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Awards

Over the past nine years, *Spectrum* has won several national awards, including All-American Magazine by the Associated Collegiate Press (eight years in a row), Gold Medalist by the Columbia Scholastic Press Association (seven times), Certificate of Merit by the American Bar Association, First Place by the American Scholastic Press Association (three times) and Mark of Excellence for being the outstanding college magazine in the northeast United States, Society of Professional Journalists (four times).

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Photo by Jim Craig

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behind the lines

an editorial message

Dear Readers,

The staff sincerely apologizes, but I'm afraid we have a bone to pick with you in this issue. As you peruse this magazine, you will undoubtedly notice a variety of stories dealing with bones, from their mystical and past uses, their use in art, to bone remnants from the war in Bosnia.

Our Bosnia centerspread tells a compelling story of a country shattered by war. The first story is a feature about photojournalist Jim Craig who spent two years in Bosnia. The second part of the centerspread is a young boy's story of the war-torn city of Sarajevo, complete with his own pictures. The real story of the war in Bosnia is the people there, and that is what we have attempted to capture with this series. While some of the photos and text are heart-wrenching, unfortunately they are an accurate account of a country and its people devastated by war.

The "bone" theme, as well as the tip about the Bosnia story, was suggested by Espy resident Rosemary Brasch.

We are also pleased to announce that Pamela Davis, Bloomsburg, is the winner of our Student Spotlight contest. Our staff visited area high schools last December and invited journalism students to submit articles to us. For her winning entry about a Bloomsburg man serving in the Peace Corps, Pamela received \$50 from the Keystone State Professional Chapter of the Society of Professional Journalists, and the opportunity to have her article showcased in our "Student Spotlight."

As usual, the magazine continues to undergo design changes. Our production staff worked this semester to give the magazine a more polished and professional appearance. We are also able to feature more color than ever, thanks to a solid job by the advertising staff.

We are pleased to present you with one of our finest issues to date. Relax and enjoy, and learn everything there is to know about calcium, dogs, archaeology, dice, and back pain—and that's just the bare bones.

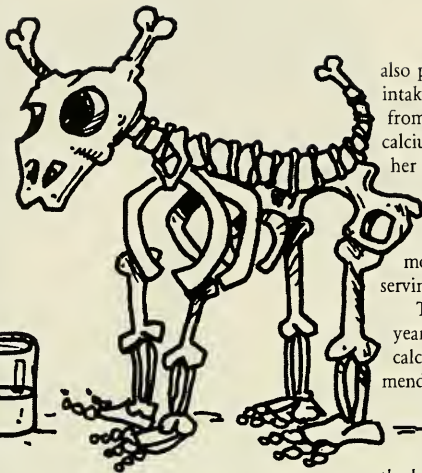
Cal-culated Health

Each year, 20 million people suffer from the painful effects of osteoporosis. Calcium can easily prevent this bone weakening disease. "I'm lucky if I find people who drink one glass of milk a day, let alone the four glasses it takes to meet their calcium needs," says Tricia Graff, dietitian at Bloomsburg University.

Calcium builds and fortifies bones. "Your blood also needs to keep a constant supply of calcium because it assists in transmission of nerve impulses, and in contraction and relaxation of muscles," Graff says. If calcium levels drop in the blood, the body takes it from the bones, thus weakening them.

After age 30, you lose more calcium than what is being consumed, says Graff. As a result, bones begin to break down. "The more bone mass you build by intaking calcium, the better off you are later on in life," she says.

A low calcium level increases the risk of several detrimental health conditions in the



later adult years. Older adults can be susceptible not only to osteoporosis, but also to chronic conditions such as colon cancer and high blood pressure. But, it is never too late to begin taking calcium, says Graff.

Expectant and nursing mothers should

also pay special attention to their calcium intake. "Whatever the baby needs is pulled from the mother," she says, "If a mother's calcium level is low it will be taken from her bones, reducing her bone mass and weakening her bones." The Recommended Daily Allowance (RDA) for pregnant or breast-feeding mothers is 1,200 milligrams, or four servings of dairy foods, daily.

The RDA for the average adult 25 years and older is 800 milligrams of calcium per day. Researchers now recommend that 18 to 24-year-olds get 1,200 to 1,500 milligrams per day in order to

build up their supply, says Graff. Dairy products are usually the best source of calcium, but tofu, broccoli, kale, turnip greens, seeds, and nuts are all calcium-fortified foods. TUMS antacid tablets with calcium carbonate are an inexpensive alternative to food because, "Some calcium is better than no calcium," says Graff.

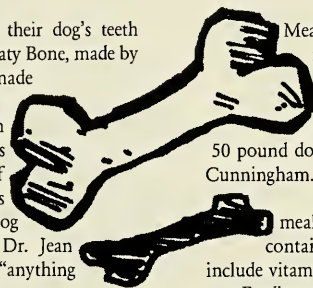
—Danielle Harris

Bad to the Bone

Advertisements tell consumers to keep their dog's teeth clean and healthy with dog biscuits. Meaty Bone, made by Heinz Pet Products, and Milkbones, made by Nabisco, claim to remove tartar and plaque.

However, some veterinarians disagree with these statements. "It depends on bacteria," says Dr. George Leighow, Danville. The claims of tartar removal by dog biscuit manufacturers are "negligible," he says. However, some dog biscuits can "aid in tartar removal," says Dr. Jean Cunningham, Bloomsburg, who also notes, "anything with scraping action will help out."

One problem with some dog biscuits that veterinarians agree upon is the amount of calories they contain. "Some are pretty good, but others are packed with calories and tend to increase weight," says Leighow. "You have to remember that these biscuits do have calories in them," says Cunningham, who adds that as an alternative, "there are some low-calorie biscuits."



Meaty Bones, which has three sizes, contain 35 calories for dogs up to 25 pounds, 70 calories up to 50 pounds, and 113 calories over 50 pounds. Milkbones also has three sizes: small (20 calories); medium (39 calories); and large (118). An average 50 pound dog should consume about 1,000 calories a day, says Cunningham.

Milkbones contains primarily flour, soybean meal, and meat and bone meal. Meaty Bones also contain wheat and meat by-products. Both biscuits include vitamin supplements.

Feeding dogs biscuits is better than giving them real bones, which can "cause irritation to the intestinal track," according to Leighow, because real bones "don't digest at all."

Whether dog owners use the biscuits for tartar and plaque removal or as treats, it is important to observe the effects on their dogs. While dogs may like the biscuits, some are, "nothing more than candy," says Leighow.

—Kama Timbrell

Cutting Teeth

The smell of the salt water, the thrill of the hunt, and the longing for home are a few of the elements that inspired a little known genre of art that represents a bygone era of American craftsmanship.

Scrimshaw is the carving of intricate patterns on whale teeth and bone that helped pass the time of lonely whale hunters. Sperm whale teeth were the medium of choice for most sailors, who first practiced and perfected this unique craft on deep-sea whale hunting expeditions. The art is usually recognized by the horn-shaped tooth and the nautical themes, most commonly ships, carved on the ivory. To contrast the carving, ink is spread over the carvings then wiped away, leaving the impressions permanently colored. The tooth or bone is then polished to a brilliant shine, ready for display.

Scrimshaw, aside from its unusual elements and characteristics, also holds a unique place in American history. This almost completely indigenous American art form hasn't been commercially marketed until fairly recently. Ship records from the 1800s indicate that although scrimshaw was quite popular, especially around sea communities, there was no mention of the sale or trade of the art. Considering American

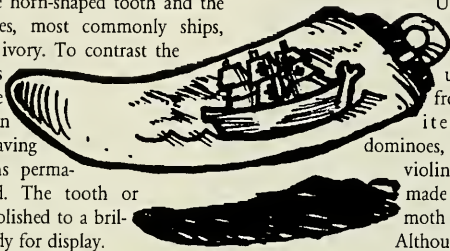
commercialization and industry, that accomplishment is unique in itself. Add to that the romance and purity of this truly American art form, and scrimshaw suddenly takes on a more profound meaning. The carvings reflect the numerous influences and perspectives of the individual sailors, each using his own technique and subject matter to reveal a glimpse of life at sea.

Although mostly noted for its aesthetic value—John F. Kennedy was an avid collector—scrimshaw also had a practical side.

Useful tools such as salad tongs, pie crimps, and spatulas were carved from bone. Fanciful items—including dominoes, dice, jewelry, and violin keys—were also made from the mammoth marrow.

Although the era is gone, a reminder and testament of the American sailor is alive today in a handful of artists and collectors of this unique folk-art. Today, scrimshaw is practiced with whale or walrus ivory, wood, and even acrylic. The sailor's jack knife has been replaced by an X-acto knife. And to get started, one only needs to order a scrimshaw kit instead of harvesting a mighty whale.

—Chris Krepich



A "Whale" of Uses

The whale was once more revered for its usefulness than for its natural beauty. Baleen, the bony ribs in the mouths of most whales, was used to make corsets, umbrella ribs, buggy whips, and skirt hoops until the early 1900s.

The American whaling industry peaked in the 1850s, but its decline began when the automobile replaced horse-drawn carriages, and spring steel replaced bones in women's clothing. Today, horse-drawn carriages are practically extinct in America, except in certain religions, and plastic is the material of choice in corsets. This makes the corsets lighter, more durable and, according to Karen Acornley, Eudora's Corset Shop, Bloomsburg, a lot less dangerous because, "I imagine that the bones could be very sharp when they broke."

—Jen Boscia

The not-so-funny bone

When you make a sudden turn while sitting at a desk, or happen to be at the wrong place at the wrong time when a door opens, you've probably experienced the pain of hitting your "funny bone."

"Funny bone" is the phrase used by both children and adults to explain the elbow's unusual susceptibility to a stinging pain when it bangs into a hard surface. The area falls between the radius and ulna bones of the lower arm and the humerus bone of the upper arm. This area of the elbow received its nickname because when it bangs into something, an uncomfortable "pins and needles" sensation results, often giving off a tickling sensation; hence, the name "funny bone." This tickling is soon replaced by pain, however. The area was also named because its location is near the tip of the humerus bone, so "funny bone" became a pun.

The pain comes from the ulna nerve. The muscles that protect this nerve are not present where the nerve crosses the elbow just beneath the skin. So when this area is hit, the nerve sends a pain signal to the brain, sending back an "ouch!" message telling the arm to move away quickly. Despite the involuntary action, though, the tingling pain still lingers for a few seconds.

—Alisa Trepiccione

All Bones About It

Whether a dog bone, a trombone, or a tailbone, "bones" in their many forms and functions are a bonafide part of language.

When getting down to the bare bones, according to the *Oxford English Dictionary*, bone originally meant "long bone" and may have connections with the modern German word *beinn* meaning straight.

Not only do bones unite to make up the skeleton of a body, they are also found in many common phrases.

While "having a bone to pick with someone" is having a matter to dispute, a "bone to pick" is something to occupy time.

After a rainstorm, a person could be

"soaked to the bone," but without water a field is as "dry as a bone." Unusually thin people are often referred to as "skin and bones," while their larger counterparts are termed "big boned." Some people become "old bones" after "working their fingers to the bone."

Although the word "bonfire" does not have any form of "bone" in its spelling, it is significant. In the 19th century, bones were regularly collected and burned at good (bon in french) fires, now called bonfires.

Make no bones about it, bones are an integral part of the human body as well as language; without jawbones, there wouldn't be any verbal expressions.

—Joy Mushacke

Back in



photo by Kerry A. Collins

Business

The debate surrounding the best care for back pain continues

by Joy Mushacke

After a car accident in 1991, an orthopedic surgeon told Christine Everitt, 22, East Stroudsburg, that she would have to learn to live with her back pain; he said there was nothing he could do.

Wearing a supportive back brace and doing exercises prescribed for her condition, Everitt suffered back pain on a daily basis. After a recommendation from a friend, Everitt decided to seek out chiropractic care. The chiropractor prescribed more exercises in addition to office treatments. When Everitt's condition worsened to include tendonitis in her right arm and then her left arm and shoulder, she was referred to a physiatrist for muscle rehabilitation.

For awhile she says she felt like a new person, until she was rear-ended in another car accident. When the pain returned, she returned to the chiropractor's office.

"I was scared to go back to an orthopedic surgeon because of what he told me," she says. Although she is hoping to avoid more rehabilitation treatments, Everitt thinks they were the most effective. "I have tried everything, and nothing works," she says.

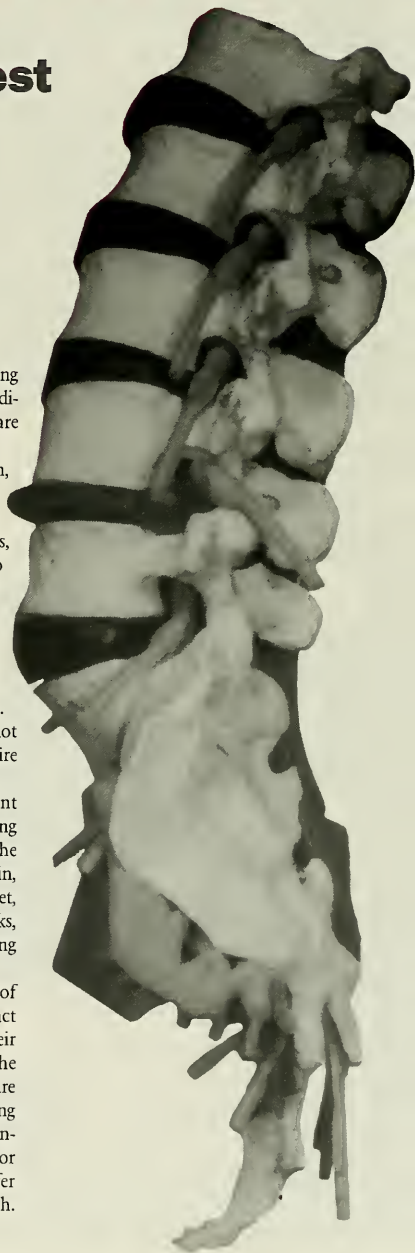
Everitt's story isn't unusual. Whether because of an accident, the result of aging, or the symptoms of a birth defect, millions of people world wide suffer from some kind of back pain, and most are in search of the perfect method for alleviating it. Types of care for such pain are growing along with the number of people requiring and receiving it. With such a selection to choose from it is important to know what each does and

how effective the methods are in preventing pain and reinjury. Depending on the condition, techniques used by different health care providers may vary.

Dr. David J. Ball, orthopedic surgeon, Bloomsburg, provides comprehensive back care ranging from conservative treatments like anti-inflammatory pills, X-rays, physical therapy, and MRIs to epidural injections and surgery. Ball treats common cases of degenerative arthritis, herniated disks, sciatica, lumbar strains, scoliosis, (spine curvature) and lumbar radiculopathy (disturbance in the nerves of the low back that affects the legs). However, some orthopedic surgeons do not see back patients at all because they require very specific care, says Ball.

Chiropractic care employs different techniques to match patient needs, according to Dr. Russell Hoch, Bloomsburg. The chiropractic method can alleviate neck pain, headaches, numbness of the hands and feet, general back pain, sciatica, herniated disks, degenerative problems, and arthritis, among other ailments.

Constituting the largest percent of alternative health care, chiropractors attract many patients in search of relief for their problems. "Multiple factions of the community choose us because they are looking for other alternatives to taking drugs or surgery," says Hoch. The questionability of surgical procedures is also a factor in care provider choice, as well as the "safer attitude of chiropractors," says Hoch.





