantly saying 'I don't think what you said to her was appropriate,'" she says.

Lynne is not alone. Millions of Americans each year flee what should be a safe haven–home. In Pennsylvania, 88,269 people received services for domestic violence. However, based on research and studies, experts say that the actual number of individuals who may be experiencing violence is about 800,000 each year, says Judy Yupcavage, public policy and information coordinator of the Pennsylvania Coalition Against Domestic Violence.

Domestic violence is any kind of violence among members in a household, including violent acts against women, men,

children, and the elderly. However, current statistics from the National Coalition Against Domestic Violence (NCADV) indicate that in 95-98 percent of the domestic violence cases reported, it is men who commit the violence. Statistics compiled in the early 1980s show that 3-4 million women were beaten each year by husbands, ex-boyfriends, and lovers, whereas 1978-1982 statistics ranged from 2-4 million women per year. These reflect only the most severe physical assaults that received police or medical attention. According to Grace Poore, newsletter editor and membership coordinator of the NCADV, this attention is now easier for women to obtain. "More women now are reporting domestic violence, and more importantly, doctors and police officers are beginning to take domestic violence seriously," she says.

Whether domestic violence is increasing nationwide is a difficult question to answer. "As long as sexism exists and society sanctions male violence against women it will not go down," says Poore. "In terms of statistics, research is still being done on whether the number of reported cases have gone up," she adds.

The issue of violence against women was brought to the forefront during the current women's movement, which began in the late 1960s. The Battered Women's Movement evolved in the 1970s when women initiated support groups and consciousness-raising activities. Since then, women's shelters and advocacy groups across the country have been educating people about sexism and its relationship to violence against women.

Women's Center experts agree with the feminist philosophy that there should be equality between men and women, and that women still endure what has been a long history of subjugation by men, stemming from a system of patriarchal authority based on male power and control over women, which predates capitalist society. During those times in history, battering was maintained by powerful legal and moral codes. Marriage laws recognized the family as the husband's domain, and punished men and women unequally for disobeying marriage vows.

Feminists believe that battering is a socially learned behavior, reinforced by institutions, which occurs among all sectors of society, involving people of all racial, economic, and religious groups.

According to Dr. Leo Barrile, a sociology professor at Bloomsburg University, sociology research indicates there appears to be a class difference since "the vast majority of people who are arrested for domestic violence are lower class." Some sociologists believe men in the lower socioeconomic classes feel a lack of social status and gain power and status by inflicting violence on their wives and children.

On the other hand, in the upper classes men may be successful but insecure. "They may want to be totally obeyed," he says. Feminists argue that the reason for the difference is because members of the middle and upper classes are more likely to receive professional therapy than to go to a shelter, or the women are economically stable enough to leave their husbands.

> "Our statistics here are some of the very highest in the state."

Although domestic violence is widespread throughout many cultures, Barrile believes there is also a cross cultural difference. "We know there is a close relationship between the amount of gender inequality and the amount of assaults against women in personal relationships and the family," he says. For example, "In Muslim cultures, the women who break traditions most are the ones who are the most potentially victimizable. Women who try to break norms may incur a great deal of wrath from men because they don't follow sex roles," he adds.

photo by Matt Steinruck

Fighting domestic violence is a daily battle for Melissa Dyas of the Women's Center.

Domestic violence even occurs in seemingly peaceful rural America, like Columbia and Montour counties. "Our statistics here are some of the very highest in the state," says Melissa Dyas, executive director of the Women's Center in Bloomsburg, which serves battered women in Columbia, Montour, Northumberland, and lower Luzerne counties. From July to December 1992, the Center provided services to 792 adult victims of domestic violence and 206 children, and the year before the Center served 687 adults and 259 children. The county with the highest rate is Columbia.

"I think that people in this area are very sexist, and I think that the sexism certainly adds to the violence," she says, "I'm not talking about all people but there is a large part of the population that views women as being less important than men."

In the past, Dyas says that both police and judges did not take the issue of domestic violence seriously. Part of the reason she believes local statistics are so high is because the center is older and better established than other centers. "More people use our services because they know we're here," Dyas says. She attributes higher statistics to a combination of factors, including racism and sexism, which is "not only in cities."

> "Victims of abuse who are not women don't get a fair shake."

Batterers from all over the world exhibit the same characteristics of controlling behavior. Indicators of possible violence include alcoholism and drug addiction, a bad temper, extreme possessiveness and jealousy, abuse before marriage, verbal abuse, low self-esteem, a violent family origin, and unpredictable behavior. Most of the time the cycle of violence begins gradually, starting with one or two violent acts, that often increase during and after pregnancy.

The American College of Obstetricians and Gynecologists reports 25-45 percent of all victims of domestic violence are beaten when they are pregnant. According to Dyas, there are two theories that attempt to explain this phenomenon. One, she says, is "If the batterer is having a difficult time facing the responsibility that a baby would create in the family, he may lash out and blame the woman for it."

The other theory says "When a woman is pregnant the batterer believes she is more dependent on him because of the pregnancy, so he thinks he can get away with it."

Many studies show a high rate of alcohol abuse among men who batter their female partners. According to the National Woman Abuse Prevention Project, there is no evidence to support a cause-and-effect relationship between the two problems. Experts believe perpetrators often use complaints of stress and alcohol addiction as an exuse for their violence so they will not have to accept the responsibility for their own actions.

Some question why a victim of physical and emotional abuse would want to stay in a violent relationship. Reasons that are commonly overlooked are *fear*, because some of the most violent episodes of abuse occur when the victim tries to leave the batterer; *denial* that the abuse is happening, because society often blames the victim; *dependency*, because many battered women are financially tied to their abuser; and *isolation*, because many abusers deny victims access to transportation, the telephone, and other means of support and communication. And, as in Lynne's situation, *chil-*

dren are an important concern when deciding to leave home.

A less popular topic, but one that is becoming a rising concern among many family therapists, is the plight of battered men in the home has been minimized or ignored because of the existing cultural stereotypes about batterers. "What I have to say isn't politically correct," says Regina Jackson, a psychologist with a master's degree in counseling and clinical psychology, who is working toward a doctorate with an emphasis on marriage and family issues. Jackson believes statistics, such as those from the NCADV and child protective services, are biased and misleading.

"The statistics are glossing over what is an accurate picture of violence in the family," Jackson says. She adds that because most men are bigger than their spouses, they can inflict more damage during violent outbursts. The result, says Jackson, is that statistics pay more attention to outcomes in terms of physical injury instead of looking at the actual number of incidences of violent behavior.

Jackson believes society, including the media, reinforces gender bias in a number of ways. Particularly upsetting to her was an article in a November 1991 issue of the Bloomsburg *Press-Enterprise*, "Man asks court to keep ex-girlfriend away." Jackson says that the article, detailing a violent account where the man involved lost a testicle, was slanted because of quotes from the Women's Center that minimized the traumatization of the victim. "Victims of abuse who are not women don't get a fair shake," says Jackson, adding that incidents of violence against men are underreported because men are afraid they will be laughed at or won't get a response. "Our culture does not seem willing or able to acknowledge the fact that women abuse children and men," she adds.

Jackson notes a 1990 statistic from the U.S. Department of Justice that indicates women murder male partners at a higher rate than men murder women, a fact that most feminists would deny by saying the cause is self-defense. She adds that battering in lesbian relationships is living testimony of a contradiction to the belief that only men batter.

Grace Poore disagrees, saying gay and lesbian groups believe that since "domestic violence is a power and control issue, women can and do abuse other women in lesbian relationships."

Jackson speaks from professional and personal experience, coming from a family where both parents were abusive. "It helps me little to listen to the fact that men batter and abuse, where my experience is that my mother and father did it equally well," she says. Although she appreciates the historical perspective that men have had more power and control in society, she says, "At what point in history do you stop looking at history? My concern is the day-to-day interplay with other human beings, in that domestic violence is not soley men physically violating women," she adds.

A strong advocate for children, Jackson is concerned that rigid beliefs and

narrowly focused views of men and women are only setting up more conflictual situations within the family, and children will remain the silent sufferers. "This view is destructive," she says. "I see men and women becoming more entrenched in positions of opposition than they ever were."

Poore disagrees with this outlook, saying domestic violence should be seen as a whole social perspective. "People who have the view that domestic violence is a case-by-case individual problem and that one should not be looking at sexism are looking for an easy explanation to a social problem," she says. "Then people don't have to take any responsibility for ending domestic violence in society because it is always someone else's problem."

Ron Matsko-Ensel, community education coordinator at the Women's Center agrees. "Often I feel it's a sidetrack (when people use the argument that men are also battered)," he says. "Unless we acknowledge the power base that men have, we're ignoring what is real," he adds. Besides serving men, the Center has helped them obtain protection orders. He believes the Center would be hearing from far more men if the truth is more are being battered. "We have been getting the message out," he adds.

Ron Matsko-Ensel, community education coordinator at the Women's Center, brings programs to schools and professional orginizations.

photo by Matt Steinruck

Perhaps the most pressing issue of all is how domestic violence of any kind affects children. Studies have shown those who witness violence or are abused as children are more likely to repeat the battering relationship in their adult lives proving the emotional abuse that occurs perpetuates the effects of abuse over a lifetime.

Until the age of four, children react to witnessing violence by shaking, crying, sleeping poorly, and yelling, among other behaviors. They also acquire feelings of guilt, powerlessness, and low self-esteem –the same feelings actual victims of physical abuse have.

Most sociologists do not put any faith in the theory that biology plays a role in the tendency to abuse. "It looks like it's biology because the offspring have the same social and economic conditions," says Barrile. He says another reason this theory doesn't work is because it has been proven that battering can be reduced over time, unlike a biological trait.

The cycle of violence may be continued by children, but experts theorize it can also be stopped with children. "I have this fantasy of going into nurseries and hospitals and starting to work with day-old babies," says Dyas. "Sexism is taught from such an early age that you really have to start working with kids to develop different types of programs," she adds.

Someday, children may be able to live in a world that is relatively violence-free. Until then, it seems a more realistic approach needs to be taken. Attitudes stressed by experts from both perspectives of domestic violence are mutual respect and understanding, open communication, and valuing each other as human beings, rather than as objects to be manipulated. Taking this approach, no one loses, and there is always much to gain. **S**

Breaking free: How to take the next step

In any case of domestic violence, if you or a friend are being physically or emotionally abused, it is important to be aware of the available options. In the case of physical abuse, this is especially urgent, because it could be a life-threatening situation. The following tips are provided by the Women's Center. These recommendations apply to persons of any age or sex.

If you are a victim:

—You are not alone. You have a support system. Keep communication open with friends and family. Call the Women's Center at 784-6631. Know that you have the option to involve the police and/or take legal action.

—It probably is not going to get better; it probably will happen again. Think about what to do to insure your safety.

—Know that you are not to blame. No one deserves to be battered.

—Recognize strengths that will help you to survive and escape.

—Seek medical attention as soon as possible.

How to help a friend:

—Don't let the victim become isolated.

—Refer the person to the Women's Center (784-6631); drop hints, or give the victim a Women's Center card.

—Listen to the victim and be supportive. Especially, don't voice any blame. Let the victim know he or she is not at fault—Let the victim know what options are available.

Above all, accept the victim's decisions and support his or her choices. Battered women and children are in situations where they don't have choices, says Terri Jacques, assistant to the executive director at the Women's Center. "Some people aren't ready to make any kind of a break, but they are ready to just talk to someone and tell what's happening to them," she says. Anyone, female or male, who needs to talk to someone can call the Women's Center. Information will remain confidential.

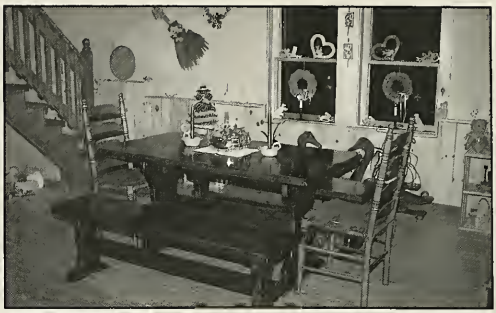
Never discuss abuse with the victim in front of the abuser. It could put the victim in great danger.

—Gabrielle Stander

Almost Like Home

A Tour of the area's Bed & Breakfasts

by Alicia Curley



The Blue Heart photo by Chuck Unger

How many hotels do you know of where you can be lulled to sleep by the sound of a guest playing her drum? How many places can you go where you can order whatever you want, then pay whatever you think is fair? When was the last time you had the chance to become so close to hotel owners that you felt like a part of their family?

The owners of bed and breakfasts try to make you feel as if you were in your own home. "I love to cook for people and I love to have company," says Bette Swanson of the Log Home, Millville.

"I've always wanted to open a bed and breakfast. We specifically bought this house to open as a B&B," says Madeleine Chiolan of the Red Poppy.

Janeen Low, of the White House, says "there can be a lot going on around here so the house is not quiet all the time. It can be like a zoo." Her husband, Zehnder, agrees. "During fly-fishing season this place can be like a party at times," he says.

Running a bed and breakfast is a full-time job with many responsibilities. There are no specific guidelines as long as the inn only serves breakfast. According to Judy Batdorf, unless the owners decide to join a reservation service which specializes in finding their customers accommodations, there are no specific requirements.

Local hotels see no problems with the bed and breakfasts. Since most hotels attract a clientele looking for comfort and an affordable place, there is not a lot of competition with the bed and breakfasts. The latter are meant to be more informal and aimed toward families with more personalized service.

"I think they give character to the area," says Mary Baker, manager at the Budget Host Patriot Inn in Bloomsburg. She notices no change in her business, simply because bed and breakfasts are a different market. As far as price goes, Baker believes the extra money paid at the bed and breakfasts, as compared to the hotels, is expected by those who are in the market for a bed and breakfast.

> "There can be a lot going on around here, so the house is not quiet all the time. It can be like a zoo."

Norman Mael, manager at Magee's Main Street Inn, Bloomsburg, agrees. "People must accept that they're going into someone's house instead of a regular hotel," Mael says.

The difference between bed and breakfasts and hotels can be dramatic when you are searching for the perfect place to stay. They provide a personal and informal vacation in a setting with the comforts of home.

The Blue Heart
Benton

Nestled in the backwoods of a small area people refer to as "Fishing Creek" is the Blue Heart, owned by Ron and Dotty Poles.

The Poles came to Pennsylvania in October 1987 from New Jersey, and opened their bed and breakfast in May 1992. "This was originally meant to be a storage shed and then grew to a place for the kids to stay when they came to visit and now it's a bed and breakfast," says Ron Poles. Perhaps what makes the Blue Heart unusual is the fact that the Poles live in a separate house a short walk through the woods from the house where their guests stay.

The Poles designed and decorated the inn themselves with the decor made up entirely of country crafts and few modern features.

Fly-fishing is a popular sport in Fishing Creek. Seminars are held on the subject at Fishing Creek Outfitters, a local sporting goods store, bringing fishermen from all over Pennsylvania in need of lodging. Ron Poles is also a fishing guide at Fishing Creek Outfitters. Even popular fly-fishing author Lefty Craig has been a guest here.

The Blue Heart houses two double bedrooms, one single, one with a queen-size bed and a single bed, and two full baths. A full breakfast is included with the price of $40 for a single, and $55 for a double.

Directions: *From Bloomsburg, take Route 487 north to Benton. Take a right at St. Gabriel's Church and continue to Fishing Creek Outfitters. After passing Fishing Creek Outfitters, take the first right, Five Points Road. The Blue Heart is on the right.*

Fairhaven
Numidia

Fairhaven, a large brick home in the center of Numidia, is owned by Judy and Ray Batdorf. After 16 years as a minister in the Harrisburg area, Ray Batdorf came to Numidia with his wife in August 1991. Among the main attractions of this home are the stained glass windows, solid wood floors, and the countless antiques in each room.

Renovations are underway for a shop to open sometime later this year. The shop will contain crafts, antiques, and reproductions and will feature some of the handcrafted furniture, such as the Windsor chairs that Ray makes. The cost of a room plus breakfast is $50 a night.

Directions: *From Bloomsburg, take Route 42 south to Numidia. Fairhaven is on the main street.*

photo by Marlyse Heaps

Dave Moss prepares breakfast for Homestead guests.

The Homestead
Benton

Perhaps the most unusual bed and breakfast in all of Columbia and Montour counties is the Homestead, owned by Dave Moss.

A visit here is like going to Grandma's where the atmosphere is reminiscent of the '30s and '40s. Built in 1865, the Homestead has been in the Moss family since 1942.

Dave Moss decided to open it as a bed and breakfast last year. "Mom always said it was like a hotel around here," says Moss.

On the weekends, the Homestead opens its doors to guests and features three double bedrooms decorated in the spirit of the past. Breakfast is the main attraction, where guests sit down to a complete country meal which is included in the price of only $25 per person per night.

Guests who choose not to spend the night, but would just like a home-cooked country breakfast, may also come on weekends between 7 a.m. and 8 p.m., when breakfast is served for only a donation. Breakfast is informal here.

There is no menu; just tell Moss what you want to eat and he will cook it for you. After breakfast, guests decide the value of their meal and put the money into a pot on the counter.

In the future, the Homestead will offer horse-drawn wagon rides and a different dinner each weekend.

Directions: *From Bloomsburg, take Route 487 north to Benton. Take a right at St. Gabriel's Church and continue until you come to Moss Road. Follow the sign to the Homestead.*

Irondale Inn
Bloomsburg

The Irondale Inn is the setting for a touch of Victorian romance mixed with rural charm and a friendly atmosphere.

Bob and Linda Wink first bought their 1838 home in 1988, after moving to Bloomsburg from a Philadelphia suburb. Formerly real estate agents, the Winks decided to share their home as a bed and breakfast in 1990.

The inn features two large bedrooms with a queen-size bed and fireplace in each room. Another room with a queen-size canopy bed has an adjoining single bedroom. There is a sun porch, a patio for tea, and a game room. Antiques adorn each room in the house.

Weddings and receptions are held every year at the inn. "We had one young man from the university bring his girlfriend here to propose to her," says Linda

photo by Chuck Unger

Ron and Dotty Poles opened The Blue Heart in May 1992.

Wink. Businessmen stopping through Bloomsburg often go back to Irondale and have become good friends with the Winks. There is even one family who gathers there every year for Christmas.

Linda serves full brunch in the dining room and dinner is served upon request. Cost of a room is $60-75.

Directions: *The Irondale Inn is on Iron Street, about one mile north of Main Street.*

Log Home Bed Breakfast
Millville

Bette Swanson, owner, along with her husband, Wes, smiles when she thinks of a recent guest. "That woman stayed here for one night; she was nice but rather unusual," Swanson says, explaining that the guest sat on the porch, playing her drum under the moonlit sky, just as she would do in her own home.

The Swansons came to Millville from Connecticut in August 1988 and began to build their log home the next February. In October 1989, they opened their home as

Help yourself to a variety of fresh baked treats at The Homestead.

photo by Marlyse Heaps

a bed and breakfast. "We love to meet new people and make new friends" says Swanson.

The Swansons' guest list spans the globe from local residents to as far away as England, South Africa, and the Virgin Islands. As with the other bed and breakfasts, a lot of friends come back again, like the Morris family from Wenonah, N.J., who return twice every year. Parents' Weekend at Bloomsburg University keeps the Swansons booked with many of the same families every year.

Their log home has two double bedrooms downstairs with a shared bath and a loft bedroom with a private half-bath to be constructed in the near future. A large covered porch in the front of the house overlooks the town below. Costs are $38-50 a room.

Directions: *From Bloomsburg, take Route 42 north to Millville. At the blinking light, take Route 254 east 1.7 miles to Old Greenwood Road. Take a left onto Sult Road. The Log Home is 1-1/2 miles on the left.*

The Red Poppy
Benton

For all the modern conveniences of home amidst a spectacular backdrop of antiques and flowers the Red Poppy, owned by Carl and Madeleine Chiolan, is a dream come true.

The Chiolans came to Benton from Bucks County in August 1991, looking for an empty house to open as a bed and breakfast. In December they opened the Red Poppy. Several renovations were made including the addition of an enclosed porch, a fireplace, and an extra bathroom.

One of the more unique features is its bedrooms. There is the Lilac room ($60) the closest room to the shared bath, which smells of lilacs. The Perriwinkle room ($60) is the larger room with a canopy bed and close access to the shared bath. This room, of course, is filled with the scent of perriwinkle.

The signature Poppy room ($70) is a small room with a private bath and twin beds and its distinct poppy smell. The Rose room ($80) is the largest room with a private bath and refrigerator, all with the lingering scent of roses. Each bedroom has a color television.

The Red Poppy is situated near the Mill Race Golf Course, just minutes from state gamelands. The Chiolans are art lovers which is evident from the many paintings hung throughout the house including a colorful painting in the living room by local artist Ron Wing. They even have a small antiques and collectibles shop in their home

Directions: *From Bloomsburg, take Route 487 north to Benton. The Red Poppy is on Route 487 near the Mill Race Golf Course.*

The White House
Benton

The White House, Benton, is just a stone's throw away from tranquil Fishing

What's Cookin'?

Area Bed and Breakfasts share their favorite recipes

BLUE HEART BREAKFAST CASSEROLE

4 slices of bread (any kind)
1 lb. bulk sausage
1 cup grated sharp cheddar cheese
6 eggs
1 tsp. dry mustard (optional)
1 tsp. salt
Dash of pepper

Tear up bread. Put in greased baking dish. (13x9x2) Brown and drain sausage. Spoon sausage over bread. Sprinkle with sharp cheddar cheese. Beat together last 4 ingredients. Pour over bread and sausage in baking dish. Bake at 350 degrees for 35-40 minutes. Cheese will rise to the top. Makes 6-8 servings. Can be mixed the night before and refrigerated and baked in the morning.

Creek and Ricketts Glen, yet far enough away from the chaos of daily life to provide a relaxing holiday.

"The mystique of the place is the fact that it's so far out," says proprietor Zehnder Low. Low and his wife, Janeen, along with daughter, Zora, first opened the house as a bed and breakfast in December 1988, and are the first ones to live in it full-time since 1930, when it had become a summer home in Low's family. In its early years the house was known as the "Lead Run Gun Club," a popular sportsmen's getaway.

The White House still remains a haven for the sports enthusiast but seems to attract everyone from photographers eager to capture the beauty of the area to honeymooners looking for a place to escape. The Sierra Club will even be paying a visit in the summer.

Antiques adorn each room and for those who aren't sports-oriented, there is a large front porch for enjoying lazy days. Another interesting feature for horseback riders will be the future option of highlining horses, tying horses to tall tree branches instead of keeping them in barns, for trail riding through the beautiful North Mountain that the house rests on.

photo by Marlyse Heaps

New friends are made at breakfast every weekend at The Homestead.

Rates run from $38 for single bedrooms to $52 for a room with a double bed and $64 for a room with two beds, tax included. A full breakfast is included with the price of each room, and in the future the Lows hope to be able to offer family-style dinners to groups.

Directions: *From Bloomsburg, take Route 487 north to Route 118. Turn left onto 118. Turn right at the sign to Central and continue to the Central Park Hotel. Take the first right after the Central Park Hotel. At the Jamison City Hotel, turn right and continue to the White House.* **S**

RED POPPY CREAM CHEESE STRATA

1 lb. loaf bread (cubed without the crusts)
8 oz. cream cheese
1/4 lb. butter (melted)
1/2 cup maple syrup
1 1/2 cups half 'n half
10 eggs (beaten)

Put half of bread in greased 9" x 13" baking dish. Dot with small peices of cream cheese. Cover with remaining bread. Combine butter, syrup, half 'n half, and eggs. Pour over bread mixture. Cover and refrigerate overnight. Bake at 300 degrees for one hour, or until cooked. Serve with heated strawberry preserves and bacon or sausage.

LOG HOME HOT FUDGE SAUCE

4 squares unsweetened chocolate
1/2 lb. butter

Melt in top of a double broiler. (Put pebble in the bottom of the broiler so it wont boil over.) Alternate adding 4 cups of confectionary sugar and one can of evaporated milk. Beat with a mixer until smooth. Let cook until thick.

THE WHITE HOUSE'S STUFFED PEARS

4 pears
1/4 cup raisins
2 1/2 tbsp. sugar
1 tbsp. lemon juice
1/4 cup water
1/4 cup light corn syrup
3 tbsp. chopped walnuts

Peel pears leaving stem on-core from the bottom. Combine remaining ingredients and mix well. Stuff the cavity of each pear. Place in deep baking dish with cover. Combine water and corn syrup and pour over pears. Bake at 350 degrees for one hour or until pears are easily pierced with a fork. Serve warm or with syrup spooned over each pear.