JOY MUSHACKE

Susan Webster, Susquehanna Physical Therapy Associates, describes spinal construction and points out the source of a patient's back pain.

There are a lot of anti-chiropractic TV shows on, but overall the attitude is much more accepting than it used to be," says Hoch.

Any treatment regarding the spine has risks. However, the multifaceted chiropractic exam taken from both an anatomical and mechanical standpoint can determine the source and the cause of pain. Many cases require spinal manipulation, such as the Thompson and flexion distraction techniques. It is important to assess the patient's conditions to decide the best technique for correcting the problem, says Hoch. "The treatment is not a cure but a healing procedure," he says, "if the body doesn't heal right, it won't cure."

Often orthopedic surgeons or chiropractors will refer patients to physical therapists. In Pennsylvania, a person must be referred by a physician to see a physical therapist. Their alternate level of care requires an in-depth look into the problem and possible causes related to individuals and their lifestyles. According to Fran Welk, physical therapist at Susquehanna Physical Therapy Associates, Bloomsburg, there are two areas of a treatment plan—modalities, such as heat, ice, ultrasound, and electric stimulation, all aimed at

However, there are advantages and disadvantages to each, (chiropractors and orthopedic surgeons) he adds.

Trust in chiropractic care has not always been as popular as it is today. "Fewer people are skeptical of chiropractics today.



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Chiropractors and physical therapists administer similar treatments. "Physical therapists and chiropractors are merging in treatment styles. There are professional turf battles because chiropractors are using more modalities in the treatment plan and physical therapists are using more mobilization techniques," says Welk. "The competition between chiropractors and physical therapists is intensified now because of health care reform," he says.

Common cases for physical therapists are post-operative backs in need of rehabilitation, soft tissue and muscular skeletal cases without neurologic involvement, and spine stabilization programs for patients with increased weakness.

For cases of herniated disks, muscle spasms, and radiating body pain, patients start out with modality treatments followed

by a transition into manual therapy, a more active program, then to a carefully tailored exercise program. "We try to mechanically control the spine differently," says Welk.

As with chiropractors, physical therapists develop a relationship with the community. "A segment uses chiropractors as a first choice, and a segment uses the medical model type," Welk says. The decision to see either care provider may not be the patient's, however. "I think people are being more driven to whom they go to by health insurance. The patient's

right to choose is becoming compromised because a health care policy may or may not cover certain kinds of care," he adds.

"We work with other care providers," says Ball, adding, "we do referrals to physical therapists or chiropractors based on patient preference and work place requirements."

There is a low danger potential when in the care of a physical therapist. "Physical therapists rely on medical diagnosis, and

"The treatment is not a cure but a healing procedure."

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JOY MUSHACKE

Susan Webster helps a patient balance on a large ball designed to increase muscle control as part of a lumbar stabilization regimen.

then determine a physical therapy diagnosis. We work closely with referring doctors, discuss findings and really get to know patients. We understand a lot more about what's going on," says Welk. "If a patient does not receive an adequate work-up and is sent to a physical therapist without a complete history, it could be very dangerous," says Ball. "It could actually harm patients if they receive the wrong therapy," he warns.

The average cost for a visit to an orthopedic surgeon is \$85, while a trip to the chiropractor is \$25 for an exam and \$25 for a treatment. X-rays are extra. A physical therapist's initial evaluation fee is about \$50, with \$40-\$70 in follow up treatments. Patients of Susquehanna Physical Therapy Associates with low back pain average 6.3 visits, spending \$375. Nationally the average is 9.9 visits, for \$786, says Welk. Studies show that half of back pain episodes need care lasting a week or less; two thirds, a month or less; only eight percent last longer than six months, according to Welk. Of these patients, chiropractors were the primary care providers, covering 40 percent of the episodes, followed by general practi-

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tioners, 26 percent; orthopedists, eight percent; and internists, six percent.

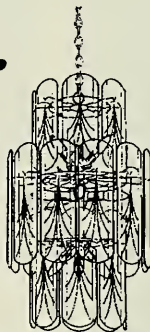
Less popular types of care include acupuncture, epidural injections, and surgery. Acupuncture, based on Chinese philosophy, requires the insertion of dry needles into key points of the body to release a noxious stimulus and, hence, reduce pain. This type of care, however, is highly contradictory according to studies performed by the U.S. Department of Health and Human Services, and may be potentially harmful.

With the delicate structure of the back and spinal cord, proper care is essential to maintenance and mobility. Statistics show that four out of five people will experience back pain at some point in their lives. The variety of care providers and their specialties can be both helpful and overwhelming. Many times it is the educated relationship between patient and doctor that can properly diagnose and treat these problems.

For more information on treating your own back pain, contact your family physician, chiropractor, or local hospital. S

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The dirt on organic versus inorganic fertilizers

A GROWING

by Lisa Stockmal

NATURAL" HAS BECOME THE WAVE of the 1990s. From food and beverages with no preservatives, to soaps and toilet paper with no dyes, inks, or perfumes, the trend is all around us. But this revolution is not revolutionary for everyone. For some farmers, going natural—in their case, organic—has been a reviving method for decades.

Damaging effects to soil and plants connected with the overuse of synthetic fertilizers and chemical pesticides sparked this return to the "old ways" of farming. It

stems, and leaves because they were getting too many nutrients too quickly. Ground water was contaminated. These were serious problems that influenced some major farmers to try the organic method in the 1970s and 1980s.

Just how much synthetic fertilizers harm the environment, or how much organic ones benefit it, is debatable. "You don't need to add nutrients to the soil if those nutrients are already there," says Terry Mitchell, general manager of the Log Barn

whose wife owns Green Creek Farms, Orangeville. Nitrogen maintains a plant's leaves and surface health. Phosphorus and potassium are beneficial to root development and growth as well as heartiness and disease control, says Edelman.

The numbers on the bags of fertilizer (10-10-10) represent the percentage of each element per unit of fertilizer, 10 representing 10 pounds of nutrient per 100 pounds of fertilizer. Usually, the highest percentage of the mixed elements adds up to a total of 40 percent. Theoretically, there could be a pure fertilizer with all the elements combining to 100 percent, but then plants would get too much of the nutrients at once. "The nutrients must be diluted with a filler like sawdust or ground corn cobs so that the plants don't get burned," says Bob Eshleman of Eshleman's Nursery, Bloomsburg. One of the benefits of buying a multi-purpose fertilizer is that all three essential nutrients are in one convenient package. They are also easy to use.

Inorganic fertilizers, because they don't contain extra biological matter like the organic fertilizers do, have a higher analysis, or amount of pure nutrients per unit of fertilizer, says Eshleman.

However, in some synthetic fertilizers, potassium is in the form of potassium chloride, a salt that could cause harm to the soil and its microflora, says Dave Hartman, extension agent for Penn State Cooperative, Columbia County. He adds, though, that researchers say the amount of salt in these products is "too miniscule to be a problem." However, synthetic fertilizers tend to dry soil out.

This is one advantage of organic fertilizers. The organic material they contain



Many area farmers use a combination of organic and inorganic fertilizers on their crops

COURTESY OF KISTLER FAMILY

started in industrial farming states of Iowa, Nebraska, Wisconsin, and Idaho, where farmers experienced major soil erosion. The remaining soil was so hard and compact that water would just puddle on the surface. Plants developed burned roots,

Nursery, Bloomsburg.

There are three main nutrients that plants need to grow well—nitrogen, phosphorus, and potassium. "That's what the numbers (like 10-10-10) represent on the bags of synthetic fertilizer," says Adam Edelman,

A DILEMMA

is absorbant, and so the application of organic fertilizers makes the soil softer and moister. These qualities allow the microflora to flourish, and reduce erosion. They also eliminate the problem of burn-damage in plants caused by inorganic materials, and prevent the run-off of nutrients.

Organic fertilizers, though, are more specialized in their application. Bone meal is an organic fertilizer derived from the bones of animals. The bones usually are leftovers from animals processed for meat in slaughter houses, but they can also be obtained from municipal dumps, hotels, and restaurants.

Bone meal comes in three forms. Green bone meal is made by drying and

grinding fresh bones. Raw bone meal is the same as green bone meal except that bones are first boiled in an open kettle. The third type is steamed bone meal, which is sold in a white powder form and has a milder smell than the others. All three forms of bone meal are slightly alkaline, and have from 12 to 30 percent phosphorus, depending on the amount of animal matter left on the bones during processing.

Raw bone meal is slower acting and longer lasting than the steamed form. Bone meal is excellent when mixed with the soil in planting bulbs, young plants, and seedlings because of its benefits to roots and its ability to ward off disease. However, bone meal has no potassium, and very little

nitrogen. A typical bone meal grade is 4-12-0, although the phosphorus levels are lower today because slaughter houses are more efficient.

Manure is a good source of nitrogen. It also has smaller amounts of other nutrients, including zinc, potassium, sulphur, and phosphorus, Hartman says. He adds that manure is probably the best organic fertilizer.

However, Hartman says that none of the organic fertilizers are as effective at turning away disease and insects as synthetic fertilizers and chemical pesticides. The result is a smaller yield, and an increase in blemishes to fruits and vegetables for those who choose the organic method.

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of the appeal for the organic method is the "all natural, environmentally safe" campaign. Hartman says that the earth-friendly philosophy that many have adopted is used as a marketing technique. Consequently, extensive marketing drives up the prices of the products.

The debate concerning organic and inorganic farming is very much alive in local nurseries and greenhouses. It is not always a black-and-white issue, however. Although there are some who use exclusively one or the other, the majority use a combination of the two.

Barry Davis of Davis Nursery, Mifflinville, uses mainly quick acting chemical fertilizers because they are less expensive. "Organic fertilizers last longer because they have a slower release, but they cost a lot more," he says. He adds that newly developed synthetic fertilizers encase the nutrients in a poly coating that is water soluble, much like aspirin gel caps. This coating allows synthetic fertilizers to have slow release similar to their organic counterparts, another advantage over the organic method.

Davis believes, however, that fertilizers and herbicides are generally used too much, especially on lawns. He tries to keep his use to a minimum.

Terry Mitchell also uses mainly inorganic fertilizers. Soil tests he conducted confirmed what he had been told by an extension agent from Penn State—the soil in this area is rich in microelements, and really only needs nitrogen added. Mitchell adds 125 pounds of nitrogen per acre to the soil, in the form of ammonium nitrate because it is a pure source of nitrogen, with a grade of 33-0-0. He says, "Why add pot ash or phosphorus to the soil when it's already there?"

Mitchell admits, however, that "if I had my choice, and money was not an obstacle, I would go organic because it's natural." The synthetic fertilizers are usually compounds, like the ammonium nitrate, and you never know what effect the extra elements have on the environment, he adds. Mitchell uses manure when he has it, but there is never enough of it to get the job done.

At Hock's Hidden Heights Nursery, Bloomsburg, Dana Hock tries to use as much organic fertilizer as possible. He uses mainly a sawdust and manure compost, but adds a small amount of slow-releasing inorganic fertilizer. He has minimized his use of chemicals because of nutrient run-off associated with them.

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Merrell has found that compromise is the best way. He uses a synthetic fertilizer with a grade of 10-6-4 that is 55 percent organic. He claims that pure organic fertilizers don't stop the weeds, and then herbicides are needed. The mixture of organic and inorganic stops the weeds, yet is naturally slow-acting. It lasts longer, and "the nitrogen doesn't all disappear with the first rainfall," he says.

James H. Christ of Christ's Nursery, Bloomsburg, also compromises the two because, "you can't buy organic fertilizer with the right consistency to get the job done right." He mixes slow-releasing inorganic fertilizer in to get good color and more buds on his shrubs.

No matter what fertilizer is used, moderation is the key to protecting plants and the surrounding environment. Plants thrive on nitrogen, and they don't care where they get it. "Nitrogen is nitrogen to a plant, whether in the form of manure, or something synthetic," says Hartman. But too much nitrogen in any form will raise the Ph level of the soil and increase its acidity. Eshleman says that "a true organic farmer would argue that organic fertilizers result in less pollution to the environment, but used in moderation, everything has its place."



CHRIS KNEPICH

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Hartman believes that synthetic fertilizers are unfairly getting a bad name. "We may not know enough about the microbiology of the soil to make any claims about the disadvantages or dangers of using inorganic fertilizers," he says.

The debate over organic and inorganic

fertilizers cannot be resolved with questions about the effects of inorganic fertilizers on the soil still unanswered. Until then, gardeners must decide for themselves between following the trendy "natural way," or using synthetic fertilizers, taking the easier way—and their chances. **S**

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Bones once served as the tools for all trades

A BONE TO PICK WITH

by Alisa Trepiccione

IN THE PAST, BONES SERVED AS THE “jacks of all trades” for ancient cultures. Every bone in the body was given a special use, whether it be for carving meat, decorating a necklace, or savoring soup.

The folklore and ancient use of bones dates to 100 B.C. The strength and nature of both human and animal bones gives them many uses. One of the earliest uses was efficiency, or the everyday needs of a society for survival. This included everything from basic meals to decorative clothing.

Early American Indians commonly used bones when preparing food after a hunt. “When the Plains Indians would go to hunt, they would use the whole animal,” says Madeline Foshay, Millville, whose great grandmother is a full-blooded Cherokee. “Bones were used to make many things, such as arrowheads, spearheads, needles, pins, awls, and scrapers,” she says.

American Indians incorporated bones as part of their everyday life. Ribs were frequently tied together with sinew, or muscle strands, to make sleds. Shell bones were made into rattles, and smaller bones and claws were often made into jewelry, ornaments, and dice in games of chance.

“Bone tools were the mainstay of prehistoric cultures,” says Dr. Dee Anne Wymer, associate professor of anthropology at Bloomsburg University. Wymer has studied bones from archeological sites that hold the history of past civilizations. She has found bones from the Hopewell time period (100 B.C.-400 A.D.), and some of the earliest



A Shaman's Mask (native priest) found in a burial mound in Ohio during excavations in the 1930s. (Courtesy of BU Anthropology Department)

bones found included deer, turkey, turtle, elk, and fish.

Wymer's discovery of a mastodon, an extinct mammal similar to an elephant, in Ohio in 1990 showed how American Indians handled the butchering of the mammal. “Stone tools were used to butcher the mastodon, since we found cut marks in the joints,” says Wymer, who discovered parts of the mastodon bundled up and placed in the ground for meat storage.

Many civilizations saw spiritual significance in bones. Their treatment symbolized the respect for animals that many cultures had, as seen when food was “offered” to a slain animal's body as respect to the “creator.”

The Eskimos were careful not to offend the spirits of animals, says Foshay. “If a seal was killed,” she says, “it was offered a drink of water. Also, no bone was allowed to be

broken when butchering an animal such as a caribou,” she adds.

Other bones, like skulls, were often used in prayer to call forth prey such as buffalo. Human bones of any kind were often kept as a source of powerful magic.

In other cultures, rituals were employed with human bones, showing their importance. New Guinea headhunters would traditionally kill someone from a neighboring tribe and collect the head and skull as a trophy, according to Dr. David Minderhout, anthropology professor at Bloomsburg University.

In the Aztec region, humans were sacrificed to gods, and their heads were kept on public display. There was even a sacred skull rack in the capital city of Tenochtitlan.