IRONDALE'S MORNING BREAD

16 slices white bread (crust removed)
8 oz. cooked and drained loose sausage
8 oz. Monterey Jack cheese sliced
1/2 tsp. salt
1/2 tsp. pepper
1 tsp. dijon mustard
1/4 cup minced onion
1/4 cup finely chopped green peppers
2 tsp. worcestershire sauce
3 cups *whole* milk
Dash of tobasco (or to taste)
1/4 lb. butter crushed corn flakes

In a 9" x 13" buttered glass baking dish, put in 8 peices of bread covering the dish entirely. Spread sausage, green peppers, onions, and cheese over the bread. In a bowl beat eggs, salt, pepper, mustard, worcestershire, milk, and tobasco. Pour over the bread, covering completely. Cover with plastic wrap. Refrigerate overnight. The next morning, cover with crushed corn flakes and pour melted butter over. Bake uncovered for one hour at 350 degrees. Let stand for 10-15 minutes before serving.

Werewolves: Resting in Peace in Catawissa?

There is a tiny cemetery plot along Long Wood Road on the outskirts of Catawissa that is very much like any other old cemetery. However, two mysterious hooded graves make this 19th century plot unique.

The cemetery is situated near a house on top of a hill at the edge of fields. It consists of about 20 graves dating from the early to mid-1800s. Two of these graves are encompassed by wire cages that cover the entire area where the bodies were laid to rest. Only the headstones are left uncovered.

The reason for the mysterious cages is unclear. Throughout the years, many legends and speculations have arisen about these hooded graves. It is also said that the cages were placed over the graves to keep the wolves from digging up their remains and to keep their spirits in the grave.

Those who believe the latter reason may have heard the tale of the werewolves. The legend is that the graves contain the bodies of a brother and sister who were believed to be werewolves. The siblings died seven days apart in June 1852.

Werewolves are humans who can transform themselves into wolves, usually at the sight of the full moon. The belief in werewolves remained strong into the late 19th century, and is an old belief in European, Greek, Russian, Scandinavian, and Mediterranean history.

Whether or not they were truly werewolves remains a mystery, but the sight of the two abandoned graves covered by rusted wire cages is enough to make one believe there may be some truth to the tale of werewolves in Franklin Township.

—BRANDI MANKIEWICZ

Haunted Hardcovers

When Dr. Robert Purcell bought a set of used books, he didn't count on a ghost being part of the deal. But Purcell, a Bloomsburg native with a doctorate in theology, believes that's exactly what happened. He confides, "I firmly believe that I have such a presence inhabiting my study at home. I can feel a presence there."

Purcell believes his ghost arrived as part of *History of Hertfordshire*, a three-volume folio set published from 1812-1816. He bought the set, written by Robert Henry Clutterbuck, from Bowwindows Book Shop, in Lewes, England. He believes the ghost may be the spirit of someone who used to own the set. "I think probably those who have owned books, especially old books with a tradition behind them, tend to retain some sort of attachment to them even after death," says Purcell.

Purcell nicknamed his ghost Hugh Courtney, after the pen name of the late Hugh Lewis, a former Bloomsburg resident who wrote sporadically for *The New Yorker* magazine.

There are no rattling chains or mysteriously moving objects associated with Courtney's haunting. According to Purcell, Courtney isn't a malevolent ghost. On the contrary, Purcell says he gets a pleasant feeling when Courtney decides to let his presence be known. This is the only way he can detect the ghost's presence, says Purcell.

When Purcell, 51, isn't teaching eighth-grade English at Danville Middle School or preaching at All Saints Church, Selinsgrove, he collects old and rare books. His collection is composed of more than 1,000 volumes, some of which were written by M.R. James, a prolific writer of ghost stories whose tales reinforced Purcell's belief in ghosts. According to Purcell, "James is very, very convincing."

Purcell concedes there has been no conscious communication between him and the ghost. However, he says, "I firmly believe I can communicate, albeit it may be subconsciously, and he with me."

In any case, Purcell says Courtney will remain welcome as a permanent guest in his study—"as long as he behaves himself."

—CHUCK UNGER

TOWN COUNCIL OF

BLOOMSBURG

The only TOWN in Pennsylvania

A NICE PLACE TO GROW UP

- Downtown Bloomsburg
- Bloomsburg Airport
- Historic District
- Bloomsburg University
- Bloomsburg School District
- Bloomsburg Town Park
- Susquehanna River Recreation
- Bloomsburg Fair
- Bloomsburg Theatre Ensemble
- Bloomsburg Daycare Center
- Numerous Cultural & Recreational Activities

Your Council
-- Working To Meet Your Needs

GEORGE H. HEMINGWAY, MAYOR

COUNCIL MEMBERS:

EDWARD T. KITCHEN
CHARLES LEARN, JR.
DR. STEPHEN BECK
FLORENCE THOMPSON
RICHARD CONNER
THOMAS EVANS, JR.

National Arbor Day Foundation
has designated
Bloomsburg as a Tree City USA

Proudly Celebrating Our 12th Year in Downtown Bloomsburg!
Nineteen-Ninety-Two Recipient of
The Wine Spectator's Award of Excellence

We welcome you to join us at Russell's for fine dining and a relaxing atmosphere. From our dining room to our bar, you'll find many delightful experiences. Please do visit us.

117 West Main Street
Bloomsburg, Pa. 17815
717-387-1332

Russell & Maria Lewis

Winter 1993-1994 Vol. 7 No. 2 $1.95

Spectrum

The Magazine for Columbia and Montour counties

Resizing Danville State

Winterizing Your Pets

$3.5 Million Flyer

Proof PEZ-ative

The Return of the Wolf to America

"Personal Touch Banking"

LIST OF BENEFITS

INVESTMENT ACCOUNT
- UNLIMITED CHECK WRITING - NO CHARGE
- FREE CHECKS - (CHOICE OF COLOR)
- MONTHLY INTEREST (RATES VARY)
  - $500 TO $4.999 - $5,000 TO $9,999 - $10,000 AND UP
- MONTHLY STATEMENT OF ACCOUNT
- $2,000 A D & D INSURANCE
- FREE STOP PAYMENTS
- OVERDRAFT PROTECTION (IF QUALIFIED)
- FREE DIRECT DEPOSIT SERVICE
- FREE MAC & PLUS SYSTEM SERVICES ANYWHERE
- FREE AUTOMATIC TRANSFERS

BONUS CD RATES
1/4% DISCOUNT ON CONSUMER LOANS WITH AUTOMATIC PAYMENT
10% DISCOUNT ON SAFE DEPOSIT BOX
FREE TRAVELERS CHECKS
FREE COUPON REDEMPTION
FREE OFFICIAL CHECKS OR MONEY ORDERS
FREE PHOTO COPIES (5 PER MONTH LIMIT)
FREE TRUST CONSULTATION

FREE IRA SERVICES
FREE SAFEKEEPING OF WILL
FREE SIGNATURE GUARANTEE
PERIODIC SEMINARS
DISCOUNT BROKERAGE SERVICES AVAILABLE
INSURANCE - ACCIDENTAL DEATH & DISMEMBERMENT
- -COMMON CARRIER $50,000
- -SCHEDULED AIR $100,000

TRAVEL RESERVATION SERVICE - 24 HOUR TOLL-FREE
TRAVEL DISCOUNTS (NATIONAL, AVIS, HERTZ)
TRAVEL DIVIDENDS 3% AIR, 10% HOTEL, 3% AUTO
SHORT NOTICE TRAVEL - QUIK-PAK
EMERGENCY AIRLINE TICKETING
PREFERRED CHECK ACCEPTANCE
KEY REGISTRATION
AUTOMOBILE THEFT REWARD
EYEWEAR DISCOUNT PROGRAM
EXTENDED WARRANTY/90 DAY CASUALTY PROTECTION
DISCOUNT SHOPPING SERVICE
DISCOUNT PHARMACY
NEWSLETTER
NATIONAL DISCOUNT BOOK

Get all the details by stopping at any convenient office... you'll like our "Personal Touch".

In Touch with You℠

FIRST NATIONAL BANK OF BERWICK

FDIC

A FIRST KEYSTONE COMMUNITY BANK

- Berwick 752-3671
- Scott Township 784-0354
- Open Saturday 9-1
- Salem Township 759-2628
- Freas Avenue 752-1244
- Nescopeck 759-2767

Where quality service comes FIRST

BEHIND THE LINES

Spectrum magazine went international with our 1993 Spring-Summer issue. Three hundred copies of the magazine were sent to Kansai Gaidai College in Hirakata, Japan.

Professor Manji Shikata, who heard about the magazine from his participation in a computer bulletin board link between Bloomsburg and Kyota, says the magazine has been invaluable in helping his students learn more about Columbia County, the American-English language, and American culture. Several of his students have sent comments and questions by computer to the *Spectrum* office. And, our staff has been most pleased to begin what we hope is a long and fruitful correspondence.

Making its debut this issue is the *Just For You...* column. The column is designed to enlighten and update our readers about consumer affairs. In the inaugural column, Valerie Henry, a former Bloomsburg University journalism student, gives some helpful hints to keep your pets safe in the winter months. Henry is a champion equestrian and a veterinarian's assistant.

Many professionals have marvelled at the fact that we've produced *Spectrum* for several years on a Macintosh SE/30, a small computer with limited memory. We are pleased and excited to announce that next semester we will be moving on to bigger and better computers, which will greatly increase our productivity (and hopefully reduce stress levels!) We are constantly reminded however that a computer is simply a means to an end, and that the quality of any publication lies in the staff, not the equipment.

—THE EDITORS

LETTER TO THE EDITOR

After reviewing this latest issue, it's easy to understand why the Spring/Summer 1993 magazine has been awarded four separate national awards. I only wish that the Pennsylvania Department of Environmental Resources had the staff and resources to produce such a high quality production.

In particular, the article on hospital waste management appeared to be very well researched. It was written in an understandable manner and all the quotations attributed to me appeared to be very accurate. I realize it's extremely difficult for any journalist, especially a college student, to become an "instant expert" on a given subject. Ms. Stacy Tassone's article demonstrates that she was able to quickly grasp and understand a significant amount of information in a very short time.

I also applaud the staff's decisions to use post-consumer recycled paper to print this issue.

I'm sure your future students will continue the outstanding tradition that has been established by past and present *Spectrum* students. Again, congratulations to all involved with the magazine.

Daniel T. Spadoni
Community RelationsCoordinator
Pa. Dept. of Environmental Resources

Spectrum is published twice a year by the Program in Journalism, Bloomsburg University of Pennsylvania (Bloomsburg, PA 17815). No portion of *Spectrum* may be reprinted, including advertising, without permission of *Spectrum*. ISSN 0892-9459.

Spectrum
Winter 1993-1994
Vol. 7, No. 2

"It is our purpose to earn the respect, confidence and loyalty of customers by serving them so well that they profit from their association with us."

W. William Ott
General Manager

For over 100 years, Grit Commercial Printing, Inc. has been providing quality printing services to Columbia and Lycoming Counties and the surrounding area.

But new ownership and management have given this seasoned company new capabilities: an expanded range of marketing, printing and direct mail services that can save you money.

CAPABILITIES

- Full service printing
- Complete advertising & marketing services
- Graphic design & photography
- Direct mail & product delivery

Take advantage of Grit's new capabilities. Call Bill Ott at (717) 326-1771 for a quote on your next project.

GRIT
COMMERCIAL
PRINTING
208 West Third Street
Williamsport, PA 17701

Color photo courtesy of David Burke Photography

THE NEW LOOK OF TRADITION

Spectrum

The Magazine for Columbia and Montour counties

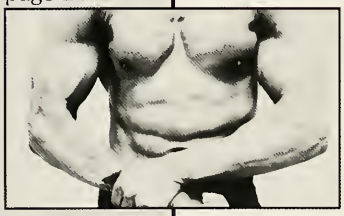
Winter 1993-1994
Vol. 7, No. 2

All-American Magazine	Associated Collegiate Press
Gold Medalist	Columbia Scholastic Press Association
Certificate of Merit	American Bar Association
First Place	American Scholastic Press Association

page 12

page 32

page 24



About the Cover

Wolves, once on the brink of extinction, are now being reintroduced in portions of the American West. Can they overcome their stigma?

photo by Alan and Sandy Carey

* This issue of Spectrum is printed on recycled paper.

Resizing Danville State

Time Frames and Frames of Mind

photo by Lisa Subers

by Neil Dolan

The auditorium is empty. The dusty floors show the footprints of an employee passing by on an errand. The light, muted by the dirty windows, adds to the sense of times forgotten.

Off to the side, a gurney for patients rests. In front of the stage are medical instruments. Off to stage left is a violin, lying where it was abandoned long ago.

On the wall and ceiling hang what you think is wallpaper. You wonder how anyone could have had the patience to fit it all together so neatly. Only when you are closer do you realize that the walls and ceiling are hand painted. And the pictures. All around the walls, pictures show graduating classes and the people who once filled the auditorium.

You are visiting a moment that no longer exists. There was history here, but history still happens in this place. You are inside the main building of Danville State Hospital, where

Danville State Hospital about 1950 before the addition of the male and female admission, gymnasium, and auditorium buildings.

Photo courtesy of Danville State

the auditorium fools the uninitiated into thinking the building no longer has any use. However, one floor below, the daily activity is in sharp contrast to the silent rooms above.

The cornerstone of the main building to Danville State Hospital was placed in 1869. Although the patient population now stands about 400, it once housed over 2,000 patients and grew most of its own food using the patients as laborers, according to James Siberski, the hospital director for staff development.

The hospital no longer uses patients to work the crops in the fields it now rents to local farmers. New laws and regulations about patient rights, along with new treatments and medications, have changed how patients live and are treated at the hospital.

> "What we try to do is to treat the patient holistically."

Treatment is an area that has continued to change the environment at the hospital. In his time in the profession, Siberski has seen many things tried, dropped, and merged with other treatments. "These reforms seem to come and go in cycles," says Siberski. At one time it was thought that the best thing to do for the mentally ill and their communities was to put the sick person away, according to Siberski. This was thought to be best for everyone.

The length of the stay at the hospital has also changed with time, he says. "You would stay longer than you do now," says Siberski. Reasons for the change come from new ideas, advances in medicines, treatments, and public attitudes, he says. Mental disorders are today viewed as a disease and not a social problem. As a disease, it is viewed as being treatable and preventable. The use of community mental health centers have helped to place the patients back into their communities, according to Siberski.

The use of medications have increased tremendously since the 1950s, according to Siberski. The introduction of these drugs "enabled a lot of people to go home," he says. These medicines work the neuro transmitters in the brain. It is these transmitters that send messages throughout the brain and control conscious and subconscious thought. These medicines seem to somehow help realign a person's thinking process, according to Siberski.

The new laws and regulations for having someone committed have also kept the patient population down. It used to

take the signatures of two doctors and a family petition for a person to be admitted. Now a mental health officer acts as a judge and determines if a person is eligible, says Siberski.

As the patient population shrank, the staff was reduced. "Most of the staff that left has been through attrition," he says. Staff reduction started in the 1950s. "As people retired or left for another job they were not replaced," says Siberski. There were no major layoffs all at once, he says; it was gradual over a long period of time. The only layoffs involving any numbers involved about 30 employees, he adds. However, Siberski points out the staff-to-patient ratio is still high--even with the reductions. "Some of this comes from government regulations which regulate staff-to-patient numbers," he says.

photo by Lisa Subers

James Siberski has seen many changes at the institution in the 14 years he has worked there.

Institutions are governed by a variety of government agencies on the state and federal level, according to Siberski. Medicare, Medicaid and the Joint Commision on Mental Health, all have some say in how the institutions are run, Siberski says.

It is the combination of these developments that keeps the patient population shrinking. One of the goals at the hospital is to get the patient back into the "flow of the general population" as quickly as possible, says Siberski. Treatment and follow-up at community mental health facilities help make this possible, according to Siberski. It has been found that it is more cost-effective to treat a patient in an outpatient facility as opposed to long term care, he says.

Another thing that has changed is the cost of a patient staying at the hospital. For example, Siberski says, "in the 1930s it cost 75 cents a day to care for a patient. Today it costs about $227." Compared to the cost of other full care facilities it is a bargin, according to Siberski.

The number of buildings and their uses have also changed. The 28 buildings on the hospital grounds today are used for a variety of things, like administrative, laundry, and a print shop which does work for area businesses. There is also a building used by patients for making maple syrup. There is an electric generating plant, a water treatment plant, a school for nursing, an alcoholic treatment facility, and housing for student nurses. The graduates that grace the pictures in the old auditorium were housed there. There are maintenance buildings that are still in use as well as some old greenhouses that are still on the grounds.

The hospital has reduced use of the buildings as times and needs have changed. In business terms, the catchwords have been "downsizing" or "reorganization," these terms have traditionally had negative connotations for most

The main building at Danville State Hospital hasn't changed much through the years. However, the interior has been modernized.

photo by Lisa Subers

organizations. From a business viewpoint, it might be argued that things might not be well according to the patient population figures and the use of fewer of the buildings on the hospital grounds. But, according to Siberski, *less* symbolizes progress. "I prefer to use the term "resizing," he says, if any term is to be used at all. Danville State Hospital looks forward to the prospect of growing smaller, says Siberski. It would mean the institution is successful in returning as many of its patients as possible to their communities.

Siberski has worked at the hospital 14 years, and is proud that the hospital is getting smaller. "It means we are doing a good job in the treatment of our patients," he says. "When you look at the progress made in psychiatry through medicine and treatment, this is not an unusual development," he says.

Some people think of mental hospitals as having rubber rooms and electric shock treatment. There are no padded rooms at the hospital. Instead, there are seclusion rooms, where a patient who is having trouble adjusting might be placed for a few days, Siberski says. Electric shock treatment is still used, but it is not the horrifying experience that most people believe it is. "I would not hesitate to have it done to myself," says Siberski, adding, "any patient that undergoes such treatment is closely monitored." The patient is anesthetized and his vital signs are closely monitored," he says. The procedure is painless to the patient, according to Siberski. How the shock treatment works is not fully understood yet, says Siberski. It is not understood if the treatment helps to "readjust the patients brainwaves," but Siberski says that when it is used the patient shows remarkable improvements.

Siberski explains electric shock therapy was originally introduced and used before there was development of psychiatric drugs. As primitive as it looks to us from today's viewpoint, it was effective in treating certain conditions, he says. "Prior to the 1950s, there were few drugs used in treatments," says Siberski, and that, "from a medical standpoint, the treatment used at the time was the latest in medical technology." Today's advances in medications have dramatically changed patient treatments."Drug companies are quite active in keeping doctors updated on any new developments designed to treat mental illness," he says.

"There have been great strides in occupational, vocational, and recreational therapies which help the patients with coping skills," according to Siberski. "What we try to do is to treat the patient holistically," says Siberski. These treatments are designed to help the patients redevelop their motor skills if their particular case requires it, he says. Both physical therapy and occupational therapy can be restorative, he says. They can help a patient learn how to relieve stress that arises from everyday living, according to Siberski. It is the hospital's goal to treat every aspect of a patient's problem and help them to readjust to life in their communities, according to Siberski.

As well as the changes that have taken place in the treatment and care of the patients, the hospital itself has

adapted to the changing times. A series of service tunnels, which Siberski refers to as "the subway," connects many of the hospital buildings. "Years ago, these tunnels were used to bring meals to the outlying buildings," Siberski explains, adding, "they were also used to bring hot air heat to the buildings long before central heating systems." Today, these tunnels are used mostly by maintenance people taking care of utilities throughout the hospital grounds.

Although some of the buildings are no longer used daily, the hospital still makes use of them. "We don't mothball the buildings completely if we think we might use them in the future," says Siberski. "Mothballing would require shutting down the buildings completely, shutting off heating, electricity, and water," he says. Instead, "we rent some of the space to other organizations," Siberski says.

The hospital is home to an asbestos school--which teaches how to handle and dispose of asbestos contaminated material. The Community Mental Health Center, an outpatient treatment center; and the North Central Secure Treatment Center also rent from the hospital. The North Central Secure Treatment Center also has a halfway house for its patients who are getting ready for return to their communities. The buildings that are not occupied by patients or staff are used for storage. And different community organizations also use some of the buildings, Siberski says.

According to Siberski, there has always been a lot of community support for the hospital. When the hospital opened, Danville helped finance it by putting up $15,000, says Siberski. Because of community support, Siberski believes the hospital has prospered and will continue to do so.

Siberski is proud how living conditions have changed for patients over the years. This is evident in the living quarters. Gone are the usual white-walled hospital rooms. In their place are warm-colored walls and rooms that have a homey touch with patients' belongings. Even the patient meeting rooms are set to resemble a cozy living room, with comfortable furniture, paintings, and plants. "If you look at the main building where you come in you will see wallpaper borders," he says. That was unheard of until a few years ago, according to Siberski.

Siberski hopes that the hospital will continue to grow smaller. To him, that would mean more patients could live in their communities with support through community organizations. S

387-0511

NAPOLI PIZZA of Bloomsburg

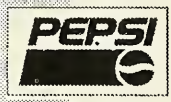
387-0511

PIZZA

	Toppings ea.
Small 12" Pizza	4.95...1.09 ea.
Meduim 14" Pizza	5.99...1.18 ea.
Large 16" Pizza	7.50...1.22 ea.
16" Square Sicilian	8.96...1.46 ea.
French Bread Pizza	1.88.... .47 ea.
Party Pizza	11.32...1.88 ea.
Pita Pizza	1.88... .47 ea.
9" Round Pan Pizza	3.73... .71 ea.
Regular Slice	.94... .18 ea.
Sicilian Slice	1.18... .28 ea.

10 Toppings Works 11.32
10 Toppings Works 12.97
10 Toppings Works 15.00
10 Toppings Works 16.98

Large Pizza
Includes A Liter of



TOPPINGS

Pepperoni • Sausage • Canadian Bacon • Meatballs • Ham
Ground Beef • Bacon • Shrimp • Onions • Mushrooms
Fresh Green Peppers • Black Olives • Anchovies • Broccoli
Pineapple • Extra Cheese • Extra Sauce • Extra Thick Crust

SPECIALTY PIZZAS

	Small	Med.	Large
White Pizza with Broccoli	6.22	7.40	8.91
B. L. T. Pizza	6.22	7.40	8.91
Bacon Cheeseburg Pizza	7.30	8.55	9.99
Hawaiian Pizza	6.22	7.40	8.91
Mexican Style Pizza	7.30	8.55	9.99
BBQ Chicken Pizza	7.30	7.30	9.99

STROMBOLI & CALZONE

	Small	Med.	Large
Stromboli	4.95	6.93	8.95
(Ham,Salami, Cheese, Pepperoni, Onion, Gr. Pepper, Mushroom)			
Cheesesteak Stromboli	4.95	6.93	8.95
(Cheese, Steak, Onion, Gr. Pepper Mushroom)			
Calzone	4.89	6.37	8.02
(Hame, Ricotta & Mozarella Cheese)			
Ronezone	4.89	6.37	8.02
(Pepperoni, Ricotta & Mozarella Cheese)			
Stomboli Slice	1.88		

Sauce on Request

HOT SUBS

	8"	16"
B.L.T. Sub	2.83	5.42
Cheeseburg Sub	3.06	5.66
Meatball Sub	3.06	5.66
Sausage Sub	3.06	5.66
Cheese Steak	2.83	5.42
Onion Gr.Pepper Mushroom(Ea.)	.10	.10
Cheese Steak Works	3.06	5.66
Cheese Steak Ala Garden	3.06	5.66
Cheese Steak BBQ	2.83	5.42
Chicken Cheese Steak	.47	.94
(Chicken instead of Beef, Add)		
Chicken Parmiginano	3.06	5.66
Veal Parmiginano	3.06	5.66
Gyro	2.83	2/5.42

(All Subs are available on a Sub Roll, French Bread or Pita)

COLD SUBS

	8"	16"
Italian	2.83	5.42
Regular	2.83	5.42
Ham & Cheese	2.83	5.42
Turkey	2.83	5.42
Salami & Cheese	2.83	5.42
Roast Beef	3.06	5.61
Tuna Fish	3.06	5.61
Chicken Salad	3.06	5.61
Canadian Bacon	2.83	5.42
Cheese Sub	2.83	5.42
Napoli Special	3.06	5.61
The Dilly	3.06	5.61

Mayo • Hot Banana or Crushed Red Peppers • Dressing • Black or Gr. Olives • Sweet Peppers .10
Dijon or Yellow Mustard

STIXS

Skipstix (Original)	1.88
Pizza stix	2.36
Bacon Cheddar Stix	2.83

ETC...