“There are also a handful of cultures that kept the skulls of their ancestors and molded clay faces on them to make them appear more life-like,” says Minderhout. He emphasizes that this was part of a ritual in which they could “talk” to their ancestors who would “help” them. “This was done by the Manus culture of New Guinea,” he adds.

The bones of children were frequently robbed from their graves by sorcerers in Haiti, who used them as part of their magic potions. “It was a way for sorcerers to gain a psychological advantage over people,” says Minderhout.

Bones also had a role in cultural superstition. According to Delaware folk medicine, people believed that if someone burns the bones of an animal, then that person's

bones will ache. One story said that the bones of a snake are poisonous and must be buried so that they are not stepped on. Another tale discussed "special" bones, such as the "knowledge bone," which could cure a child with sore gums.

In the Pennsylvania German culture, it is said that hitting one's "funny bone" can be as painful as the death of a male spouse, and that a dog's skull hung in a barn will prevent cattle from losing their unborn calves.

Though these superstitions are primarily untrue, they show that bones still had significance well into the early 20th century. The tales and other historical records have given the modern civilization an idea of how the skeletal system was viewed by different eras. Although anthropologists have already uncovered a lot of knowledge about bones, there are many questions regarding ancient bone use that still remain unanswered today.

"In contemporary populations, most cultures bury their dead, so there are few human bones available for study," says Minderhout. He adds that knowledge is still unknown because the practice of leaving graves undisturbed is strongly adhered to in most of the 15,000 cultures of the world. **S**



COURTESY OF DR. DEE ANNE WYMER

Members from Dr. Dee Anne Wymer's archaeological group dig a trench to unearth plant samples.



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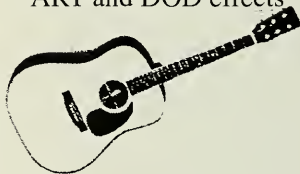
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Serving up Elegance

by Lisa Stockmal

hen a customer walks into a Wedgwood outlet store reluctant to buy a bone china set because it looked so fragile for its extraordinary expense, a sales associate will “take the plates and smack them on the counter to demonstrate their strength,” says Janah Lincoln, an associate of the Wedgwood company.

However, bone china is not a typical collector's item because of its expense, says Sondra Kalison, owner of Windage Farms Collectibles, Bloomsburg. “It is more common as a wedding gift. Or if people want a good set of china, they'll buy bone china if they can afford it,” she says, adding, “Americans seem to be more into collecting pottery, such as Rockwood, McCoy, or Roseville.”

Kalison tries to get her bone china at flea markets and auctions where it isn't as expensive. Dealing mainly in collector's plates, however, she sometimes must go through a dealer, which, “is the most expensive way,” she says.

Three American companies—Lenox, Wedgwood, and Pfaltzgraff—all sell bone china by the place setting, which includes a dinner plate, a salad/dessert plate, a bread and butter plate, and a teacup and saucer. Lenox's starting prices are the highest, beginning at \$99 for one setting. Wedgwood charges the most for a place setting, \$500. Pfaltzgraff place settings go for between \$85 and \$175, but it plans to discontinue its bone china line next year because its stoneware is more popular and less expensive.

Bone china was developed in England at the end of the 18th century. Calcined bone (bone that has been converted by heat into an ash-like powder) was one of the ingredients the British experimented with to match the quality of popular imported Chinese porcelain. The name “bone china” developed when the body of the porcelain was made so it contained at least 50 percent calcined bone ash.

Bone china and porcelain are pure white and translu-

cent. When struck, bone china and porcelain are also more resonant than other types of china. The sound produced is a richer, more musical sound that fades more slowly. They are also fired at much higher temperatures than softer clay materials. The intense heat fuses the material with stronger bonds, causing the china to be much thinner and more versatile for design.

However, bone china has an advantage over porcelain since it is remarkably durable and strong. “If you were to drop a bone china plate and another type of china plate at the same time, the bone china plate would be much more likely to remain in one piece,” says Kalison. A bone china plate can even withstand the weight of someone standing on it.

Because bone china is superior to pottery both in fineness and durability, manufacturers tend to put more expensive materials into them. For example, Pfaltzgraff puts 24 carat gold rims on all of their bone china plates, and Wedgwood uses ox knuckle, a strong bone that is difficult to grind up completely, allowing bone flecks to be seen in the finished product.

Unfortunately, for collectors of these beautiful items, these are just a few of the reasons that the cost of bone china continues to soar. **S**

PHOTOS COURTESY OF WATERFORD WEDGWOOD



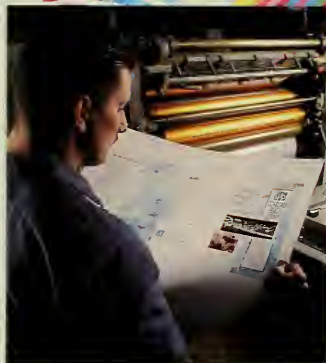
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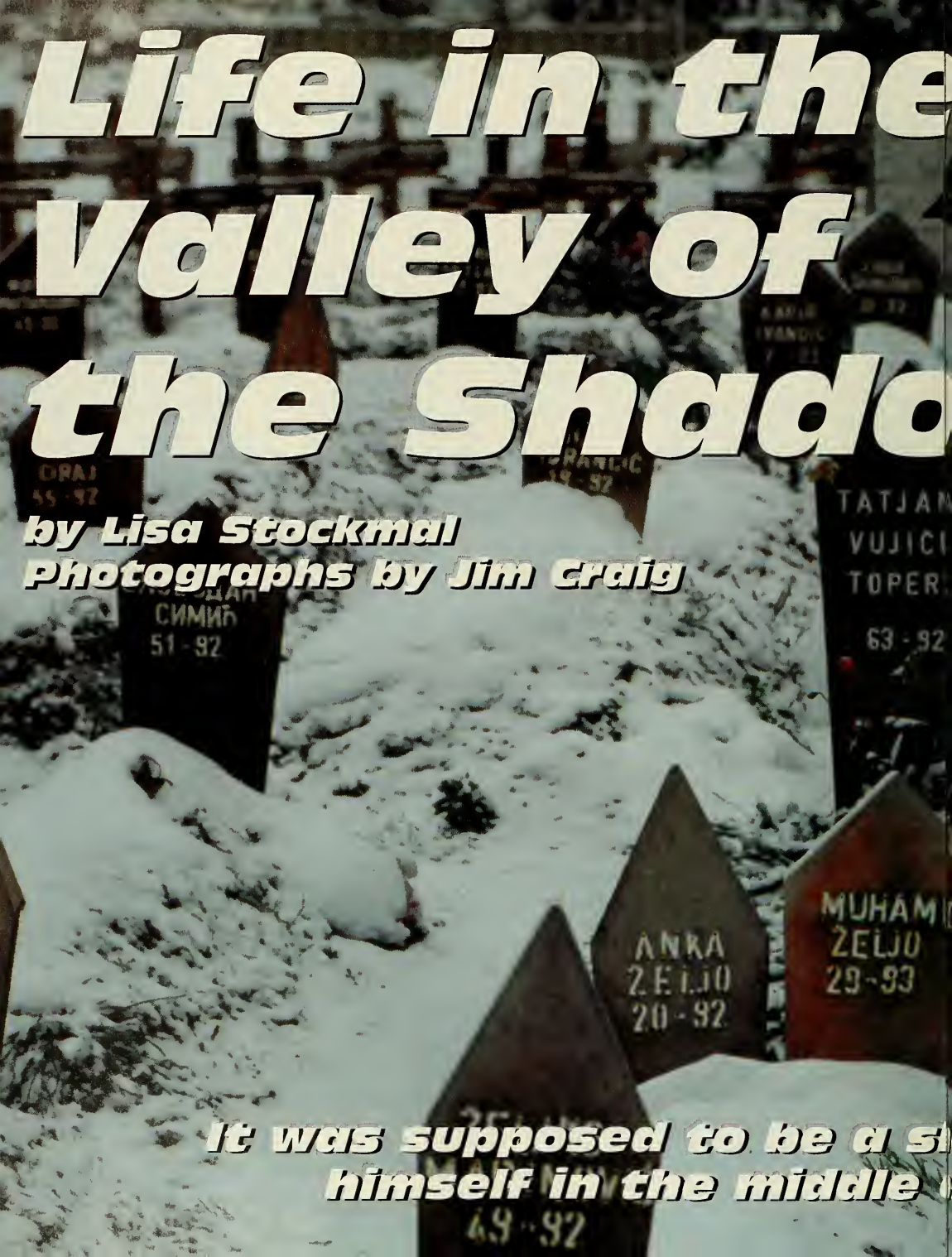
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Life in the Valley of the Shadows

by Lisa Stockmal

Photographs by Jim Craig

***It was supposed to be a story
himself in the middle***



W

**ort trip, but Jim Craig found
a war for three years.**



UNDER INTENSE FIRE IN MOSTAR, photojournalist Jim Craig, West Milton, remembers loud explosions going off around him, followed by a boy's screams. "I was running so hard in the direction of the screams that my whole body hurt, my feet hurt from pounding the ground so hard," he recalls.

Craig first went to Bosnia around Thanksgiving time in 1992. He originally planned to go to Sarajevo just for a few days, shoot some compelling photos for his portfolio, and return home. Those few days turned into almost a week when the war shut the airport down. "I was scared just about the whole time," he says.

On his last night in Sarajevo, Craig met Zeljka Vojinovic, who later became his translator. "After meeting her and her family, I knew that I had to return," he says. He went back to Sarajevo after Christmas.

He stayed there about 24 months over the next three years. Craig entered Sarajevo as a sports photographer looking to branch out into other areas of photojournalism, and left as a winner of the Czech Photographer of the Year honor for a photo he took of a casualty of the war. He was a staff photographer for UNICEF and, with his own private company Action Images, worked for a weekly Czech publication *Mladý svět*, (Young World) and a German Newspaper *Die Zeit*, recording the devastation of the war with his camera.

Craig was a neutral party in Bosnia, so he could go just about anywhere. "On all sides I met with people who were pleasant to me, and I got to know many of them on a personal level," he says. There were four main armies—The Bosnian Serb Army (BSA), the Army Republic of Bosnia-Herzegovina (Armija BH), the Bosnian Croat Army (HVO), and the Croatian Army (HV). "I found most of the armies fairly easy to deal with, with the exception of the HVO," he says. "On a number of occasions I was arrested for the sole purpose of finding out what my personal views on the war were," he remembers.

Sarajevo itself is very integrated, says Craig, who met Serbs, Croats, Muslims, and Jews, but the Jewish population was in the minority. Prior to World War II, the population of Sarajevo was almost 25 percent Jewish. Most of the Jews were slaughtered

Adorned with an army patch, a Sarajevian boy digs through garbage in search of something to play with.

by the pro-Nazi Croats. At the beginning of this most recent war, leaders from the Jewish community negotiated with the warring parties to allow the Jews trapped in Sarajevo to leave, Craig says. The Holocaust and this recent exodus has left Sarajevo with a Jewish population of fewer than 50 families.

All these people, despite their differences, shared a common feeling of bewilderment about the war. "Their war-ravaged country was once so beautiful, and they just can't understand how it could have changed so much, or why," Craig says. Many of the Sarajevans thought the United States would come and save them, and this belief made Craig sad because he knew it probably wouldn't happen.

Craig had a few close calls while he was in Sarajevo. On January 27, 1993, —he will always remember the date—a shell hit his apartment building and glass from a shattered window caused minor injuries to his right arm.

"The one that really shook me up happened about a month later when a bullet ricocheted off a bridge and hit me in the chest. I was wearing a bullet-proof vest, but it was ripped apart and the force broke one of my ribs," he says. Craig had only planned to stay for three months on that trip, and after the "sniper incident," he was having trouble concentrating on his work. "In early March I left Bosnia with no plans to return," he says.

However, in the summer of that year, Craig was watching CNN. There was a little girl from Sarajevo who had been out walking with her mother, and they were hit with shrapnel from an exploding shell. "The mother was killed, and the girl, Erma, had a spinal wound that had developed into meningitis," Craig says. Her doctor, Edo Jaganjac, a friend of Craig's, was trying to save her. He needed to get her out of the city, but there were no planes available. "Edo went on CNN to make a worldwide appeal to any government which could offer assistance in getting her out," Craig says. The British government finally responded and sent a plane to help her leave the city.

"With the plea for Erma on CNN, I began to think about my friends that were still in Sarajevo. Some of them did not have the option of leaving like I did, and I had



A woman takes cover during an artillery attack at one of Sarajevo's mosques.



Mostar (East)

The foot of a Muslim man lies on a street, the result of a direct hit from a Bosnian-Croat rocket.

no way to call and check how they were doing,” Craig says. All this motivated him to return in July 1993.

That year, a few days before Christmas, while he was working for UNICEF, he was stuck in Sarajevo because of problems at the airport. While there, he went to Kosovo Hospital to get some pictures. “Because the Serbs control the electricity that can get into the city, it was cut off most of the time. Sometimes the lights were run by a car battery,” Craig says, adding, “Sometimes there was one generator to supply energy for the whole hospital, but it was only turned on during emergencies or for surgery.”

On that day, UNICEF was giving out teddy bears to the kids at the hospital. “There was one little girl I saw holding a teddy bear with her right hand. Her left arm had been amputated at the elbow,” Craig says. In spite of this, Craig says that she did not look traumatized. She was holding that bear up and she looked happy. “I was taking her picture when my boss from UNICEF suggested that I put the bear in her other arm, essentially under the stump, just for the picture,” Craig says.

That moment changed Craig’s whole

outlook. He remembers looking at this little girl while the Cat Stevens song “Wild World” played on a radio in the background and thinking, “This poor little girl is so happy just to be getting a teddy bear, and my boss wants to exploit the situation.” Craig didn’t take the picture. He told his boss that the girl didn’t have another arm to put the bear in. “Sometimes the pictures that I’m most proud of are the ones I never took,” he says.

Not long after Kosovo, Craig was at another hospital in Sarajevo covering a story about the number of babies being born. There had been a record 17 the previous day, but on the day he went there had been none. While waiting, a car pulled up in front of the hospital. “They don’t have official ambulances for the hospitals there, so this car was an ambulance with a wounded child inside,” Craig says.

“I was allowed to go just about anywhere in the hospital and help out where I could, so I ran out to get the child,” he adds. The driver of the car carried one boy into the hospital and then screamed that there was another in the car. Craig picked the boy up and handed him to the nurse

who was just coming out. “They laid the child on a table, and would not let me back in—they said it was a bad time. I looked in and saw them covering the boy’s face with his little Levi’s jacket,” Craig says.

When he later told his UNICEF boss in Zagreb about the incident, she asked Craig if he had gotten any pictures. He told her that he didn’t, and when she asked why, he said that he didn’t think it was appropriate. “It seemed like too vulturous a way to get more money for the organization,” he says. “My boss told me to just take the pictures, and let her decide which ones were appropriate,” Craig says. Afterwards, she sent him away to “recover,” thinking he had been traumatized by the event.

In Mostar, where Craig was sent to “recover,” there was a little girl with cancer in her leg who desperately needed to get to a better hospital. The Bosnian Croat Army refused to let her out of the city despite her critical condition. Gerry Hume, who was the head of office for the UN High Commissioner for Refugees in Mostar, thought that the HVO would let her go if a public appeal was made.