Mozzarella Sticks
Cheese Fries
French Fries
Bacon Cheddar Fries
Pierogies
Onion Rings
Cole Slaw
Pizza Fritta
Potato Chips
Garlic Bread
Canda Bars
Cigarettes

ALSO AVAILABLE

Buffalo Wings, Salads Nachos
Dinners, and Beverages

ASK ABOUT DAILY SPECIALS!

CALL FOR **FREE DELIVERY**, ALL DAY, EVERY DAY 11 A.M - 1 A.M.
WE ACCEPT **DISCOVER, VISA, MASTERCARD,** AND MAC
If using credit card for delivery, please present when ordering
319 EAST STREET BLOOMSBURG PA 17815 FAX 389-0511

Meet Wallace Hart,

The Man Behind the Marksmen

photos by Lisa Subers

by Chuck Unger

Wallace Hart pulled the trigger of his muzzleloading shotgun. The hammer fell on the percussion cap, igniting a charge of black powder. Inside the smooth barrel, gas expanded against a load of shot, pushing it towards the airborne ring-necked pheasant. The bird fell to the ground. Before the euphoria of a well-placed shot could set in, however, Hart shouted to his hunting companion, Charlie Seiwell, "Get my ringneck—he's running away!"

According to Hart, Seiwell, of Rockland, took the follow-up shot and bagged the pheasant. Afterwards, Hart says, everybody laughed at him. No wonder. "That was before anybody was shooting muzzleloader," Hart says.

As Hart recalls, that was about 1970, seven years after his father, Robert W. Hart, added a gunsmithing shop to the family's truck body manufacturing business. About the same time as Hart's fouled pheasant shot, Robert W. Hart & Son Inc. ceased construction of truck bodies. This suited Hart fine. "I liked guns. I didn't really care for trucks," says the 57-year-old Nescopeck resident.

Hart learned the gunsmithing trade from his father, who died in 1974. Today, Hart and his 35-year-old son, Robert, run the family business. Their shop is located in a weathered block building across the street from Wallace's house. Inside the building, which Hart helped his father build, is an assortment of machining tools and shelves of guns in various stages of assembly.

According to Hart, his company can do "anything that has to do with a gun." He says it can, among other things, float and flute barrels, as well as make and install muzzle brakes.

Hart says a muzzle brake will reduce a gun's recoil. It is a threaded assembly riddled with holes that screws onto the end of a barrel. Flutes are grooves cut into the outside of a barrel lengthwise. They dissipate heat and reduce the weight of a firearm by up to a pound, Hart says.

To float a barrel, Hart says, the portion of a gun's stock which touches the barrel is cut away. This done, he says, hand placement can be changed on the

Hart hefts a finished rifle. In the foreground, rifle stocks await alterations. Some of these stocks may have material trimmed where barrels are placed. When done, the barrels will "float."

stock without changing tension on the barrel. This, in turn, means better accuracy.

Hart says his guns are better than factory-built firearms because, "We keep our tolerances closer." How close? According to Hart, from one end of a barrel to another, they stay within two-tenths of one-thousandth of an inch.

According to Hart, the Japanese Olympic team has had work performed at his shop. His company has also done work for people who compete in the Camp Perry Shooting Competition. Shooters from the 1,000-yard rifle competition, near Williamsport, seek him out from time to time.

Lately, Hart has seen a "dramatic increase" in the number of "high-quality" hunting rifles they make. According to Hart, people want good rifles to take on their dream trips—hunting excursions they've waited and saved for years to take. Hart says the most expensive hunting rifle he has manufactured costs about $2,100.

> "I liked guns. I didn't really care for trucks."

"It had all the bells and whistles," he says.

However, paper targets and game animals aren't the only things shot with Hart rifles. According to Hart, he's built anti-sniper rifles for the Houston Police Department and the Royal Canadian Mounted Police.

Hart is hesitant to talk about the subject. He knows human lives have been taken with his rifles. However, Hart says, "I wrestled that a long time ago," and adds, "I had quite a few talks with my minister."

Today, only a liar would say Hart *likes* guns. Fact is, he *loves* guns, and the sports associated with them. His love affair began at age 13, when he bought the single-barreled percussion fowling shotgun he winged the pheasant with. At 16, Hart bought a Civil War era Harper's Ferry musket, as well as an 1864 Springfield musket. He got them both for $5.

Through his teenage years, Hart continued to buy guns. "I didn't have much money, so I bought guns for $25-$30 apiece," he says. According to Hart, he could sell those guns today for $150-$550.

Hart's passion drove him to competitive shooting over 40 years ago. That's when he took up benchrest shooting at registered matches. Hart says he hasn't missed a year since he started. These days, he enters anywhere from three to five registered matches a year, though he doesn't expect to win many matches anymore. "Forty years of shooting have sort of taken the edge off," Hart says.

This isn't to say Hart is going to hang up his shooting vest, however. A

year-and-a-half ago, Hart took up trap shooting. He says, "I'm an amateur, but I'm learning."

Robert Hart is intently working on a rifle barrel. He stands behind a machine, his left hand wrapped around the rotating barrel so it doesn't vibrate too much. With his right hand, he alternates between taking precise measurements and shaving away the barrel's end bit by bit. In front of Robert and a little to his left, an old news clipping hangs on the side of a cabinet. On it is a picture of Wallace, working on a gun barrel for the renowned Hart Rifle Barrel Co.,owned by his late uncle, Clyde Hart. The clipping details how the United States International Rifle Team has had good results using Hart barrels.

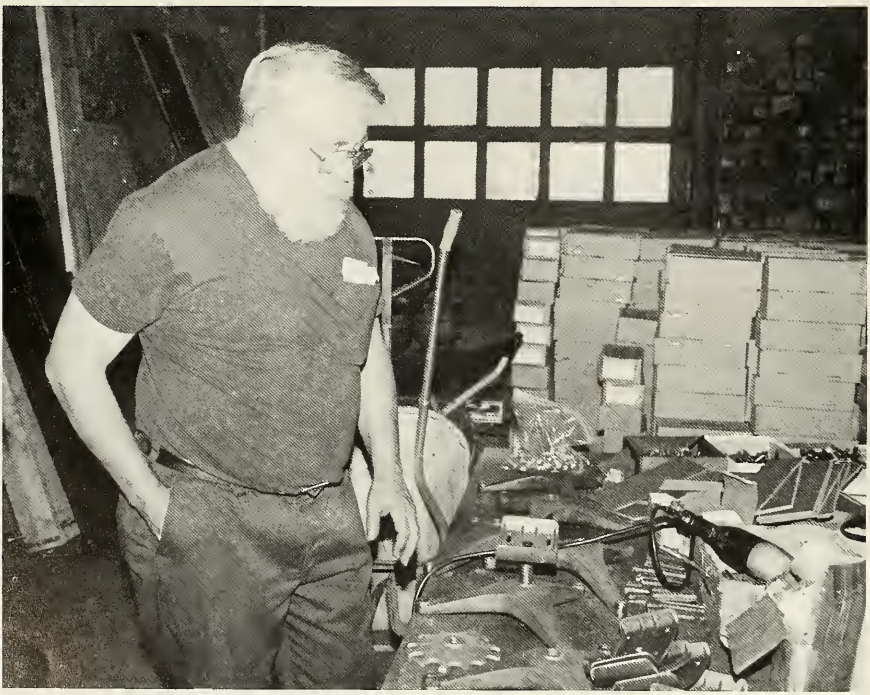
A glance between Robert and the clipping is like a trip back in time. Shave Robert's mustache and straighten his dark, curly hair, and it could have been Wallace standing there.

Upon first meeting, Hart is a reserved man. He reveals nothing freely. When he opens up, however, he can be quite passionate, especially when the topic of hunting comes up. He talked with candor about an Alaskan hunting trip he took last September. There, he bagged a moose and a caribou. According to Robert, the caribou "barely missed" the Boone & Crocket Club record book for North American big game taken with a rifle.

Robert Hart machines a rifle barrel so it will accept a muzzle brake. Adding a muzzle brake, which reduces a gun's recoil, is one of many alterations the Harts can perform on firearms.

Hart produces some pictures of his trophy caribou and excuses himself from the shop. A few minutes later, he returns with a T-shirt that he holds proudly in front of his chest. On the shirt is a pontoon plane with four men posing in front of it. One of the men is Hart, who is holding a caribou rack far bigger than those held by the other men.

Hart's mind switches gears. Pride turns to thoughtfulness. He says, "The first person to offer shirts like this down



Hart, standing in the part of his shop which was used to build truck bodies, talks about some of the firearms accessories he builds. In front of him are rifle rests, which are used to sight in rifles, in various stages of assembly.

here will be a rich man."

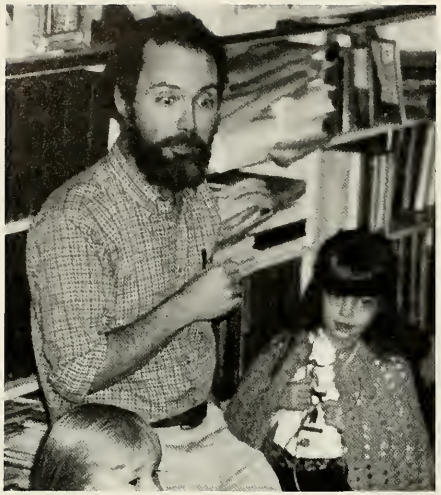
If Hart is proud of his caribou, then he's fanatic about his 6-year-old mixed breed squirrel dog, Blackie.

At first glance, Blackie appears to be an ordinary house mutt, content with chasing down table scraps. According to Hart, however, Blackie was bred for intelligence and small size.

Hart walks inside his house and emerges with a photo album. Inside the album are numerous pictures of successful squirrel hunts. Many of the squirrels in the photographs couldn't have been taken without Blackie's help, he says.

Hart lounges on the porch swing, juggling a hyperactive Blackie. There is scratching at the back door, so Hart goes inside. He emerges a few moments later with what appears to be a smaller version of Blackie. The five-month-old puppy, named Buddy, belongs to Robert. Buddy, Hart explains, was bred from the same stock as Blackie. According to Hart, "He [Buddy] doesn't know what a squirrel is. He will."

When squirrels hear Blackie and Buddy yelp, they better hide.S



Magical Journey

Books are the Ticket

When Hal Pratt was a kid, *A Gift Bear for the King*, by Carl Memlig, was his favorite book. Today, the 39-year-old Bloomsburg Public Library director and former Philadelphia resident reads it to children as part of the library's storytelling program.

Pratt has a master's degree in library science from Villanova University. He began reading books to children shortly after he and his family moved to the area in 1981. He has worked at the Bloomsburg Library since 1984. Pratt says he reads to children because he "likes to see the children get into the story." He says, "It is a chance to take the children on a magical journey; for them it is like being in another land. It is a great feeling."

The beginning of the Wednesday morning storytelling session is marked by a few anxious children telling their latest news. "My sister is getting braces today," remarks one child at the beginning of a session. Pratt, along with four volunteer storytellers, do not mind the children's interaction—as long as they don't talk during storytime.

During one session, Pratt sat the children down and read to them the Jack Kent stories *Little Peep* and *Joey Runs*

Away, as well as *A Gift Bear for the King*, which seemed to be the children's favorite as well as Pratt's. He closed the session with his dynamic version of *The Three Little Pigs*, which drew giggles and excitement from the 20 children.

According to Pratt, parents help out by reading a story or two to the children. Pratt says parents, who seem to enjoy the story as much as their children, are often good company for kids who may not be ready for a story telling session by themselves. The parents come in and sit with the children, who enjoy the story much more knowing their parents are there with them.

Pratt says enjoyment for both the children and the storyteller is not the reason for the storytelling program, which has "probably been around since the library opened in 1903," when it was a common practice by most libraries. Rather, it is an extra. Pratt's goal is to get the children to develop an early interest in books while it is all fun for them.

To get more children interested in reading, the library takes the program on the road to local elementary schools. Overall, Pratt estimates the program reaches over 1,000 children a year.

Before he started his career as a librarian, he was, as he calls it, a "house husband." In the meantime his wife, Mary, was a nurse at Geisinger Medical Center. Staying home enabled him to watch his two boys, Andrew, 13, and Josh, 15, grow up. "It was a nice way to get a chance to watch the kids grow up; most fathers can't say that," says Pratt.

Pratt's storytelling began when Josh was three. Pratt volunteered to read to Josh's Greenwood Friends pre-school class. From there he kept reading as the boys grew up.

Pratt says the tradition of the library's storytelling program is one that is here to stay—at least as long as he has anything to say about it. S

Story and Photo
by Dan McGonigal

A Howlin

photos by Alan and Sandy Carey

g Controversy

Wolves at the Crossroads

by Ed Jahn

Throughout America, there is silence where once there were voices. The howling of wolves, forever a symbol of wilderness and freedom, have not been heard in most parts of the United States for over half a century. But the wolf is now returning with the help of mankind. A revolutionary new federal program will attempt to restore wolves to their natural range in Yellowstone National Park, northwest Montana, and central Idaho. In what amounts to a national change of heart, although clearly not without controversy, wolves are being reintroduced into areas where very recently programs were in place to destroy them.

From the time our English founding fathers came upon America and through most of this century, most Americans viewed wildlife as the enemy, or as an entity to be conquered, especially when it came to predatory species. Wolves were even thought to have been possessed with evil. All predators were marked for extermination. By the mid-1800s, nearly every state and region in the country had established bounties for wolves and other predators. Then Congress got in on the act.

According to Steven Fritts, Northern Rocky Mountain Wolf Recovery leader, "In the early 1900s, Congress established a division within a biological survey department to handle how to go about exterminating predator species." Fritts notes that federal employees were paid "to hunt the predators to extinction." The Northwestern United States Wolf Recovery Study claims that the wolf, with a range that once included all the lower 48 states, could only be found in northern Minnesota by the 1930s. Ironically, another animal on the list to be exterminated was the mountain lion, an entity now honored in Pennsylvania as the Nittany Lion of Penn State.

When settlers arrived in this country, they were bent on monopolizing the land under their control.

Nurturing Nature Similar to humans, mother wolves teach their pups how to survive in a hostile environment.

These settlers initiated the brutal extermination and forced relocation of Native Americans, deforested entire wilderness areas, and purposefully drove much of America's wildlife to near extinction. Once they accomplished these objectives, the settlers could go unchallenged in the pursuit of their way of life.

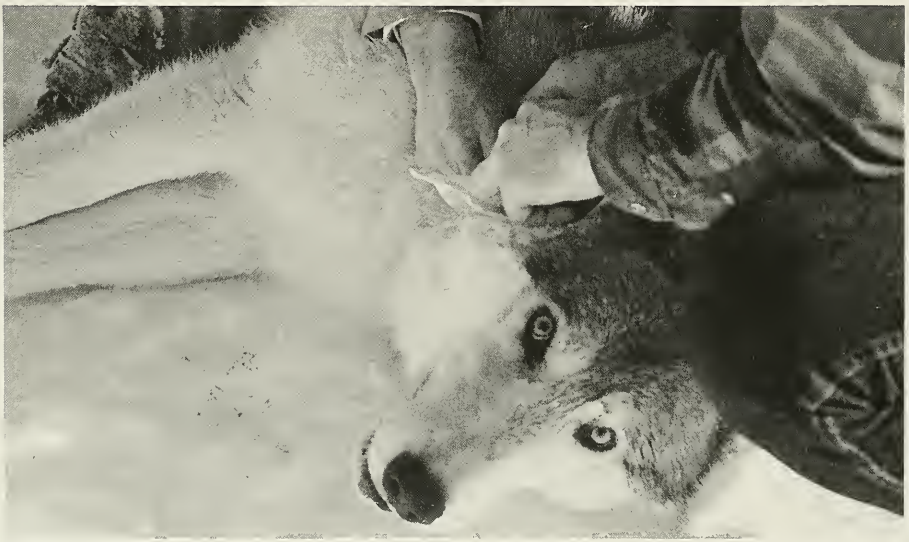
Farmers, cattlemen, and ranchers in particular viewed the wolf as competition for resources. A hundred wolves, it seemed, were less important than one lost steer. Indeed, as other settlers pursued the unregulated hunting of ungulates, including deer, moose, and elk, food supply for the wolf became scarce. Wolves would often go after cattle, sheep, and other livestock to make up for their diminishing food supply. However, the damage to livestock was much less than is perceived. One steer or a single sheep could feed a pack of wolves for weeks. Often, a wolf goes for long periods without any food. But the battle between wolves and man became fierce. Settlers, with the power of the gun to assist them, singlehandedly destroyed the balance that had previously existed between the original Native American inhabitants and the wildlife that lived among them.

Wolves were poisoned with either strychnine or a poison called Compound 1080. Although strychnine killed the wolf almost immediately, Compound 1080 prolonged death for many hours, leaving the wolf to suffer until its death. Wolves were also caught in traps that would either disable the wolf until it was shot, or until it starved to death as it lay crippled on the ground. Many were simply hunted and shot, most often to be stripped of their pelts for sale in the open market. Author Joseph Merritt, in *Mammals of Pennsylvania*, reports "the last wolf was reported killed in Pennsylvania in Clearfield County in 1892." Dr. Jerry Storm, professor of wildlife at Penn State, adds, "Later reports surface now and then in Pennsylvania, but are very suspect." He says, "Most are either wolves who escaped from captivity or are coyote/dog hybrids." But in the Western states, enough wilderness exists to allow natural and human-assisted reintroduction of many endangered species.

> "If a wolf or a pack were to attack a human like they do prey, the result would be instant and deadly."

Because wolves are generally known for their intelligence and resourcefulness, they are able to exist in a wide variety of habitats, ranging from the high arctic of Alaska and Northern Canada to the equally harsh climate of the desert Southwest.

One of the greatest tasks to overcome in restoring wolves to Yellowstone and other areas is overcoming people's fears and misunderstandings. According to wolf researcher and author David Mesh, most of the fear is unfounded. Mesh has done informal studies and written articles about reported wolf encounters and has found almost all wolves will shy away from human contact. When wolves have approached or made physical contact with humans, he writes, the result is often little more than scratches or ripped clothing. Mesh argues, "if a wolf or a pack were to attack a human like they do prey, the result would be instant and deadly. There is nothing hesitant about



Biologists tag a wolf to track its movements to be able to better understand the wolves' lifestyle.

Photo courtesy of U.S. Fish and Wildlife Services

Wolves are social animals, with a strong sense of family responsibility. They travel in packs for mutual protection and to help each other hunt for food and shelter.

the attack." Wolves, in fact, can be quite passive or non-aggressive when it comes upon a human. Mesh noted one incident where ornithologist David Parmelee took a wolf pup into his tent, only to find the mother wolf patiently waiting outside his tent the next morning when he released the pup.

Remarkably, wolves exhibit many complex characteristics that are similar to those found in human society. They are social animals, existing in family units called packs, and each pack is characterized by a clear social hierarchy. Wolves usually mate for life, and mother wolves are especially affectionate towards the young pups in the pack, attending closely to the pups' needs. Wolf researchers have witnessed wolves playing for hours together in activities that create bonds within the group and develop group skills such as those necessary for hunting. Each wolf pack will vigorously defend its territory, but will share territorial resources, unlike mankind. Cooperative hunting is the only way wolves can take large game which are often both bigger and faster than an individual wolf.

But no matter how intelligent and resourceful, wolves were no match for the endless onslaught of human progress. The destruction of the life-giving resources that existed in all wolf habitats led to the ultimate elimination of wolves from all but a few untarnished places.

Although the wolf-myths persist to the present day, times are indeed changing. People's view of wildlife has, in many ways, become more understanding of wildlife's necessary place. The results of this new thinking have led to new laws, such as the Endangered Species Act. But still, according to wolf recovery project leader Ed Bangs, the listing of the wolf as an endangered species in 1973 and the prospects of a human initiated recovery program "provoked immediate controversy."

Modern ranchers are especially livid when it comes to the idea of reintroduction of the wolf. For the ranchers, the early federal predator extermination program was a success. Any effort to return wolves would be an effort to bring back the very competition for resources that they had worked so hard to eliminate. As is the case in much of the Western states, notions of freedom and free enterprise are elemental to the lifestyle of ranchers in the vicinity of the proposed wolf reintroduction areas. Any federal program that goes against the wishes of the land-

owners, who often make their living on federal government land, would appear contrary to the principles of free enterprise. The state of wildlife and natural lands, therefore, should be determined by the people who own the land or make their existence on federal land. Although this may represent the dominant attitude among ranchers, polls indicate that two-thirds of the residents of Montana, including urban dwellers, support the wolf reintroduction.

The current wolf reintroduction project is extraordinarily detailed and must withstand the rigorous testing of such public debate. The project must undergo environmental impact statement scrutiny, and must confront and deal with opposition groups both in the public and in government.

Although wolf reintroduction seems likely in parts of Yellowstone, Montana, and Idaho, many other obstacles must still be overcome. Steven Fritt says, "Much of the opposition from the public seems to come from an inherent fear of outside intrusion by big government into these people's back yards. Restoration of endangered species inevitably leads to restricted use of land and more wildlife laws."

Opposition groups such as the No Wolf Committee, the Abundant Wildlife Society, and other "multiple land use" groups use the claim that wolves will kill livestock and game animals, including elk, moose, and deer. In fact, wolves would restore a more natural ecosystem balance among predator and prey species through the taking of game animals that might otherwise be hunted. Wolves are known to primarily feed on the weak, sick, young, and old of their prey, keeping the population healthy and stable.

> "Human attitudes will determine whether the wolves will survive."

This argument that wolves will compete for game animals is one argument being played against the more aesthetic and intangible results gained from restoration of the wolves. Benefits include restoring wolves for the purpose of recreating complete ecosystems, such as in Yellowstone, where wolves are the only missing component of the original ecosystem.

Restoring wolves to Yellowstone, Idaho, and Montana is such a new endeavor as to be unpredictable. No one knows whether these efforts will succeed. Maybe such efforts will persuade people to view wildlife in new ways, and perhaps more efforts will be undertaken to restore native species in other parts of the country. Right now, the wolf reintroduction project is entering the final stages of debate and seems to be headed for government approval. But as Fritts concludes, "The wolf restoration project is a result of changing attitudes in America. And ultimately, human attitudes will determine whether the wolves will survive." S

(Ed Jahn, a senior majoring in mass communications at Bloomsburg University, previously worked at Yellowstone National Park.)

Photo courtesy of U.S. Fish and Wildlife Services

Just for You...

Winterizing Your Pets

by Valerie Henry

You've probably checked your car's antifreeze and put a pair of jumper cables in the trunk. Why not take some time and make sure your pet is winterized?

If your pet spends most of its time outside, it needs a sturdy shelter. The shelter should be free from drafts and packed with insulation, such as straw or cedar chips. After all, you take the time to weatherstrip your windows and doors, so why not make sure your pet's home is warm and cozy?

Your pet is going to be burning more calories this time of year to maintain its body temperature. So, make sure to feed it more. It's also important to have fresh water available at all times. Check the water several times a day to make sure it isn't frozen.

During the winter months, frostbite poses a threat to pets. If you think your pet has frostbite, don't thaw the frozen area too quickly. Use lukewarm water to increase circulation. If it looks severe, call a veterinarian.

Indoor pets also have their share of problems this time of year. Dry skin, for instance, can affect dogs and cats. If you think your pet has dry skin, check for fleas first. If your pet has fleas, it's probably best to take it to a groomer or vet for treatment. However, if you decide to do the job yourself, remember that not all sprays, shampoos, and dips are safe for all pets. If the wrong product is used, your pet could die. Be sure to check the label before using any flea treatment.

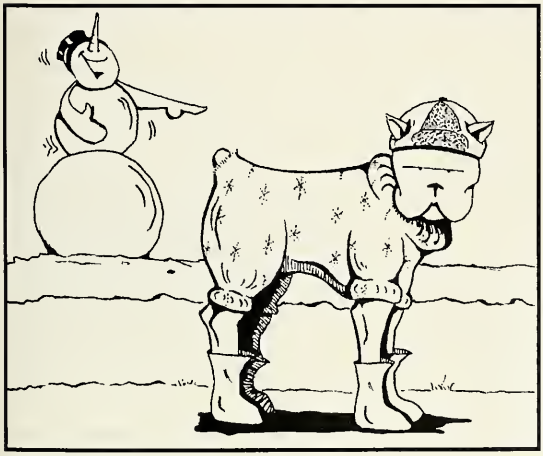
Many people find themselves faced with the problem of pets and decorations. I don't know any cat who doesn't like to climb Christmas trees, eat tinsel, or play with tree ornaments. If your pet gets a cut, basic first aid should be applied. If the cut seems severe, make sure the pet is seen by a vet. If the cut is on a paw or pad, put a sock on the animal's leg and tape it so it will stay on until you reach the vet.