“Gerry figured that he would write a

press release explaining the situation,” Craig says. “I was asked to take a picture to accompany the press release. I was really nervous—my camera would possibly save someone’s life,” he says. They never did have to publish it, though. The Bosnian Croats let her leave just from the threat of being exposed to the world.

Shortly afterward, a local resident took Craig to a place where a man had been hit by a rocket. All that was left of the guy was one foot laying in the street. “The sight did not particularly shake me up, not that a foot laying in the street is a common occurrence, it was just that it didn’t seem real. It was so inanimate,” Craig says. “I wasn’t completely comfortable with it, but I wanted to take the picture in such a way as to make it more artistic, more compelling, not just a foot in the street,” he adds.

Mostar was under intense shelling the entire time Craig was there. As he ran to where he had heard the boy screaming after the explosion, another shell went off close by.

Jim Craig’s first picture taken in Bosnia.
(RIGHT) UN firemen hose down fuel spilling from the wing of a French transport plane that was hit with machine gun fire.



(LEFT) No Man’s Land
The bullet-riddled Croat side of Mostar (West).

“I don’t know if the force of it knocked me over, or I unconsciously dove for cover, but I was flat on my face with the wind knocked out of me,” Craig says.

He finally got up and went toward where he heard the boy crying. Craig found some journalists there who had been killed by the blast. The first man he found was an Italian journalist with a shrapnel wound the size of a golf ball that went through his head. Another had the fingers of one hand blown off, and his stomach ripped apart. A third was sitting up, hunched over, kind of like the way a bear sits. “I thought he was knocked unconscious, so I tried to wake him up,” Craig says. “When another shell hit nearby, I grabbed the guy by the shoulders of his coat to pull him away, and one of his legs fell off. The lower part of his stomach just dropped out,” he remembers.

Craig threw the dead man down and ran to a shelter where the boy had been taken. Inside was their translator, a wounded woman named Vesna. Craig carried her up

(Continued on Page 34)



JIM CRAIG

MY NAME IS VEDRAN. I AM NINE YEARS OLD.

I GOT A REAL CAMERA FOR MY BIRTHDAY LAST YEAR. IT'S NOT A TOY. I CAN TAKE REAL PICTURES. I USED TO LIVE IN SARAJEVO. NOW I LIVE IN THE CZECH REPUBLIC WITH MY MOTHER AND SISTER.

My father was killed in the beginning of the war in Bosnia. He was a soldier in the Bosnian Army. That was three years ago, but I still think about him a lot. I make myself dream about him. My father was killed on his way home from the front line. He telephoned my mother and said he would be home soon. I wanted to talk to him on the phone, but my mother told me to wait until he came to us. He was going to bring me a set of binoculars. I never saw my father again. He was shot in the head by a machine gun.

Before we left Sarajevo, I visited the cemetery where he is buried. We were not able to visit for a long time because of the snipers. Last summer the snipers didn't shoot as much and we were able to go. At the cemetery there is a big lion. The lion is there to let everyone know that the people in the cemetery are brave. The lion has been shot and broken a little, but he is still there.

"My Sarajevo"

Story and photos by Vedran Vojinović



"My mother and my sister Ivana at my father's grave."

Things in Sarajevo are very different now. Many of our friends have moved away or have been killed.

When we left Sarajevo, we had to go through a tunnel that our army made. We had to walk very fast because there were soldiers walking behind us and they were in a hurry. It was easy for me and my sister, but my mother had to walk bent over because she was too tall. My sister fell down in the tunnel, but she didn't cry.

After we got through the tunnel, we had to go over the mountains. My mother thought that we would have to walk, but we didn't. We rode on a bus. We all laid on the floor so it would be difficult for the Serb Soldiers to shoot at us. My mother laid on top of me and my sister to protect us. My mother was very scared and was crying.

The UNPROFOR soldiers are trying to make the Serbs take their big guns and tanks away from Sarajevo. I watch the news almost every night. I see Sarajevo. It looks the same as I remem-



"This is the statue of the lion at the cemetery where my father is buried."

ber it. I like some of the UNPROFOR tanks. They look like they are made from LEGOS. Before we left, we used to ride the trams, but we had to stop because the snipers would shoot at the trams. They shot and killed a woman that was standing next to my mother. My mother came home with blood on her and it scared me and my sister, but my mother was not hurt.

The first winter of the war was very bad. My mother burned most of our furniture, old shoes and some of our old toys to keep us warm. I gave my mother the front to my toy cabinet to burn also.

The winter before we left Sarajevo, my mother worked and we had money for firewood. I liked Sarajevo, but my mother said it was best for us to leave. She said that she wants us to have a normal life.

My aunt left Sarajevo and came to live with us last Christmas. It was the best Christmas present for me. My grandparents are still in Sarajevo. We miss them very much.

S

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Dream Development

For two years, Dave Washburn educated Sabana Cruz villagers. But what they taught him will affect him forever.

by Pamela Davis

AS CHILDREN, MOST PEOPLE dream of what they want to be or what they want to do when they grow up. For David Washburn, a 1988 graduate of Bloomsburg High School, his dream was to join the Peace Corps.

In August 1993, Washburn fulfilled his dream, but it was more than just fulfilling a dream; it was a time to learn about himself. "It was also very important for personal development," he says.

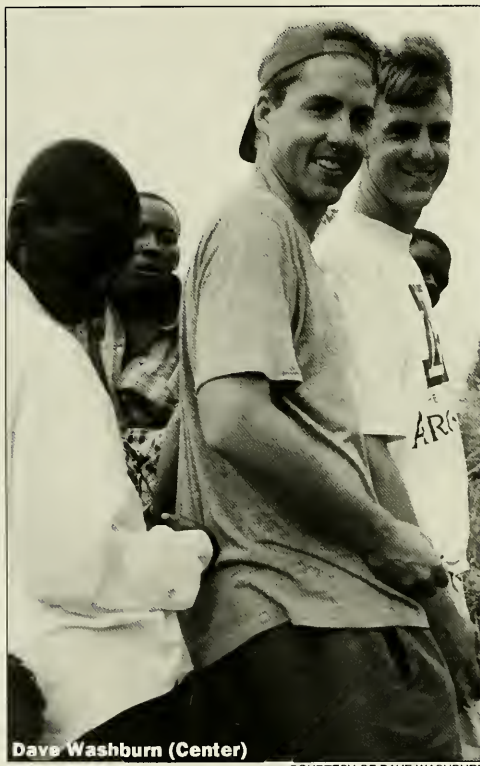
The Peace Corps has three main goals: to help improve the lives of people around the world, to share the American culture, and to bring experiences home to share with people here.

Within the Peace Corps many different options are available. Washburn was involved with the educational aspect. Before traveling to his station in Sabana Cruz, a small village in the Dominican Republic, Washburn underwent three months of intensive training focused on language and including cultural and technical education.

After three months, Washburn traveled to a village where he would spend the next two years.

One of the guidelines that the Peace Corps stresses is that the community must place a request for a volunteer to be assigned. An application describing the needs of the community must be completed, then contact is made with a representative from the Peace Corps before a volunteer is sent. "The most important part for our element of volunteer success is community support," says Washburn.

The hardest part of the move was the loneliness, Washburn



Dave Washburn (Center)

COURTESY OF DAVE WASHBURN

admits. Although he was in a "great little community," he often found himself wanting contact with another American. "It wasn't my own culture and there were times when I really craved contact with other Americans, other Peace Corps volunteers," says Washburn.

Sabana Cruz is located in a desert region of the Dominican Republic, two hours from the Haiti border. It is 45 minutes from the nearest village with electricity and running water. Washburn was not completely without electricity, though; he had a small solar panel which allowed him three light bulbs and a personal stereo.

Washburn's assignment while in Sabana Cruz was working with the local Parent Teachers Association (PTA) to improve their schools. He acted as an advisor to the community in soliciting money from the government for the meal program. Washburn also traveled with the school's president to deliver the grant proposal to the Secretary of Education.

During his work with the school, another organization helped repair the latrines and fences, and paint the school, saving the community money that was later put into

materials to build desks and bookcases.

Although not part of his assignment, Washburn was also involved in another large community project with a nearby village. Because Sabana Cruz is in the middle of a desert, the only drinking water in the community was rain water, collected in "aljibes" (al-HE-bays). Aljibes are made of a half side of corrugated zinc roof with gutters made of zinc and PVC (poly vinyl chlorides) tub-

ing, and large cement cisterns. The rain water runs down the zinc roof into the gutters and then into cisterns. Aljibes were built, increasing the potable water by 40,000 gallons in the two villages.

The most important part of this project was the community involvement. Washburn acted mainly as an advisor to the two community groups throughout the construction of the aljibes. "We're not giving gifts," says Washburn. "We're giving information and technical knowledge on how to complete projects." When Washburn left the Dominican Republic, plans were being made for the construction of two hundred aljibes throughout the country.

Looking back, Washburn believes that he benefited from his experience in many ways. "The experience helped expand my world view," he says. "I look at things differently now, I have a totally different perspective because of how my time in the Dominican Republic affected my life."

Though the Peace Corps will remain an unforgettable part of his life, Washburn knows that it is not for everyone. It is a step that requires a tremendous amount of forethought. "You don't really find out if it's for you until you do it," he says, and



During the two years Dave Washburn spent in Sabana Cruz with the Peace Corps, he lived with villagers in a thatch hut.

COURTESY OF DAVE WASHBURN

many volunteers don't discover themselves until they've started training.

Editor's note: Pamela Davis is a sophomore at Bloomsburg High School. In addition to her

position as a features reporter on the BHS newspaper, the Red and White, Pamela also plays tennis and softball and participates in the band, the chorus, and the pit orchestra. She plans to pursue a career in journalism upon graduation.

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Is your dog out of control? Take heart, there is help.

Citizen Canine

by Kerry A. Collins



RAINING A DOG TO BEHAVE IN PUBLIC IS sometimes the hardest thing for an owner to do. Walking through crowded areas may cause dogs to pull, and perhaps even stand in one place, afraid of what's around them.

This no longer has to be a problem. A new way of training dogs to be well mannered allows dogs to behave in public and not be restricted by strong obedience training.

Established in 1985 by Animal-Vues, a non-profit educational organization, the Canine Good Citizen Program (CGC), sponsored and approved by the American Kennel Club, helps dogs become well mannered members of society. CGC "promotes safe animal and handler behavior in stressful situations bringing a variety of pets into contact with other pets and humans in large and small group settings," according to an Animal-Vues pamphlet.

Sherry Carpenter, Bloomsburg, columnist for *Dog World* magazine, and promoter of the program, believes that owners need to learn how to handle their dogs in addition to the

dogs learning to behave themselves. "Dog problems are people problems," she says.

Veterinarians are also pleased with the program because it allows for easier handling of the dog during examinations and hospitalization. "The program tests an animal's sociability," says Dr. John Shonis, a Danville veterinarian. "It helps the animal mingle better with other animals as well as humans," he says.

Dogs that are CGC members are less likely to suffer from "white coat" syndrome, a fear of doctors, says Shonis, and the dogs are used to being around people. "It is also easier to examine their teeth," he says.

The training involved for the dogs requires them to be able to handle different sequences or events they would encounter in a public place. Some of the tests include accepting a friendly stranger without showing signs of resentment or shyness and not trying to break free from the owner. Other tests include sitting so a friendly stranger may pet them, walking on a loose leash, walking through a crowd without being intimidated, and reacting politely around other dogs.

Dogs who receive CGC standing usually find themselves in more public places because they aren't as aggressive. Dogs usually bred to be protectors will not attack someone who comes near the owner with friendly intentions. They merely stand between the stranger and the owner just to let him or her know that they're around.

Another aspect of CGC training is to teach the dog how to behave when the owner isn't around, or if the dog is left with someone else. The dogs learn to sit with patience and wait for their owners to return. They don't whine and bark while the owner is in a store or is away for a period of time.

CGC dogs are also able to take roles in therapy situations, humane education, and school programs. They can become special companions for children or older adults in nursing homes. "The CGC dogs that go to nursing homes are able to handle the different smells and activity around them without panicking or attacking," says Shonis. "If a wheelchair rolls over the dog's paw he won't bite the person," he adds.

The Fund for Animals, a group concerned with the education and treatment of animals, believes that educational programs should put their emphasis on the basics. "It's crucial to understand dogs and allow them to be dogs so they can be more easily integrated with families," says Kim Sturla, director of companion animal issues at the Fund for Animals. "It's also important to educate companion dogs to get along with each other," she adds.

Currently, there are 500,000 dogs nationwide that have certificates for completing the program.

With this new program, dogs are going to gain access to many new places. The owners who have only their dogs for company and protection will enjoy the new freedom they will have to bring the dogs along with them.

For more information on this program, contact the AKC at (909) 233-9780 or Animal-Vues at (717) 784-0374. S



Sabrina and Tracer participate in CGC's puppy kindergarten.



The Foundation

Activated in 1985, The Bloomsburg University Foundation, Inc. has the key responsibility for securing private funds to maintain and enhance quality and excellence in all areas of the University.

The Foundation conducts a diversified program of information, cultivation, and solicitation among individuals, businesses, corporations, and foundations. Its many services include providing assistance in establishing scholarships, awards, memorials and special project funds, estate planning, and bequests.

Membership in the Foundation includes outstanding business, professional, and civic leaders from throughout the state. Many participants are BU alumni, parents of students, and friends and long-time supporters of the school.

For Information

Any inquiries about gift opportunities, planned gifts, and fund-raising activities at Bloomsburg University should be directed to:

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Telephone: (717) 389-4128

(Continued from Page 27)

a ladder to an ambulance. All this happened while he was supposed to be relaxing and recovering from his "trauma" in Sarajevo.

All this work for UNICEF was not always enjoyable for Craig. It costs about ten times more to feed a child in Europe than in Africa, so all the pictures he took had to serve as advertisements for the organization. It was a competition for funding where the most compelling pictures got the most donations, and Craig was uncomfortable with that. "I was encouraged to take pictures mainly of blonde-haired, blue-eyed children," he says. This served as an appeal to the western countries who donated most of the funds, and "were more likely to give money to kids that look like their neighbors," Craig says. "This was the reality of working for some of the aid organizations in former Yugoslavia," he adds.

With the assignment in Mostar almost finished, Craig took a short break in Rome, and returned to Sarajevo.

"I felt bad for the people I stayed with in Sarajevo," says Craig. Everything was so

expensive. Craig would bring them sugar, and they would trade it for firewood. If he didn't come, they wouldn't eat. Coffee was about 150 marks per kilo (\$75 for two pounds), a chocolate bar was about \$8, a bottle of whiskey about \$75. "Humanitarian aid provided barely enough for basic physical staples, and many people were forced to sell their prize possessions for a fraction of their value just so they could live," Craig says. Most of the people he knew from Sarajevo had either left or been killed. "It seemed like most of the influential, educated and talented had gone," Craig says. The city was full of refugees and farmers who were leaving their villages to seek the shelter of the big city.

"My interpreter wanted to get her kids out of the city," Craig says. Kids in Sarajevo can't go to school until they are eight years old, and she wanted her son in school before that. The only official way out was to fly, and that had to be authorized by the United Nations. "Zeljka had a press pass, so she could leave whenever she wanted, but even when the planes were empty, she couldn't get her kids out because the U.N. wouldn't authorize it," he says. Craig tried to get to the government in the Czech

Republic to petition the UN to let the kids fly out. "But as the school year got closer we realized that they would have to go through the tunnel that the Bosnian Army had dug under the airport," he says. On the other side of the tunnel, they found a bus that finally took them to Croatia.

In spite of the war, "The Bosnian children were surprisingly resilient," Craig says. For the younger ones, the war didn't seem to affect them as badly. In most cases they had known the war most of their life. It was normal to them. The teenage boys were worried mostly because they knew they could soon be drafted. Craig thinks it was the older people who were affected the most. For them, it was impossible to start their lives over. "I remember driving up Route I-80 in northern Pennsylvania one day on my way to go fly fishing, and the mountains reminded me of those in central Bosnia. It made me sad to think of the innocent people who were just caught up in the middle," he says, adding, "Some were retired and just wanted to enjoy the rest of their lives, but instead they ended up selling all they had worked so hard for just to stay alive." **S**

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H O N D A

BLOOMSBURG, PA

Take the byte out

Buying your first computer can be a scary experience. Knowing what to look for can change that.

by JEREMY POWLUS and MARK STEINRUCK

Computer Terms

Byte

The smallest usable unit of data. One letter occupies about 1 byte.

Kilobyte (kb)-1024 bytes

Megabyte (MB)-1024 kilobytes

Gigabyte (GB)-1024 megabytes

Hardware

Any physical part of the computer, such as a monitor, hard drive, floppy disk drive, printer, modem, etc.

Software

The programs that run on a computer such as word processors, databases, operating systems, and graphics programs.

Hard drive

The primary storage area for programs and data. All computers have an internal hard drive on which the operating system, such as Windows 95, runs.

Floppy Disks

A form of data storage, usually for storage or transportation from one computer to another.

COMPUTERS ARE NO LONGER THE WAVE OF THE FUTURE; THEY ARE OMNIPRESENT IN ALL FACETS OF SOCIETY.

Incredible amounts of information are available on the World Wide Web, electronic mail is zooming around the world on phone lines, computerized data bases and spreadsheets are revolutionizing small business, and various publications and even Saturday morning cartoons are now created on computers. It is nearly impossible not to be caught in this technological wave.

If you've decided that you're ready to buy a computer, you are bound to have many questions before making the investment.

require high-quality printed output and precise color matching.

Where should I buy?

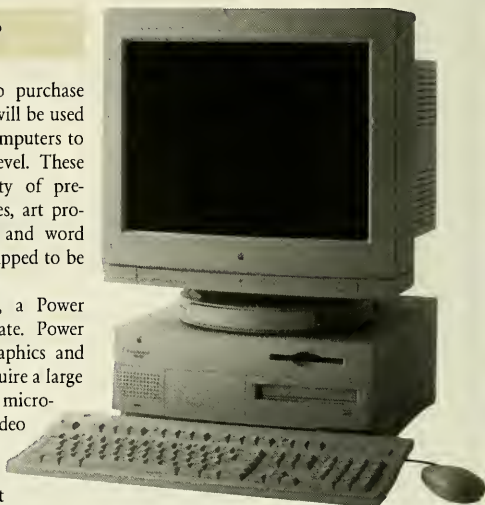
Computers can be purchased through two primary sources: stores and mail order. Many stores that specialize in selling Macintosh computers are located in larger cities, so traveling can be a drawback to buying from stores. Mail order, on the other hand, allows buyers to order a computer in the comfort of their home. A

MACINTOSH

Which Mac should I buy?

The type of Macintosh to purchase depends on what the computer will be used for. Performas are wonderful computers to teach children at a beginner level. These computers come with a variety of pre-loaded software, including games, art programs, educational CD-ROMs and word processors. The Performa is equipped to be upgraded as skill levels increase.

For more advanced users, a Power Macintosh would be appropriate. Power Macs are ideal for running graphics and video creating programs that require a large amount of RAM and a fast micro-processor. Most contain a video card that displays 16 million colors on the monitor. This is important for projects that



negative aspect is that "for a first time buyer, the computer isn't right in front of you to try out," says Jim Neuffer, a Bloomsburg University student who purchased his Macintosh through mail order.

Mail order company operators are able to help buyers decide what computer, software and additional hardware will best suit their needs. "They explained specifics in

schedule and send a certified Apple technician to your home.

IBM

Many people once thought of IBMs and IBM-clone PCs as business computers while Macs were more user-friendly and, therefore, better as a personal computer.

How powerful a PC do I need?

The basic rule to follow when buying computers is that there is no such thing as overkill. If you buy the most powerful computer on the market it will undoubtedly be outdated in as little as a few months. This doesn't mean that you should re-mortgage

of Computer Anxiety

terms that I could understand," says Neuffer.

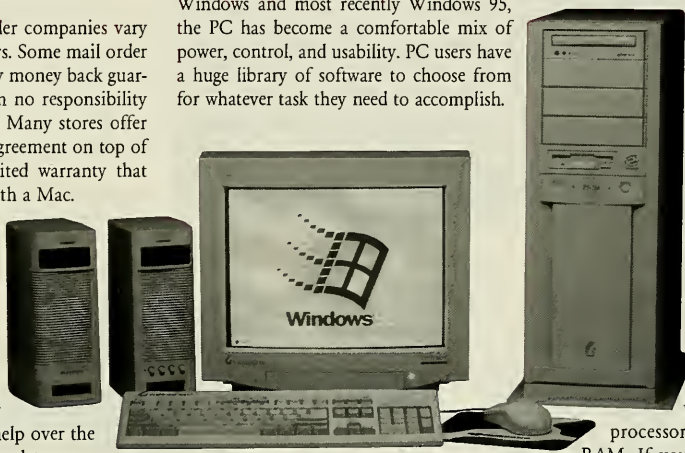
Stores and mail order companies vary with their warranty offers. Some mail order companies offer a 30-day money back guarantee, while others claim no responsibility and offer no warranties. Many stores offer a warranty and service agreement on top of the Apple one-year limited warranty that automatically comes with a Mac.

Whether buying from a store or mail order, Apple service is the same. Apple offers an 800 number that customers can call. Operators try to walk you through all the options to solve your problems. If they can't help over the phone, they will accommodate your

With the development of Microsoft's Windows and most recently Windows 95, the PC has become a comfortable mix of power, control, and usability. PC users have a huge library of software to choose from for whatever task they need to accomplish.

your house in order to buy the most powerful computer you can find; what you should do is to buy the computer you can afford based upon your intended usage and how long you can wait to upgrade.

A large factor in determining how much power you need is the computer's intended use. If you are going to use your computer to do word processing or keep financial records of a small business, you won't need a mammoth processor and a truckload of RAM. If you plan on doing serious



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Computer Terms

CD-ROM (Compact Disc Read-Only Memory)

A form of data storage that uses the same type of disc as music CDs and can hold about 650MB of data and programs. Data can only be retrieved from these discs.

RAM (Random Access Memory)

These are chips that hold the programs currently running on the computer. When an application or program begins running, that program moves from the hard drive or floppy drive (depending on where it is running from), into the RAM. This memory can be accessed much faster than a hard drive.

Central Processing Unit (CPU)

The brain of the computer. The processor executes all the functions and directs the other parts of the computer. The current standard for processors are the Pentium and the Pentium Pro for IBM and the PowerPC chip for Macintosh.

SCSI (Small Computer System Interface)

Pronounced *scuzzy* by nearly everyone, it is a very fast connection from the processor to the hard drive and any other data storage device. These are standard on most Macs and can be found on some PC systems.

work with graphical applications, such as Photoshop or AutoCAD, anything but the fastest machine will be too slow. Programs like this need at least 24MB of RAM and a 100MHz processor to run smoothly. The file produced in these programs also take up a lot of space so a large hard drive is needed.

The three pieces of hardware that are outdated the quickest are processors, RAM, and hard drives, so these are the best components to overbuy. You may not feel that you need a 150 MHz processor or 24 MB of RAM, but these components will be simply mediocre in a few months and downright obsolete in five years. Four years ago, a 200 MB hard drive was overkill; today, a 1.2 GB hard drive (six times larger) is standard in most computers.

This doesn't mean that you need to buy a new computer every six months. Computer manufacturers are beginning to recognize the speed at which their computers are becoming obsolete and are now making their computers 'upgradable.' Compared to a few years ago, it is now relatively easy to install a new hard drive, more RAM, or even a new processor in a recently outdated computer. These upgrades are an economically viable way to keep



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your computer up-to-date for longer periods of time.

Where should I buy?

Once you decide to buy a computer, the next big decision is where to get more information and make the purchase. The two most popular ways to buy a PC are from a local computer store and mail order directly from the manufacturer. Mail order buying tends to be cheaper, but buying locally generally makes it easier to take care of a problem should one arise, especially for first-time users.

If you buy a computer from a local shop or retail store, it's easy to call them and get it serviced. Buying via mail order, you'll probably have to wait a few days for a replacement. Unfortunately, computer shops sometimes sell 'homemade' computers built from various parts they get a good deal on. These computers may be cheaper, but it is a good idea to steer clear unless you have a good understanding of computers and you trust the shop owners. Always try to buy a factory-built machine. Some mail order computer manufacturers now have 24

hour, seven day a week, toll-free technical support which you can call free of charge at absolutely any time.

What about the Internet?

The Internet is revolutionizing interaction and communication between families, friends and even businesses around the world. The cost of a single phone call to Europe can now cover one full month of Internet access, allowing virtually unlimited communications with millions of people.

This communication takes the form of electronic mail (e-mail), Internet Relay Chat (IRC), various games and chat areas, or one-on-one communications via typing and, more recently, actual voice.

A service provider is required to access all these services. This provider can be either a local Internet Service Provider (ISP) such as ProLog or EPIX, or a national Online service like America Online and Compuserve. Get in touch with local computer stores for more information on how to contact these providers. Experiment with different providers to choose the one that best meets your needs.

The recent creation of "Free-Net" has even affected rural Bloomsburg. Free-Net is a World Wide Web site containing information about the greater Columbia county region. The group which organized Free-Net received a grant from the National Public Telecomputing Network to purchase a Power Macintosh, phone lines, and modems to run Free-Net.

Bloomsburg will purchase computer terminals that will be available for public use in public buildings, says Harry Martenas, Webmaster and Free-Net maintainer. "Part of the project is to establish public sites," Martenas says, "because it wouldn't be free if you have to pay \$2,000 to buy a computer to use Free-Net." Free-Net allows access to other web sites, but due to the controversy revolving around issues such as pornography on the Internet, this access is limited.

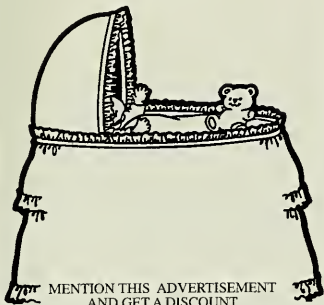
Entering the boundless world of computers can be a scary experience, but it doesn't have to be. Study all your options and decide what would best suit your needs and make you happy. There are numerous people ready to answer all your questions and help in your new and exciting adventure. **S**

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DIGGING UP THE PAST

COLUMBIA COUNTY SITES YIELD ARCHEOLOGICAL TREASURES

by Kama Timbrell



Eleven homes in Hemlock Twp. may have to forego being connected to the Hemlock Twp. Sewer Cooperative. A preliminary archeological dig was recommended by the Bureau of Historical Preservation (BHP) because the project is located near a significant archeological site, and the BHP believes “in our best professional opinion,” there may be other sites nearby, says Joe Baker, archeologist for the BHP. If a BHP dig is recommended, the project will be abandoned, says Matt Laidacker, chair of the Hemlock Twp. supervisors.

The National Historic Preservation Act of 1966 requires federal agencies to take into account the effect their actions have on historical and archeological sites. Many states, including Pennsylvania, have similar laws, says Baker. Since Columbia and Montour counties have little state/federally funded construction, there are few archeological digs, he notes.

Under these laws, any project receiving federal or state money must ask the BHP if its actions will affect historic or archeological sites, says Baker. The projects must accept the recommendations of the BHP.

The Act was passed because the historic preservation programs were “inadequate to insure future generations a genuine opportunity to appreciate and enjoy the rich heritage of our nation,” according to language in the Act.

When the Act was passed, urban renewal, highway, and interstate construction spurred the perception that “a lot of archeological sites and buildings were being destroyed,” says Baker.

“I can see wanting to do this for historical value,” says Norman Mael, Hemlock Twp. supervisor, “but the septic systems

don’t work.” The BHP has to make these recommendations, but “there isn’t enough funding,” says Baker. The township will have to pay for any digs, says Laidacker. Some agencies, such as PennDOT, employ their own archeologists, says Baker. Others, including the Army Corp of Engineers, can afford archeological digs, he adds.



Over 600 square meters of soil was hand excavated at the larger Clemon's Island site in Catawissa.

COURTESY OF DR. JIM ADOVASIO

Financially, "it's a tight squeeze for the township," concedes Baker, who thinks the best solution is for the state or federal agency to provide funding to pay for the digs.

Despite the inconveniences the state and federal laws produce, they are responsible for much of the archeological discoveries in the area. These laws don't cover construction that isn't state or federally funded, such as new home construction. Archeological sites "aren't like trees, they're nonrenewable resources," says Dr. Dee Anne Wymer, associate professor of anthropology at Bloomsburg University.

Columbia County has the fewest number of archeological sites in Pennsylvania, according to Mark McConaughy, associate curator of archeology at the State Museum of Pennsylvania, Harrisburg.

However, the sites that are located in the county are fairly significant, says Baker. A site along Hemlock Creek, near Buckhorn, is one of the most important sites in Pennsylvania, says Baker. The site, dug in 1981 by a private collector, revealed a fluted-point, a distinctive spearhead used by Paleoindians at least 10,000 years ago. Paleoindians were the direct descendants of



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The outlined area encloses two preserved portions of fine mesh netting at the Catawissa bridge site. The netting was presumably used for fishing or fowling. A dime indicates the relative scale of the mesh.



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the people who crossed into North America from Asia, says Baker. There are fewer than a dozen fluted-point sites in the state, he says.

The fluted-point is different from points used by later Native American groups. Fluted-points are 4-5 inches in length, with a flake of stone removed from the middle of both sides, leaving a flat area to anchor the point into a shaft. Points used by later groups were much smaller, only

east of the Mississippi doesn't preserve organic material very well. It simply eats bones," he adds.

Another important site in Columbia County is the Catawissa Bridge site. The site was excavated in 1985 by Dr. Jim Adovasio, Mercyhurst Archeological Institute, before the new bridge was built. It yielded pottery, basketry, stone tools, storage and waste pits, and remains of

"The soil east of the Mississippi doesn't preserve organic material very well. It simply eats bones."

1-2.5 inches in length, and were used as arrows as well as spears. A fluted-point, used as a spear, "wasn't something to throw," says Baker.

While there haven't been any animal remains found in Pennsylvania, animal bones from mammoths, mastodons, and Ice-Age buffaloes have been found with fluted-points in western states, says Baker. "The soil

buildings, says Adovasio. Archeologists found evidence of several Clemson Island people occupations, a group named for a large island in the Susquehanna river, separated by flood deposits. The site was populated between 1000 B.C. and 1500 A.D., during the early and late Woodland Periods, the last phases of occupation before Europeans arrived in North America. The

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area from the bridge to about two miles upstream "has rather dense archeological material," says Adovasio.

While this area is "known to be rich in prehistory," says Wymer, much of the focus has been to the north and south of the area. The Iroquois tribe inhabited the north, and the Delaware tribe occupied the south. This area was occupied by the Susquehannocks who "managed to keep a distinct identity from the Iroquois and the Delaware," says Wymer. This area was a "major contact point" between natives and settlers during the early 1700s, says Wymer.