Table scraps can present problems during the holidays, especially chicken and turkey bones. They could get stuck in your pet's teeth or cause an obstruction (which usually means surgery.) A good alternative to bones are chew toys. They're clean, safe, and if given as a present, Fido won't feel left out Christmas morning.

Some table scraps, such as vegetables, may be given in moderation. However, fatty things like ham and pork should be avoided. Don't give your pet chocolate, either, especially semi-sweet, because the alkaloids it contains could cause heart problems.

Keep poisons out of your pet's reach. Antifreeze, widely used during the winter months, is extremely dangerous. A drop can kill the largest dog. If you suspect your pet has ingested antifreeze, contact a vet immediately! The longer you wait, the more likely your pet will die of antifreeze poisoning.

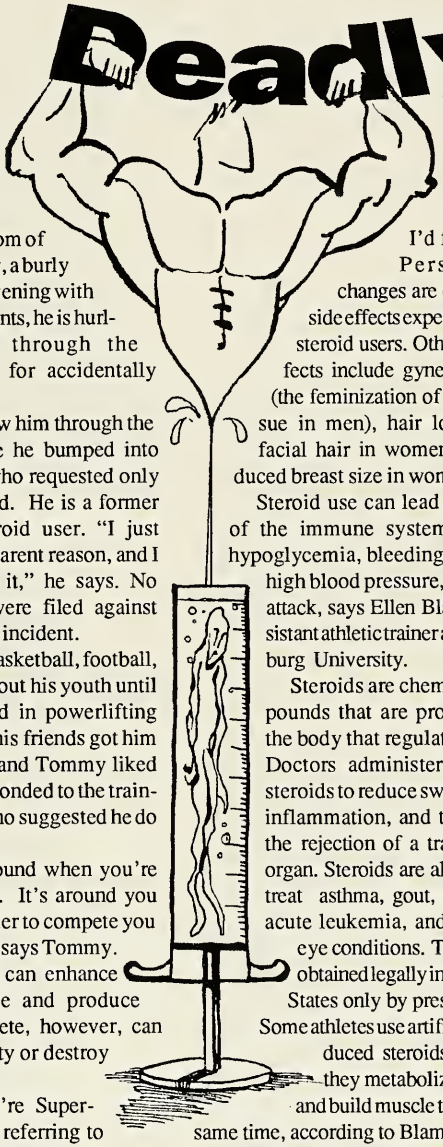
There is a lot of responsibility that goes with owning a pet. They are not disposable toys which can be tied out back and forgotten after Christmas, or traded in on a "cuter" model next year. This is why, more often than not, puppies or kittens are not a good Christmas present. If you are going to get a puppy or kitten, talk to a veterinarian. Go to the library and read about them. Make sure you know what kind of pet is best for you and your lifestyle. Let's not litter our animal shelters with any more unwanted Christmas presents! S



Artwork by Matt Steinruck

Playing a Deadly Game

by Felipe Suarez



Music fills the room of the nightclub. Nearby, a burly man is enjoying the evening with friends. Within moments, he is hurling another man through the nightclub's window for accidentally bumping into him.

"Basically, I threw him through the window just because he bumped into me," says Tommy, who requested only his first name be used. He is a former powerlifter and steroid user. "I just flipped out for no apparent reason, and I got into trouble for it," he says. No charges, however, were filed against Tommy for the 1987 incident.

Tommy played basketball, football, and baseball throughout his youth until he became interested in powerlifting and steroids. At 19, his friends got him into weight training and Tommy liked the way his body responded to the training. So did others, who suggested he do it competitively.

"Steroids are around when you're lifting competitively. It's around you all the time and in order to compete you have to use the drug," says Tommy. The same drug that can enhance athletic performance and produce greatness in an athlete, however, can also alter a personality or destroy a life.

"You think you're Superman," says Tommy, referring to the feelings steroids gave him. "You go on an ego trip. I had a short temper. If somebody looked at me the wrong way, I'd flip out."

Personality changes are one of the side effects experienced by steroid users. Other side effects include gynecosmastia (the feminization of breast tissue in men), hair loss, acne, facial hair in women, and reduced breast size in women users.

Steroid use can lead to failure of the immune system, stroke, hypoglycemia, bleeding, sterility, high blood pressure, and heart attack, says Ellen Blamick, assistant athletic trainer at Bloomsburg University.

Steroids are chemical compounds that are produced by the body that regulate growth. Doctors administer artificial steroids to reduce swelling and inflammation, and to prevent the rejection of a transplanted organ. Steroids are also used to treat asthma, gout, hay fever, acute leukemia, and skin and eye conditions. They can be obtained legally in the United States only by prescription.

Some athletes use artificially produced steroids because they metabolize body fat and build muscle tissue at the same time, according to Blamick. Decadurabolin and Winstrol, manufactured by Organon and Wintrop, are two steroids used by athletes which can be obtained by prescription. However, Tommy says, other steroids may be bought on the black market, where he got his.

Tommy became involved in steroids because "they were everywhere around you in the gym." He didn't know much about them at the time, so he talked to others who used them and read about it. Through a friend who knew a pharmaceutical salesman, Tommy began taking Anadrol-50 at the cost of $200 a bottle, which lasted about a month. To pay for his habit, he sold steroids to others.

"I was injecting needles everyday," says Tommy. "I was doing this and also taking ingestables. The ingestables made my muscles hard and also increased my strength."

The drugs improve athletic performance by making an athlete bigger, faster, stronger, and by speeding up recovery time. A good example of what they can do for an athlete can be seen by looking at Canadian sprinter Ben Johnson. During the seven years Johnson used steroids, he set a world record in the 100 meter dash with a time of 9.79 seconds and won two gold medals at the 1988 Summer Olympics. Without them, Johnson struggled in the first four races of his comeback, posting a 10.40 as his best time.

Can steroids be used responsibly by people under close medical supervision without any side effects? Tommy says, "I learned how to take steroids. There's a way to take them to lessen the chance

of defects. A lot of high school kids these days are taking steroids because they're in the environment, but they don't know how to take them and that's where bad things happen."

Joseph Hazzard, athletic trainer at Bloomsburg University, says, "I think there's some validity in using them for medical practices, but when they're used for any other circumstances, I don't believe they can be taken safely."

David Ball, team physician for the University, agrees. "Side effects come when the steroid is abused," says Ball. "Even if the individual tried to take it on a limited basis, he may get hooked on it and want the medicine more frequently."

Using Anadrol-50, manufactured by Syntex, Tommy competed in several powerlifting competitions and placed in two of them. The drug, which Tommy had to "stay on for a cycle of three months for maximum effect," helped him set a Pennsylvania bench press record in the 1980s. But after using Anadrol-50 for three months, Tommy says, the user must stop taking the drug for about a month—or die.

"Anadrol-50 is the king of steroids for strength," says Tommy. "You could very easily overdose on Anadrol-50. You really have to watch the intake of that or you could die. It's a very potent drug."

When Tommy competed, he was tested for drugs through urinalysis. Blood testing is more accurate, but can detect steroid presence only 6-8 hours after usage, says Dorette Welk, professor of nursing at Bloomsburg University. Urinalysis, though less reliable, can detect steroid presence up to about 48 hours, she says. Tommy says he "used drugs that would be just about completely out of my system by the time competition came." Deca-durabolin, which Tommy believes is "just about the safest steroid you can take," was out of his system "in about a month."

Athletes find ways of getting around testing. Johnson tested clean 29 times before tests finally indicated drugs in his body.

Bloomsburg University athletes are

tested for drugs according to NCCA rules, but only if they reach post-season play. They are not tested by the University randomly because the costs for testing are too high, according to Burt Reese, assistant athletic director. Frank Urayasz, NCAA director of sports sciences, says Division I football and track & field athletes are tested year round, but Division II and III teams might also be tested in the future.

As for Tommy, he considers himself lucky because he didn't experience many side effects except for hair loss and personality changes. At 300 pounds, with a 55-inch back and a 46-inch waist, he was on the drugs for a year, but decided to come off of them when he thought they would lead to a heart attack. "I woke up one morning and thought I was going to have a heart attack," says Tommy. "I was just too big. The human body can't handle that much weight."

Currently, Tommy is off steroids and against their use. "I don't feel guilty about what I did, but I don't condone their use. There is no safe drug to use," he says. Now at 185 pounds, he has lost 115 pounds through proper eating and exercise. With the loss of weight, Tommy also lost most of his muscle size when he came off the steroids. Says Tommy, "I feel much better today and much stronger without steroids."S

photo by Lisa Subers

Eric Lindros

The Flyers' 'Center' of Attention

by Felipe Suarez

TWENTY-YEAR-OLD ERIC LINDROS sat down on a bench in front of his locker. Sweaty and shirtless after practice, he joked with his teammates, like any other young hockey player would. With a chiseled chest that looks as if it is carved of stone, and shoulders broad enough to carry his whole team, the young man's sense of humor, at least, seems normal enough.

But Lindros is not like other young players. At 6-foot-4 and 235 pounds, Lindros is hockey's newest phenom with a $3.5 million a year contract as beefy as his physique. Seemingly, with the skills to back up every penny of his contract, Lindros has already begun to take on all challenges in his second season in the National Hockey League.

But *is* this not-yet "superstar" hockey's new king? Is Lindros worth all of the wallet draining? In a controversial deal, Philadelphia Flyers management, which dealt away Mike Ricci, Peter Forsberg, Steve Duchesne, Kerry Huffman, Ron Hextall, their 1st round choice in the 1993 (Jocelyn Thibault), and 1994 NHL entry draft, in addition to $15 million in cash to the Quebec Nordiques for Lindros, thinks so. So does Lindros.

"Not yet a superstar," Lindros repeated while mulling over his thoughts on the contract and his immense potential. "I certainly disagree with you a little bit in terms of where I stand in the league. If I played all of last year my numbers are up there with a lot of player's numbers," he says. "I'm 15 points behind (team leader Mark) Recchi in scoring if you average what I had, and Recchi had a great year. If I had played the whole year I would have been right up there. So I disagree."

It is brash statements like this, which at times makes Lindros appear bratty and arrogant, that have raised the ire of critics and fans throughout hockey. But, to his credit, Lindros insists there's more to this deal than money. There's something else that brings him to the rink everyday to show off and sharpen his skills. When the subject of money comes up, Lindros becomes frustrated.

"I don't think the money is a big part of it," Lindros says. "I'm here to play hockey, and I'm just looking for the return. They [Flyers' management] are investing a lot of money in me so I'm sure that they're making some money off of me and I guess we all want to get fair value in what we're doing," he says.

In all, Lindros' final deal spans six years in which the center will receive $21 million. Lindros isn't worried about the critics who think the Flyers gave away too much for him and his contract, which at the time he signed it made Lindros the highest paid player in hockey even before he ever played a minute in the NHL.

It appears that the Flyers are sure they are doing the right thing. By looking at Lindros' rookie season it would be hard to argue against them. Lindros did everything asked of him and came through on what he was advertised as having, despite missing 23 games with injuries. He produced 75 points (41 goals, 34 assists) in 61 games. The 41 goals set a team record for goals in a season by a rookie and earned him a spot on the NHL/Upper Deck All-Rookie team.

But for the Flyers—who were 29-23-9 with Lindros in the lineup and 7-14-2 without him—to make a serious run at the playoffs, Lindros must produce in the upper echelon of the league and stay healthy. During the first part of the season, Lindros led the league with 15 goals, and the Flyers were in first place in their division until he was injured and missed several weeks in November and December.

His health has become one of the knocks against him and skeptics wonder if he is injury-prone. As a result of being placed on such a pedestal, some feel he let the team down when knee injuries kept him sidelined for parts of last season. Again, Lindros gets frustrated when he hears this and the blame of last season's failure being pinned upon him.

"What can you do if you get hurt?" Lindros asks. "Is that letting people down because you're injured doing what you could to help your team? I don't think so. I was doing as much as I could trying to help the team and we were winning and that [the injury] happens," he says. "I wouldn't consider that letting down anybody."

If things are to change for the Flyers, a team on the verge of returning to the playoffs after four straight years of watching the post season on television, count on Lindros to have a huge role in the team's success. His history shows he has been a consistent winner and has dominated wherever he has laced up his skates, which includes the Olympics, the Canada Cup, the Canadian junior league

Photo by Jay Crawford

and the 1993 World Championship Tournament.

Playing for the Canadian Olympic Team in the 1992 Winter Olympics, Lindros scored five goals and added six assists in eight games to help the team capture a silver medal. He was the youngest player and only non-NHL player to play on Team Canada in the 1991 Canada Cup Tournament at age 18.