The Susquehanna Valley was also home to Native American tribes attempting to escape the encroaching European settlers. "One of the first tribes to move was the Delaware," says Baker. The Delaware first moved to the Susquehanna valley in the early 1700s, setting up temporary villages, and later moved even farther west to the Ohio River Valley, says Baker.

While it is believed that several temporary villages were located in Columbia and Montour counties, there hasn't been any archeological research done in the area. "There's no money," says Baker, "It's not for lack of people interested." **S**



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ROLLING THE BONES

by Chris Krepich

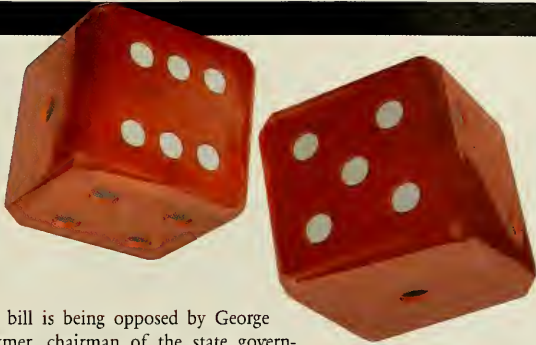
WHETHER IN AN ATLANTIC CITY CASINO SHOOTING craps, or at home playing Monopoly with the family, everyone has at one time or another gambled on the "roll of the bones." But how did this seemingly simple, everyday game of chance get such a mysterious and ghoulish name?

The name may have evolved at sea when sailors, who embarked on extremely long voyages, carved dice from whale bones. The carvings both passed the time and created a new activity to occupy idle sailors.

Today, the "roll of the bones" plays a much more complex, though subtle, role in our society. Dice have worked their way into the American persona, having long been the key ingredient of family board games like Yahtzee and

Parcheesi. They also served as the '50's teenage icon, a symbol of coming of age. What car wasn't complete without a pair of fuzzy dice hanging from the mirror? Today, dice rolls are offered on the World Wide Web (WWW) for those seeking an impartial or customized roll for on-line game playing, or just seeking to test their luck.

Fortunes can literally be won or lost with a single "roll of the bones," and dice also play an important role in the nation's economy. Gambling represents 4.7 percent of American leisure spending. Pennsylvania may soon see the bones roll on state waterways with the proposal of riverboat gambling. The bill could mean big bucks for the Commonwealth, but has run into some obstacles in Harrisburg. State Rep. John Gordner (D-Columbia) says



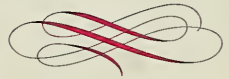
the bill is being opposed by George Clymer, chairman of the state government committee. The bill, because it has a state referendum question clause attached to it, must pass the state government committee before reaching the House. The bill will remain dead in the state government committee as long as Clymer chairs it because he morally opposes gambling, says Gordner.

State lawmakers could roll the dice and propose the bill without a referendum question clause. That would allow the bill to bypass Clymer, but Gordner says Gov. Tom Ridge has indicated that the bill should keep the referendum question. No action on the bill is expected before July, Gordner says.

If passed, riverboat gambling could mean a \$2.5 billion payoff for Pennsylvania's economy, and could create over 30,000 new jobs for the commonwealth. **S**

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1 lb. fresh peaches, pitted and cut 1 clove of garlic minced
 into chunks 1/2 tsp. vinegar
Dash of red pepper

Place ribs in a 5 quart pot with bay leaf and enough water to cover. Bring to boil. Reduce heat and simmer for 5 minutes. Drain spare ribs and lay them on a rack 14x10x2 inch roasting pan. Preheat oven to 350 °F. Puree peaches in a food processor until smooth. Transfer to a sauce pan and bring to a boil. Stir in remaining ingre-

dients. Roast ribs for 20 minutes. Brush ribs with peach mixture and continue roasting for another 20 minutes, brushing frequently with peach mixture and turning ribs occasionally.

Peach glaze is also good with pork chops and chicken.

~Beth Houke, Orangeville

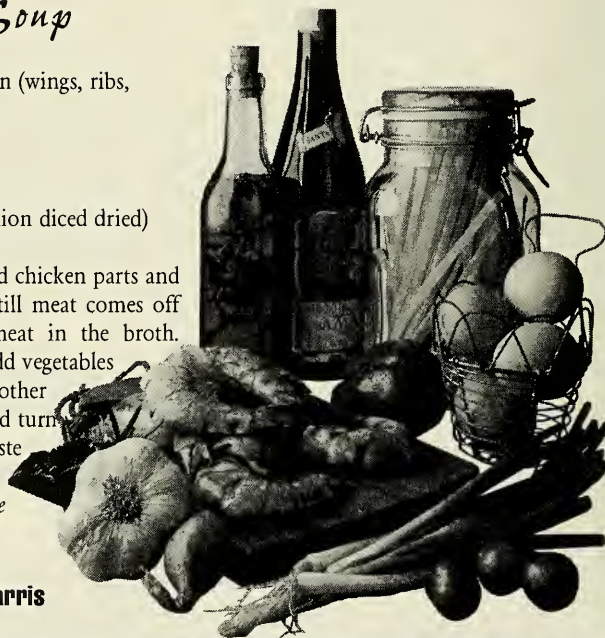
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~Dorothy Huber, Danville

compiled by Danielle Harris





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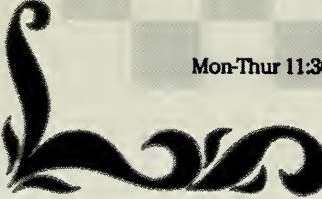
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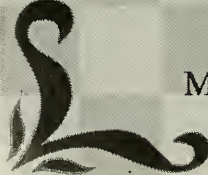
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Awards

Over the past nine years, *Spectrum* has won several national awards, including All-American Magazine by the Associated Collegiate Press (eight years in a row), Gold Medalist by the Columbia Scholastic Press Association (seven times), Certificate of Merit by the American Bar Association, First Place by the American Scholastic Press Association (three times) and Mark of Excellence for being the outstanding college magazine in the northeast United States, Society of Professional Journalists (five times).

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One man's search for his heritage.

– by Robert P. Bomboy

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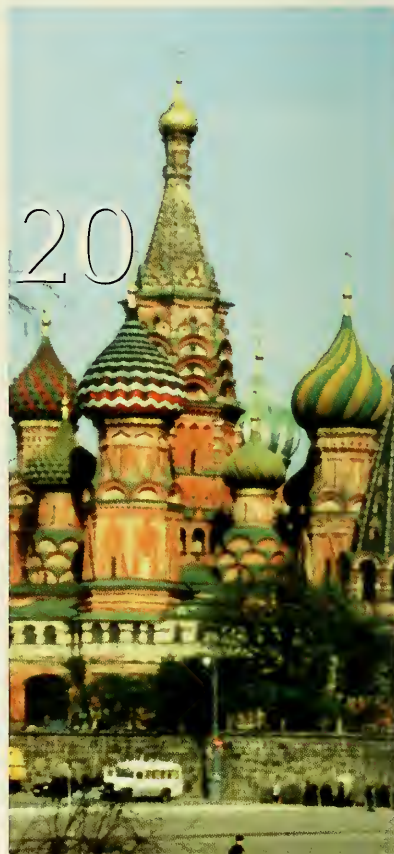
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An almost entirely new staff is responsible for putting this issue of *Spectrum* together. They started from scratch, learning that magazine editing and production is often more demanding than magazine writing. Fortunately, we have a veteran production staff with plenty of experience and 45 new megabytes of memory coupled with a newly-installed 2.1 gigabyte hard drive.

The business staff also got a boost from our new Pentium 133 so we could keep better track of our advertising, circulation, and business accounts. As the staff learned, this is all part of what we learn when we produce a magazine.

On the editorial side, we were fortunate to receive a fantastic centerspread about the often difficult life in Russia. The story and pictures were submitted by a local woman who has been in Russia for almost three years working to rewrite the country's civil laws. Other bright editorial spots include articles about researching your family history, a local family who spices up the kitchen Cajun style, and an inter-

esting look at America's fascination with reality television programming. On a sadder note, we also examined what happens to animals at the S.P.C.A., and what methods are being used and recommended to combat the problems of overpopulation.

Finally, we are pleased to announce once again that *Spectrum* was the recipient of an All-American award for the eighth year in a row. We were also honored for the third year in a row as the top magazine in the Northeastern region by the Society of Professional Journalists, and an article on eating disorders from Winter 1995 was named the best non-fiction article in the region. We also took Gold Medalist honors from the Columbia Scholastic Press Association. So, on that note, turn the page, and the new staff will show you what they have done to help *Spectrum* do what it does best: cover the issues and people of Columbia and Montour counties.

Jon Boscia

1996 ~ '97

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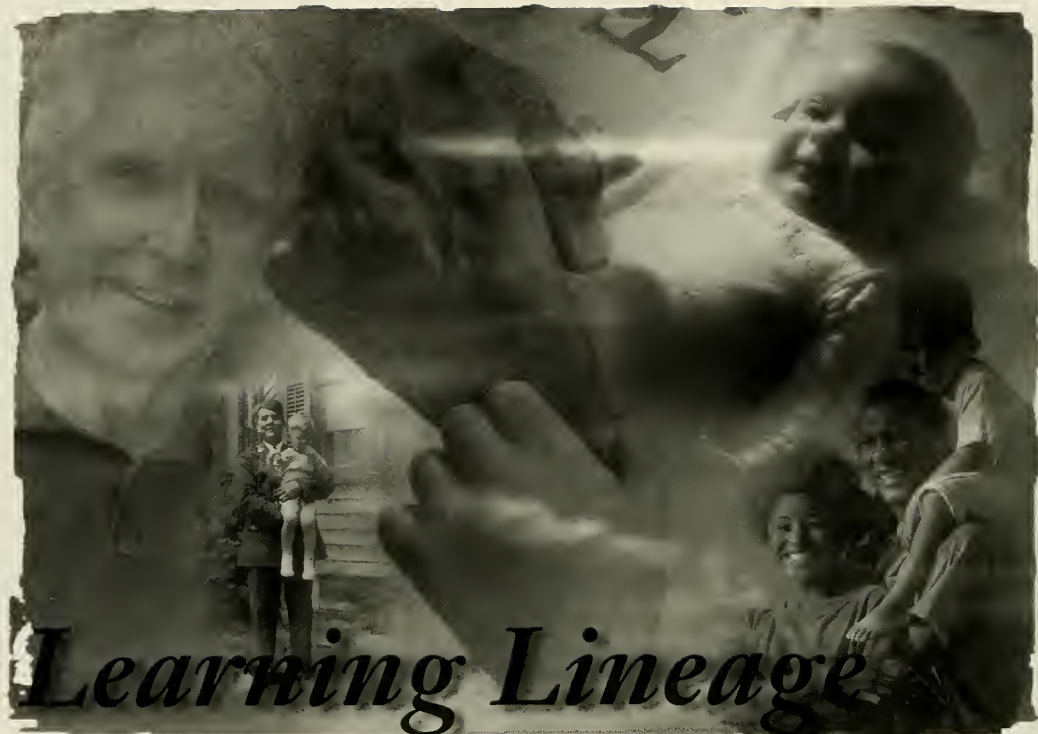
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Learning Lineage

By Robert P. Bomboy

HOPE LEAPED IN MY HEART!

I walked across the white tile floor of the Northumberland County Courthouse, and started down the winding stairs to the cellars. In the dimly lit basement I came to a hallway cut lengthwise between the building's ancient stone foundation and, at intervals, wooden doors that were firmly closed. Behind the third door lay a small room, a scarred wooden table, and a bare lightbulb hanging from a cord. On one side, another doorway led to a room that was smaller and even more poorly lit. Boxes of dusty envelopes stood on the open shelves.

I was searching for my great-great grandmother. The date of her death in 1880 was one of the few things I knew, although I had been

searching for many years. I had come out of the Register of Wills office after copying her Last Will and Testament – a will that hadn't told me much about her: She was Elizabeth Bomboy, but there was no maiden name. She had died on October 13, 1880, but there was no hint of where she had been buried. The will named her surviving children, but it made no mention of her husband, my great-great grandfather, Abraham.

The will referred to letters testamentary. A blonde clerk told me they were in the cellars. So I went down there and was standing in the dusty little room, carefully opening the cracked and faded envelopes that, after 116 years, contained the only remaining traces of men and women who once, long ago, had lived and breathed, loved and hated, wept and laughed, like me.

But 116 years is a long time for

papers to be filed on open shelves. In the box where what I was seeking should have been, someone, perhaps long ago, had misfiled or misplaced the papers of Elizabeth Bomboy. They were gone.

Once again I had missed them, Elizabeth and Abraham, they whose names appeared on the census records of the 1840s, the 1850s, and the 1860s; they who were the only link absent from the trail I had so painstakingly followed from my own children backward to the Revolutionary War.

In the 1970s, Alex Haley's *Roots* spurred many Americans to begin looking among the branches of their own family trees. In the past five years, the rise of the worldwide Internet has dramatically accelerated genealogical searching. The search backward is a part of that human desire to know who we are, that great-driving force that

separates humankind from the other species. There may not be a single person in this world who has not gazed up at the heavens on a clear, dark night and wondered: Who am I in all this?

One begins a family history believing that it will be a simple task. Put down a few names, draw the necessary connecting lines, and it's done.

The reality is that the search may go on and on, as it has for me, and it may frequently bring with it the frustration and disappointment I felt in that cellar. The hardest jump, usually, is to connect an American family to other continents across the water. One of the most memorable scenes in the televised version of *Roots* is the final moment when Alex Haley found his family's origins in Africa. I have known that exultation too. It took a dozen years of detective work, unremittingly tracking down every clue, before I traced the first Bomboy back to a small village in Europe.

But there are compensations:

- Looking back at one's own family can help give a researcher new insight into huge historical events. In my family tree I can clearly see a subtle, yet predictable, effect of the Great Depression. Prior to the 1930s, for generation after generation, the Bomboys had big families. During the Depression my mother, who is still living, confirms that she made a conscious decision to have one child because she could not afford more. Within two generations, the family name in our line has almost died out, because other parents also reduced family size.

- It's fascinating to visualize the western migration, and to watch, from generation to generation, the Bomboy family's slow movement toward open lands and fresh opportunities – to Illinois, and then Missouri, and from there to the Indian Territory of Oklahoma, and

on to Montana and, finally, California.

- It's also possible to look back over the generations and see patterns of inherited illness, though there seem to be no such patterns in my line. There had been no cancer in my family, for example, until it struck me in 1983. But physicians and epidemiologists recommend that families look for patterns of inherited illness in their family trees and record them for the benefit of future generations.

- There may be a philosophical benefit to pouring over all those old records of births and deaths. It is sobering and humbling to reflect on life and death over the generations—and the sorrows that must have crushed those who had to bear them. In my research, I found a house fire long ago in Milton that wiped out an entire Bomboy family. We baby boomers don't realize how devastating sudden onslaughts of disease could be before the

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advent of penicillin and the wonder drugs. In 1832, an epidemic of scarlet fever killed eight members of the family – grandmother, father, children, sisters and brothers. Forty years later, swift and sudden disease struck down another generation; my heart ached for the mother and father when I saw, written after each child's name, the epitaph: "killed by the black diptheria . . . killed by the black diptheria . . . killed by the black diptheria . . ."

• One other benefit is that I've met wonderful people and heard their amazing stories. I was studying records at the Columbia County Genealogical Society in Orangeville to find families by the name of Ohl (Elizabeth Bomboy's maiden name was probably Ohl, although I can't confirm it.) One of the volunteers at the genealogical society shyly told me that he was related to the

◀ **Robert Bomboy and his family in 1980.**

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DNA MONTAGE DESIGN BY JEREMY POWELL AND MARK STEINBUCK

original Ohl in Columbia County, a sergeant who had saved his regiment during the Revolutionary War when his officers turned coward. The Internet has brought me the vivid stories of many other Bomboys throughout the nation.

The Bomboy name is common in Columbia County because, between 1810 and 1820, at least three Bomboys – all brothers – migrated from Berks County and put down deep roots here. There are a number of Bomboys in the phone book. “Bomboy’s Meats” was once well known throughout the area; the Rev. D. L. Bomboy is still remembered for his glorious voice. There is also a Bomboy Lane in Berwick.

Mine is a working class line, less distinguished from other branches of the family; from generation to generation, we have been God-fearing, ordinary people, often carpenters and cabinetmakers, who were born, had children, lived out our lives, and eventually died in the hope of the hereafter.

At 55, I’m satisfied with the life I’ve lived. I worked for national

magazines and major metropolitan newspapers in New York and Baltimore. I’ve taught more than 1,000 college students. I now work as the Public Relations Executive Director for Geisinger Medical Center.

My interest in family history began when I was in my forties. By that time, only one of my father’s eight sisters and brothers was still alive. Before she died in 1976, an old auntie, one of my favorites, had left some tantalizing clues on a sheet of steno paper. One was “Abraham Bomboy and Elizabeth Ohl, married October 22, 1828.” She had seen the words on the marriage page of an ancient German Bible, a Bible that was lost, apparently in the Susquehanna River flood of 1972. That Bible would have established the link I still am seeking.

On the same page my auntie had written, “John Bomboy, the first Bomboy to come to this country.” And it was true.

Over the years that I have been researching my family name, I have encountered distant cousins who



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also were searching. One, a woman from New Jersey showed me a tax record from Limrick Township (now a part of Philadelphia) that listed Johann Casper Bomboy in 1780. He was the "John Bomboy" of my old auntie's note, and years later at the Pennsylvania Historical Society in Philadelphia, I was able to trace him back to his origins in Schorbach, Germany.

Schorbach bei Treysa, a tiny village in the electorate of Hessen-Kassel, doesn't appear on even the largest atlas maps. It is west of Bad Hersfeld and east of Marburg, in the area where the Lutheran Reformation began. It is from Hesse that the word Hessian comes. At the time that Johann Casper Bomboy was born, in 1760 (his name was Bamboy there), Germany was a territory of gingerbread principalities.

I found, at the Pennsylvania Historical Society, a fascinating and detailed account of the Hessian

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army's passage to America from Portsmouth, England. It was a long and stormy voyage in a fleet of 100 sailing ships, and I can imagine what it must have been like for 17-year-old Johann Casper Bomboy.

Americans always refer to the Hessians who fought for the British as "mercenaries," but it was their prince, the Landgrave, who was the mercenary. They were his subjects and had no choice but to do his bidding. As a result of that lack of self-determination, and the poor economic conditions at home, many Hessian troops stayed in America or went to Canada. Some deserted the British even before the war ended, many during a British withdrawal through Philadelphia in 1778. I believe Johann Casper Bomboy left his regiment at that time and settled in Philadelphia, and he was listed on the tax rolls of Limrick Township two years later.

All the Bomboys in America – more than 1,000 – are related, because all of us are descended from Johann Casper Bomboy. I once did an article for Parade Magazine, the Sunday supplement that has a circulation of 20 million nationwide, and a Bomboy from Texas saw it and wrote to me asking: "Are you kin?"

My line of the Bomboys – Abraham Bomboy – moved from Columbia County to Northumberland County between 1830 and 1840 and lived in Turbot Township and later in Chillisquaque Township, near Milton. Later still, Abraham's son, Peter, and several of Abraham's daughters moved north to the Wyoming Valley, settling there in Kingston and other communities. Most of the family in that area has died out, with the lines ending in female children (so

the name no longer continues). I had no idea, when I moved to Danville in 1980, that I was, in a way, actually returning to an ancestral home after more than 100 years.

There aren't many famous names in my family. My wife, whose family was Irish, can do much better: she can count two distant cousins who were famous, or infamous. One was Big Ed Walsh, enshrined in Cooperstown as a Hall of Fame pitcher for the Chicago White Sox. The other was Pete O'Donnell, a coal miner who was hanged in 1876 as a Molly Maguire and is still known in the family as "Swingin' Pete." The Molly Maguires, turned to violence to oppose coal barons who paid the Irish hardly more than pennies a week and indentured them to the company store. A re-enactment of one Molly Maguire trial in Pottsville two years ago demonstrated that some of the original trials had been gross miscarriages of justice. Many of the jurors had been Pennsylvania Dutchmen who spoke German and could hardly understand the proceedings. And here's an irony: One of my students, researching an article about the Molly Maguires, found a list of the jurors. Among them was a juror named Thomas Bomboy.

The melting pot is an American story, long a part of the fabric of this country. The weave is so intricate that, after 120 years, the families of Pete O'Donnell and Thomas Bomboy have come together through my wife and me.

And so I continue tracing out my family tree. Yet the one question still occupies my mind. I turn it over and over. I look here and there, always hoping to find the last piece of the puzzle, an answer to the question: Who was father Abraham, and from whence did he come? **S**

How Did Your Ancestors Die?

Many doctors today encourage their patients to sit down and draw a family tree of health.

That's because it's possible to inherit bad health, or at least a tendency to develop an illness or a condition. For example, says Dr. Howard Hughes, the chief doctor in the Geisinger Health Plan, "If your mother or father had heart disease, you may be at higher risk of developing heart problems than the general population. If your mother or father had cancer, then you may be at higher risk of developing that disease."

How can you tell where you, your spouse and your children stand? Do research.

- How did your spouse's ancestors die? How did your own ancestors die?
- Did any of your ancestors have diabetes, kidney disease or liver disease? How many? Who?
- What illnesses do living relatives have — for example, your and your spouse's parents and grandparents?
- Do anxiety or depression run in your family?

What you learn may surprise you — and even save or prolong your life or the life of another family member. For example, if your research reveals that diabetes has afflicted middle-age ancestors time and again, you and other family members can take steps to reduce your risk of developing that disease by exercising regularly, eating a nutritious diet, and maintaining ideal weight levels.

What should you look for? Here's a checklist of some afflictions that seem to run in families:

- Alcoholism
- Breast cancer, colon cancer, lung cancer and other cancers
- Heart disease, high blood pressure and stroke
- Diabetes
- Obesity
- Depression and anxiety
- Glaucoma and certain other eye problems
- Seizure disorders, such as epilepsy
- Gallstones

A FLAVOR OF NEW ORLEANS

**Phil's Cajun Kitchen uses
a unique blend of spices**

by Steve Kleinfelter

WHILE VENDING THE CHERRY Blossom Festival in Wilkes-Barre, Philip Miccio Jr., and his father Philip Miccio Sr., of Phil's Cajun Kitchen, had the experience of having caterers from Louisiana, who cook during the Mardi Gras, taste their food.

"They told us that we would fit right in [at Mardi Gras]", Miccio Jr. says, "They wanted to know where we learned to cook. They said we did a good job for a bunch of damn Yankees."

Phil's Cajun Kitchen is owned and operated by Philip Miccio Jr., and his father. Philip Miccio Sr., worked as an investor before he retired. Cooking has been his hobby for the past 30 years.

Philip Miccio Jr. went to Luzerne Community College, then moved onto Ridgway's and then Sheridan Corporations.

"I got tired of working all the time and not getting compensated," says Miccio Jr. He began working as a laborer in the tufting department at Magee Carpet Industries, where he has been for the past 15 years.

Phil's was the first to bring this unique cuisine to the Bloomsburg area. The reason Miccio wanted to work Cajun food was because it was something no one else was doing at the time.

"We like to cook," says Miccio Sr., "When we talked to the people in charge of the Bloomsburg Fair, they told us they wanted something

a little bit different than the typical food stands that are at the Fair." Miccio explains, "My father and I had been experimenting with Cajun food, so we set out with the assumption to give people restaurant quality food out of a mobile unit."

One item that didn't make the menu was alligator. Phil's tried alligator soup and alligator on a stick, but it didn't go over well.

"People think alligators come from the swamp, but they come from a farm, like catfish," Miccio Sr. says.

But the Bloomsburg Fair was a tough battle for the Miccios because of the amount of food stands.

"The first year we were at the fair, people were going through our garbage to see what we were using," the Miccios explain.

But now, Phil's has a name for themselves, and a large clientele. They serve the Bloomsburg Fair, Hughesville Fair, Luzerne Fair, various monster truck competitions, and the fall move-in at Bloomsburg University. They serve authentic dishes including jambalaya, crawfish, gumbo, barbecue shrimp,



◀ **Philip Miccio Sr. cooks up his crawfish delicacy at the Rohrbach Pumpkin Festival.**

PHOTOS BY JIMMY MAY

Cajun rice, Cajun chicken salad, Cajun rib sandwich, and boudine (Cajun sausage) among others.

"We base our business on repeat customers. We want people to come back," Miccio Jr. says.

"It will never taste exactly the same because everything is mixed to taste," says Miccio Jr. "Anybody can buy the meat products, put hot sauce on it, and call it Cajun. Our key is in the sauces. If you buy them from a manufacturer, it's the same, but our taste is original," he adds.

Instead of using other's sauces or recipes, Miccio makes the sauces for one simple reason, "That way we can be imitated but never duplicated," he says.

Just because it's Cajun doesn't automatically mean it's hot and spicy. It is a blend of the spices that give it a unique flavor.

"Cajun is a branch of French cooking, and is just a way to blend seasonings," he says, noting that he

and his father both learned to cook Cajun food through experimentation and research.

Though offers have been made to market the four special sauces, Miccio says he doesn't feel ready.

"Once you get it [the product] off the ground, then they like to sell it to other people," Miccio says.

Miccio explains that he is happy with the present stage of the business.

"You are limited working out of a trailer," Miccio Sr. explains, adding "one reason we don't is because we don't want to be confined to open a restaurant six or seven days a week."

"We do a pretty full menu, though it is hard to do from the back of a trailer," Miccio explains. "People ask us about opening a restaurant, but we don't really want to at this point," he says.

The Miccios may be "damn Yankees," but they do know how to cook like true Rebels. **S**

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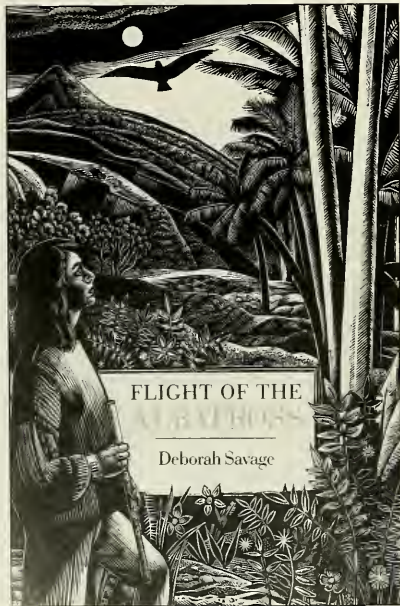
Life on a local farm helped shape Deborah Savage's literary career

by Lenore Olsen

Raised on a farm without a constant influence of television, Deborah Savage, 41, matured as a writer in an environment with few distractions, ample time, space, and freedom.

This Bloomsburg High School graduate has centered her life around her passion

Book jacket from
Flight of the Albatross
by Deborah Savage



and love of writing. "In terms of a calling, the deeper sense of the word career, I was making life decisions that had to do with my writing from the time I was 16 or 17," Savage says.

Savage began supporting herself at 17 when she left home to develop as a writer. "I chose to never have a full-time job and I always lived on very little money in rented rooms because full-time jobs gave me no time and no energy to write," she recalls.

"All I knew was that it was important to write and that was the thing that gave my life purpose, so I guess it has always been a career," says Savage.

This commitment and hard work resulted in her success as a young adult novelist. Savage currently has four published books: *A Rumor of Otters*, *Flight of the Albatross*, *A Stranger Calls Me Home*, and *To Race a Dream*. Her most recent work, *Under a Different Sky*, set in Pennsylvania, is expected in bookstores by April.

Growing up on an old

farm in Mainville, Savage became attached to the natural world around her. This atmosphere influenced her because of the rural, country aspects of the landscape. Living with this sense of nature, Savage says she gained a "familiarity with being alone" which allowed her time to explore both the world and herself.

The popularity of harness horse racing in this area and a love of horses is another part of her life that she carries into her work. In *To Race a Dream*, Savage uses what some say to be the greatest racehorse ever, Dan Patch, as a central element of the story.

Although her latest novel, *Under a Different Sky*, is the only one set in Pennsylvania, all of her novels reveal her attachment to rural living. *Under a Different Sky* takes place in a boarding school and on a neighboring farm. This farm, Savage says, is modeled after many of the farms she grew up around in this area. One of the main characters in the novel is a young man who lives on the farm. His speech and his attitudes also reflect what Savage remembers of this area.

This character is troubled with a sense of wanting to get beyond what he knows of farm life, but he doesn't know how to begin searching for

this new self. Through experiences with a young girl from the boarding school, he gains the tools to further explore himself and the world around him. In return, he gives some of his knowledge to the young girl who is troubled in her own way.

In *To Race a Dream*, Theodora, the main character, dreams of driving harness horses, but it is 1906, and girls were not permitted to work in the stables. However, she gains an opportunity to disguise herself as a boy. She experiences success and setback in attaining her dream.

Savage sees her own dream to write, not only as something she wants, but also something she needs. Both she and her parents treat it as a serious passion, and they respect it as an art form. "Nothing is really a hobby when you're young. At that age, everything is coming from your soul, and you're exploring the ways of expressing yourself and the way that your deepest self needs to speak," says Savage.

Richard and Judith Savage support their daughter's interest. Deborah's father, also a writer, taught English at Bloomsburg University, after several years with the *Saturday Evening Post*. His wife taught art in local public schools and currently teaches at Greenwood Friends School in Millville. Savage recalls, "They exposed me to various books and techniques in writing and art, but their influence is so pervasive, it is hard to limit it to one thing they did."

Despite Savage's success, she never received formal training to refine her writing skills. She says she learned how to write by reading and writing. Her parents routinely read and commented on her writings and encouraged her to continue this passion. Even now, Savage says her parents read her manuscripts before many others

have the opportunity.

Savage also has close relationships with her brother and two sisters who are supportive and encouraging. Her brother, Dillon, is a concert pianist in Indiana. She describes her sister Rebecca as a "free spirit" who lives in Massachusetts, and Meredith works as a wetlands biologist in Washington State.

"From my family, I learned about the concept of commitment to what was important," she says. "There was a lot of support in terms of following your dreams. They said, 'If that's the most important thing in the world, do it,'" explains Savage.

Exactly when Savage began writing is unclear because she has a memory of it being a constant part of her life. When she was in her teens, she began to identify herself as an artist or as a writer.