His Canadian junior league career is filled with numerous records and awards, and he led the World Championship Tournament in scoring with 11 goals and six assist in eight games while being named best forward of the tournament.

> "I do all the same things that everyone else does. Outside of hockey, I just have some fun."

The past four seasons haunt a once-proud Flyers franchise that is used to being on top. When reminded of this, Lindros points out "I've only been here for one." Of course there's pressure on him. But, Lindros, says there's pressure on all of his teammates to perform well. He quickly down plays the pressure by saying, "If I'm scoring goals, I'm helping the team. It's as easy as that. If my plus/minus is up, I must be helping the team, so that's all you can look for."

On the ice, Lindros is big. He plays the game mean, cocky, and aggressive. He has the ability to skate around a player with his agility and speed or through players with his size and toughness. He can turn a game around with spectacular goals or with brutal body checks. He is a rebel on skates and controversy seems to follow him wherever he roams.

There was the arrest last season for allegedly spitting beer on a female in a bar—of which he was later cleared—and his refusal to play with the Sault St. Marie Greyhounds of the Ontario Hockey League. But the ordeal that caught the hockey world's attention and elevated the tempers of more than a few fans was his refusal to sign a deal with the Nordiques and the strange saga that followed.

It all began in 1991, when Lindros, the most talked about young hockey player in years, was chosen as the first overall pick in that year's draft by the Nordiques. Lindros made it clear he had no intention of playing for Quebec because of differences he had with owner Marcel Aubut. The Nordiques still drafted Lindros and Lindros sat out the entire season until he forced Quebec to make a deal.

Quebec, in an attempt to get the best deal for Lindros, worked out a trade with the Flyers. However, the Flyers had nothing in writing and after hearing a better offer from the New York Rangers, the Nordiques withdrew the offer from the Flyers and traded Lindros to the Rangers. After 10 days and much sweating and bickering on all sides of the controversy over a deal that would affect the future of three different franchises, an arbitrator awarded Lindros to the Flyers.

The controversy left a scar on Lindros' character and fans considered his stubborn attitude towards Quebec childish. He was painted in the media as bratty and whining, and fans made sure they taunted him when he visited opposing hockey rinks. In Quebec, fans threw everything they could at Lindros, including eggs, money, baby bottles, pacifiers, drinks, and even bullets.

"That's their right," Lindros says. "Everyone has a right. I really have to wonder when you see a 35-year-old in the stands wearing a diaper thinking that you're a baby because you won't go to a team because you dislike the owner," he says. "It had nothing to do with the people. I just didn't like the owner."

Like him or not, it is certain that Lindros has the ability to draw people and attention. If it's not the hockey people who marvel over his unique combination of raw strength and speed, it's the television and endorsement people who salivate over his handsome good looks.

The fact that Lindros has a girlfriend doesn't deter adoring female fans from waiting for hours after a game or practice to get a glimpse of him. Lindros doesn't open up much about his girlfriend but does say, "I'm happy with the relationship I'm in and things are great." For his part, Lindros doesn't see the fans or the sex symbol status as much of a problem and simply brushes it off by saying "what are you going to do."

The eldest of three children, Lindros was born in London, Ontario, but now resides in Toronto. He wants people to see him as a regular guy. "I just ordered a pick-up truck the other day," Lindros says. "I wear blue jeans all the time. I don't do anything too spectacular. I do all the same things that everyone else does," he says. "I don't know if I do anything better than anyone else does. Outside of hockey, I just have some fun."

Outside or inside of hockey, Lindros has goals. One of his goals outside the rink is "to be the best I can be." Lindros continues, "Everyday you're striding to do a good job for yourself and for the team. Somedays it's easier than others. So you just keep pushing."

"I need to work on everything," he adds. "I don't skate like Paul Coffey. I don't shoot the puck like Bret Hull. A guy like Brendan Shanahan is real feisty. I'd like to be as feisty as him. There's lots of things I can work on. But I have to use what I have and get by with it."

On his hockey goals, making the playoffs sits at the top of the list. "Obviously, I think playoffs are something you have to strive for every year," Lindros says. "Last year, we were two games away from getting into it with all the changes and this year we should be up there."

Lindros has been through a lot in a short time. He has been built up as the next Wayne Gretzky or Mario Lemieux before he ever played a single minute in the NHL. He has had a bitter war with Quebec through the media. He has had the weight and expectations of an entire city strapped across his back to deliver a winner and a championship team.

There was more pressure and attention put on Lindros than there ever has been on any player who entered the league, including this season's first overall pick, Alexandre Daigle. Lindros has this advice for Daigle. "Have fun," he says. So are the Flyers and their fans, looking to make the playoffs. But, that's the short-term goal. After that, it's win the Stanley Cup over and over again. Other than that, there's no other pressure on Lindros. S

PEZ-itive Returns

IT'S MORE THAN JUST A TOY

David Welch has never considered himself a "PEZhead." However, if the $125,000 he has spent on PEZ memorabilia in the past four years is any indication, he's an addict. Welch, owner of Childhood Memorabilia, of Murphysboro, Ill., says "some people think I'm crazy about PEZ, but I've never called myself a 'PEZhead'."

According to Welch, he owns several thousand dispensers, including his favorite, a late 1960s dispenser called the Psychedelic Eye, which he purchased for $200. Welch, author of *A Pictorial Guide to Plastic Candy Dispensers Featuring PEZ*, says he is just one of hundreds of PEZ collectors willing to pay "big money" for the childhood toys, which sell for $1.29 each. However, he believes the number of collectors is in the thousands, including those who buy the dispensers for a couple dollars here and there.

Occasionally, rare dispensers and other PEZ related items will turn up at garage sales, antique stores, toy shows, and auction houses, says Welch.

Christie's East New York Entertainment Memorabilia and Collectibles auctioned 20 groups of over 100 dispensers late last spring. According to Timothy Luke, Christie's collectibles specialist, Christie's was the first major auction house to hold PEZ. Between 75 and 100 people bid on the assortment of dispensers, he added, pleasantly surprised at the collector's response.

As a result of the first auction's success, Christie's, which collected $8,000 in bids, has planned another PEZ auction for December 18. Among the 25 groups to be auctioned is a bride and groom dispenser set, priced about $850.

What would inspire someone to spend hundreds of dollars on PEZ? According to Welch, nostalgia is usually the initial motive. "It's the love of your own childhood," he adds.

Scott McWhinnie, president of PEZ Candy, Orange, Conn., says "it's [PEZ] been collected by everybody." Although he doesn't collect them personally, he admits he has an "officefull" displayed at work.

Children collect it as a hobby also, but not necessarily as an investment, McWhinnie says. "Teenagers buy it as a camp nostalgic product," he says; they buy them because it's "cool" to show their PEZ to their friends.

PEZ's popularity has inspired the development of several newsletters, including *Positively PEZ*, of Indianapolis, Ind., a bimonthly publication available since November 1992 that has about 500 subscribers worldwide. The newsletter, says publisher Larry LaFoe, addresses PEZ history, auction schedules, and prominent PEZ purchases.

According to LaFoe, Welch, the self-proclaimed "non-PEZhead," paid the

Story and photos by Lisa Subers

been suggested," he says. However, all new PEZ creations are inspired from within the company.

Ed Dashiell, Giant Foods manager in Bloomsburg, says PEZ sells "particularly well during the holidays." He says it's "an impulse sale" and a "good stocking stuffer."

As a hobby, PEZ collecting has gotten much media attention. Welch says everyone wonders why some people would pay so much for a children's toy during these economic times.

Welch believes "there's a collector for virtually everything," but PEZ is popular because "they're kind of a unique item—there's nothing like them." S

highest price for PEZ memorabilia when he purchased one of six European Make-A-Face dispensers for $3,000 in August 1993.

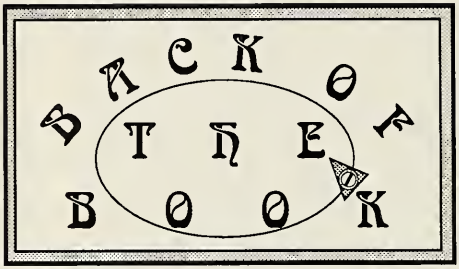
Characters, such as Mickey Mouse, who emerged on the market in 1961, have the potential to be bought and sold for up to $100 depending on the version, says Welch.

It's doubtful that Eduard Haas III, the inventor of PEZ, could have imagined the demand for PEZ nearly seven decades after he introduced it in Vienna, Austria, as a peppermint, or "**P**feff**E**rmin**Z**" breath mint.

In 1927, instead of popping out a fruity, sugar candy, the original PEZ was an "established high quality" breath mint, says McWhinnie. At one time, adds Welch, PEZ Candy produced menthol, eucalyptus, and coffee flavored candy.

In the early 1950s, PEZ journeyed across the ocean to the United States. Following a 1952 market research investigation, says McWhinnie, fruity-flavored candy pellets in cartoon character dispensers replaced the peppermint breath mints in rectangular dispensers. The candy and toy combination was found to be more popular among children, its major consumer.

Today, PEZ's popularity persists; though, to the best of McWhinnie's knowlege, the candy company has never advertised the product. Each month, McWhinnie says, PEZ enthusiasts bombard the candy company with thousands of new character ideas. "You name it, it's



Two people sit cross-legged with an Ouija board across their knees. The darkened room is illuminated by a single candle. the flickering flame creates eerie shadows that dance across the walls in a haunting fashion. They touch the planchette, or message indicator, and one asks a question. The planchette moves, apparently by itself, spelling out an answer. Is it really a message from beyond?

The Ouija board was developed in the late 1890s by William Fuld. Originally named the "Ouija Talking Board," it is used to contact seemingly supernatural sources. Ouija boards seem to have powers that are beyond the realm of the five human senses and the limits of the conscious mind. But, according to Judith Winters, psychologist and editor of *The InPSIder*, the powers aren't necessarily from the board itself. Winters says that the powers probably come from the spirits that are around the people using the board or the user's unconscious mind.

"Ouija boards are a way to use the mind," says Winters. "The powers of the mind move the planchette." According to Winters, the Ouija board is an opening to the unconscious mind and there is a certain amount of danger involved with its use.

"You are tapping into your unconscious mind," Winter says. "You have access to information that may frighten you. A lot of fear is involved."

Not only is fear a factor, but there are also the threats that may arise from the contact that is made. For example, a woman was threatened by a contact as she and her boyfriend used the board, according to Winters.

Stories like this seem common and this has led to a negative view towards the use of Ouija boards.

"There is a lot of superstition surrounding Ouija boards." says Winters, "This aura of negativity is often then projected into the situation by those who are using the board."

If you are interested in using an Ouija board as a pathway to your unconscious mind, it is advisable to consult with a psychologist to help overcome your fears as you progress to a higher level of your unconscious mind.

Judith Winters has a masters degree in psychology with a focus in the paranormal. She is a board member at the Parapsychological Service Institute in Atlanta, Georgia, and editor of *The InPSIder* magazine.

—BRANDI MANKIEWICZ

TOWN COUNCIL OF

BLOOMSBURG

The only TOWN in Pennsylvania

A NICE PLACE TO GROW UP

- Downtown Bloomsburg
- Bloomsburg Airport
- Historic District
- Bloomsburg University
- Bloomsburg School District
- Bloomsburg Town Park
- Susquehanna River Recreation
- Bloomsburg Fair
- Bloomsburg Theatre Ensemble
- Bloomsburg Daycare Center
- Numerous Cultural & Recreational Activities

Your Council
-- Working To Meet Your Needs

GEORGE H. HEMINGWAY, MAYOR

COUNCIL MEMBERS:
EDWARD T. KITCHEN
DR. STEPHEN BECK
FLORENCE THOMPSON
RICHARD CONNER
THOMAS EVANS, JR.
DANIEL BAUMAN

National Arbor Day Foundation
has designated
Bloomsburg as a Tree City USA

Proudly Celebrating Our 12th Year in Downtown Bloomsburg!
Nineteen-Ninety-Three Recipient of
The Wine Spectator's Award of Excellence
Nineteen-Ninety-Three Recipient of
Chadds Ford Winery's "Grand Award"
and Featured in "All About Beer" Magazine

We welcome you to join us at Russell's
for fine dining and a relaxing atmosphere.
From our dining room to our bar, you'll
find many delightful experiences.
Please do visit us.

117 West Main Street
Bloomsburg, Pa. 17815
717-387-1332