In 1992, her view of her career changed dramatically when a

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German film company bought the film rights to *Flight of the Albatross*. This allowed Savage to financially further her commitment to her calling as a writer. She remembers saying to herself, "Okay, this is it, I've got this money. I'm not looking back. From now on, this is how I am going to make my living." She decided to go to Goddard College in Vermont to earn her Master's of Fine Arts.

For the last two years Savage has returned to Bloomsburg High School to present writing seminars for a number of English classes. She also conducted workshops for students who had expressed interest and displayed talent in writing.

When Savage is not writing she spends time in the classroom teaching anything to do with writing. Working through freshman composition at North Adams State College, North Adams, Mass., she admits that teaching is not her

calling. "Teaching is a struggle, and it isn't a struggle I enjoy, as opposed to struggles with my writing which I do enjoy, or at least welcome," says Savage.

Among the hardships this author faces, she cites the task of bringing her characters to life. She attempts to draw as full a character as possible in order to allow the character to exist beyond the story. Savage wants each character to be as life-like as possible so her readers can get to know them in a personal way.

"I spend a lot of time on character, but where they come from, the closest thing I could say is that they come from the same place that dreams come from, places we don't know about."

The author's attention to character often makes Savage's work stand out from many young adult writer's work. Typically, in young adult fiction, the action is dominant, and often the characters

become flat. Because of this tendency in Savage's work, the character becomes at least as important as the plot.

Savage is aware that her novels are mostly read by young adults, but she never intended to write specifically for that audience. She doesn't find it difficult to relate to her readers because she doesn't think she is very different from them.

"I don't know the age thing. We are human beings, and human beings share certain truths and characteristics whether they are young or old. When I write, I'm trying to show the basic human emotions," notes Savage.

Good literature goes beyond age differences and allows the reader to learn about the story, the characters, and about themselves. Savage has used her local background and her love of nature to aid in creating this type of literature. **S**

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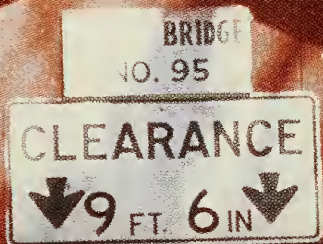
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RECOVERING THE PAST

by Tammy Benscoter

Most covered bridges, designed for horse-and-buggy traffic, can no longer support the weight of cars and trucks, but they remain an interesting part of history, open to pedestrians and tourists.

Most covered bridges in Columbia County have a weight limit of three tons, but the Wanich and the Jud Christian bridges support four tons. There are a few bridges that can no longer support the weight of vehicles, so they are open to foot traffic only.

Today, when most covered bridges are beyond repair, concrete bridges are placed over the rivers and streams. The cost to replace a covered bridge with a concrete bridge is \$600,000-\$900,000, according to Nick Wozniak, Columbia County maintenance supervisor. Since most covered bridges are over 100 years old, it is difficult to determine their value.

Repairs are made to the bridges in the spring through the fall.

The Rupert Bridge, located on Route 449 between Bloomsburg and Rupert, is currently closed to all traffic. The county plans to reopen it, but there is no set date when repairs will begin, says Wozniak. In the meantime, the bridge only sup-

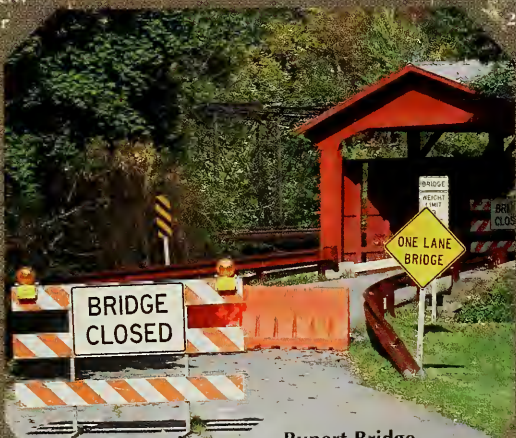
ports pedestrians.

Repairs to the Wanich Bridge, four miles north of Bloomsburg were completed this past September. The repairs included replacing runners that cars ride on, and adding new rub rails on the side of the bridge. If a car were to slide and hit the rub rails, it wouldn't damage the bridge. The estimated cost of repairs to the Wanich bridge was \$7,500, including both labor and materials.

Three bridges were slated for repair before the end of winter—the Creasyville Bridge, between Pine and Jackson Township; the Jud Christian Bridge, west of Jackson; and the Sam Eckman Bridge, five miles northeast of Millyville. Repairs are expected to total about \$61,000, according to Wozniak.

Throughout Pennsylvania, 219 covered bridges are still standing. Of those bridges, 119 still carry motorized traffic. These figures do not include those bridges that are currently closed for construction. Pennsylvania still has the largest number of covered bridges in the country.

At one time, the state had more covered bridges than the entire nation. Today, 24 covered bridges remain in Columbia and Montour counties. **S**



Rupert Bridge
PHOTOS BY JIMMY MAY



Remote Contr

by Harry Kimmel III

IT'S A RELATIVELY SLOW DAY IN BLOOMSBURG, AND THAT makes Police Chief Larry Smith happy. He says he's glad Bloomsburg isn't like some of the places shown on TV cop shows.

"Reality Programming" is television's wave of attack on the human psyche in an endless quest for ratings and advertiser money. Some believe this so-called "reality programming" could be detrimental to American society since violence and hardships shown on TV may desensitize America through the television screen.

Shows like "COPS" on FOX, "Rescue 911" on CBS, and "Real Stories of the Highway Patrol" from Warner Brothers turn out action packed episodes of this relatively new programming every day.

The trail blazer of this new wave of television pro-

gramming was "COPS", produced by John Langley who professes that each episode contains a "moment of grace." This moment of grace is where the viewer at home can get in touch with the feeling of being on the scene and the emotions of the people involved in the arrest or rescue.

"In every show," Langley says, "we try to incorporate action, domestic and thought issues. We want the show to be more than riding in a police car." Langley says he tries to keep each show balanced, instead of just an hour long car chase or an entire philosophical show. "The show is pro-social, and we hope that the audience derives something from each episode that goes beyond the scope of the other prime time reality shows," he says.

Some believe "Reality TV" takes away sensitivity for violence, and turns viewers into apathetic citizens, but Langley disagrees.



Cops

PHOTO BY JIMMY MAY

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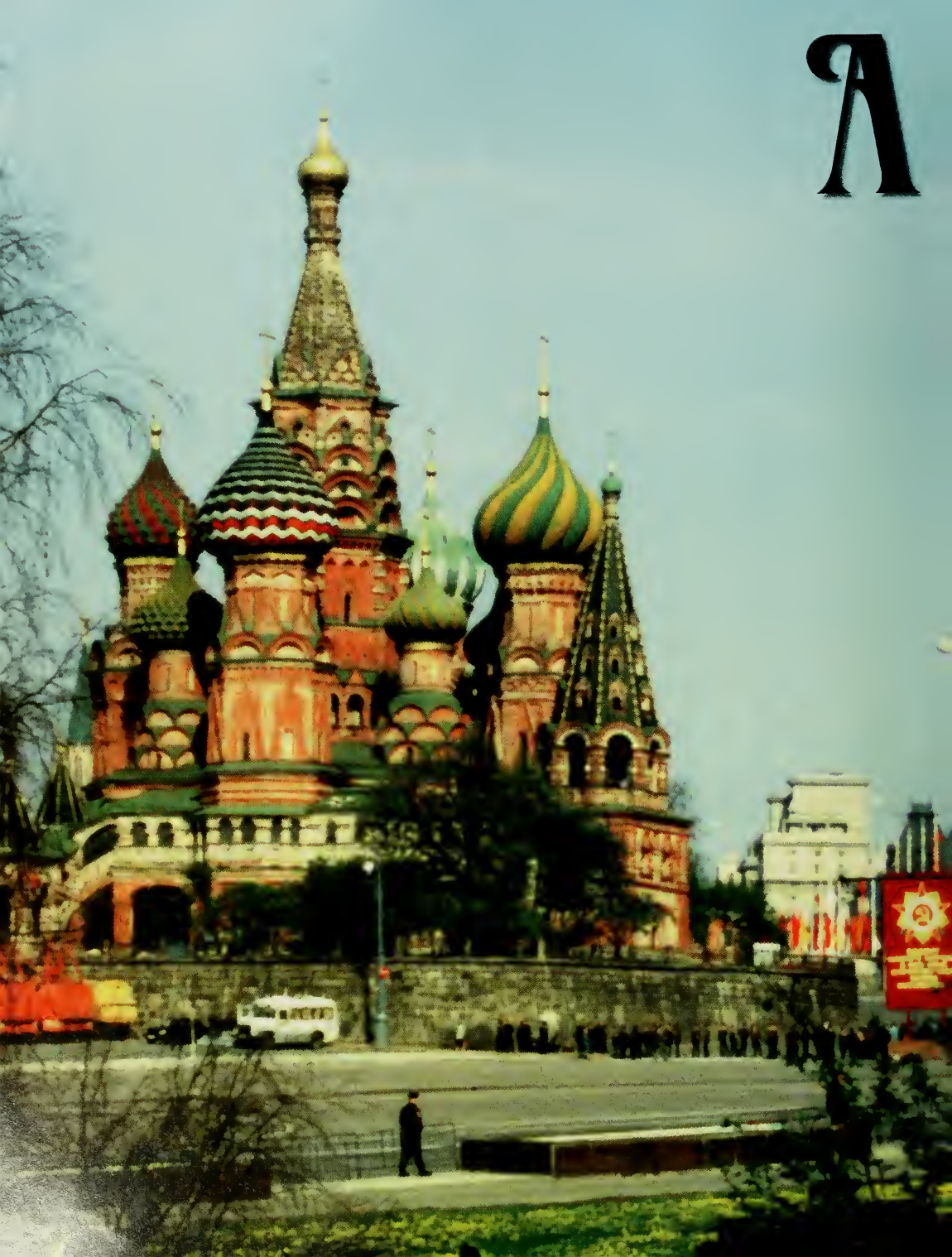
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"We think the show sensitizes people toward real violence because they know that these are real people, and there's nothing glamorous about real pain," says Langley. "This isn't Hollywood, it's live, and real. We hope it makes people more sensitive to the pain in the real world," he says.

"COPS" tries to make police officers look like real people, and less like the menacing horror figure that gave you a ticket and a hard time last week, according to Langley.

The show is more popular among civilians than it is among Bloomsburg police officers, however, "They solve the crime in a half an hour. For us, it just takes a little longer," says Chief Smith. If life had an editor who could cut the slow parts, guarantee a happy ending for the police, and put in a few ads for bleach and pizza, the real police could catch up to the portrayal they get on television. **S**

А



NEW STATE OF AFFAIRS

Bringing Western laws to Soviet lifestyle

Story and Photos by Melinda Rishkofski

[EDITOR'S NOTE: Three years ago, Melinda Rishkofski, a Central Columbia High School graduate who later earned a law degree from Dickinson University, went to Russia to help direct a new legal code for that country. This is her story.]

FOR MANY FOREIGNERS, RUSSIA IS an exciting and challenging place. But, foreigners are not well liked and are the target of many Russians' envy and hatred. Our success often depends on our invisibility. The complexity of the problems here and the challenges of never knowing what will happen next encourage me to stay.

Russians are easily dismayed by so many Western businessmen who come to Russia thinking they can get rich without making any commitment to the people or the infrastructure. We have a lot to offer to



those who are willing to accept our proposals. The Russians need to be assured that we are really here to help them and not just to turn a profit for ourselves. Russians are not stupid, but by nature, they have a fundamental distrust for foreigners, because many foreigners do not make the commitment it takes to understand the people and the traditions which are so important to them.

This is not a fault of the Russian people. After 70 years of Communism

◀ Church of the Assumption
Kremlin, Moscow





**White House,
Moscow**

what would you expect? A grandmother is not going to be able to grasp the structure of a stock market or understand why it should be the most important thing on her mind. She probably earns less than \$15 a month and feeds a family of six. What incentive does she have to invest in Russia's future if every penny she saves must go to feed her family?

Russia has a lot to offer the younger generation who have the energy and inclination to implement change. Young Russians are motivated by profit, are entrepreneurial, and have an astute business sense. The privatization of enterprises, land, and housing is happening at a rapid pace.

People are no longer faced with long food lines or no food, but instead with an abundance of Western products which they can't afford. People find it difficult to cope because the things they could

always count on — stable government, stable job, a sense of equality and trust in people — no longer hold true. With the fall of Communism, Russia has become a class society and the disparity between the classes is startling.

Also interested in the development of Russia's economy are those with money to throw around — the Mafia — which makes the whole system extremely corrupt. Several Russian investment companies have opened to attract money from the Russian people, but they promise the world and then close up shop and there is no recourse for the investors. The robber barons of Russia are alive and they create a level of fear in those who struggle to survive.

People beg for protection from the bureaucracy, and from the Mafia. Yet they are the first to bribe to get what they need from the government, the first to resort to vio-

lence to solve a problem, and the first to turn to drink to escape from the country's failures.

I have been in Russia for nearly three years and only recently realized what attracts me to it.

During my first couple of years in Russia, I was a legal advisor to the President of the Russian Federation (the official purveyor of all legal pronouncements) and the Russian Duma (the equivalent of the U.S. Congress). I was sent to assist with legal reforms that everyone seemed to want, but were difficult to implement.

I was paid by the United States government, which created a strange dichotomy in regard to the work I was expected to carry out. I helped a new breed of Russian lawyers write commercial and economic laws that work for Russia's newly emerging market economy. It was clear to most, Soviet law was outdated and unsophisticated for

the needs of a modern economy built on private rights of ownership, contractual relationships among parties, and the emergence of over one million privately-owned Russian companies.

Russian law is based upon a "civil code" system, which means that it's a single code which is fixed. In contrast, the U.S. system is an evolving system of laws based on "precedents."

My first task as a legal advisor was to evaluate the draft of Russia's new civil code that had been prepared by a group of leading academics and jurists. A civil code is normally something that takes a country over 30 years to develop, but in Russia we finished it in less than two years. The pressure to complete the civil code was driven by the fact that Russia had become a lawless state following the fall of the Soviet Union. My job was to organize a group of foreign civil law specialists to provide insight on

the draft and to assist a separate group of more radical Russian lawyers redraft the draft. We worked with officials in the highest level of the Russian government and at times we were criticized for adopting too revolutionary of an approach.

Never in the history of Russia were foreigners invited to participate in the law drafting process and the fact that Russia's doors had been closed to foreigners for so long resulted in the defensiveness on the part of our Russian colleagues and reproaches regarding our extremism. I tried to convey that creating a capitalist society in a country so ingrained to Communism was itself radical, but few believed or accepted this.

During the course of two years, we introduced several laws into the Russian parliament, but the process was extremely arduous. Most Russian law makers are conservative and have little experience

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regarding the legal needs of their country's future. Many still do not believe in private ownership rights for land and real property. The Russian government and its people are clearly divided. The resounding support (almost 43 percent) received by the Communist party's leader in this year's presidential elections strongly reflects that despite outward appearances, little has changed in Russia since the beginning of perestroika. There are a few radical reformers who push the limits knowing that if they don't implement changes now Russia could return to the way things were. The overwhelming majority, though, seeks to return to the way things were.

Legal reform is more important than economic reform because without it Russia will continue to be a country lacking the rule of law. Few Russians understand their legal rights, fewer rely on the government to enforce their rights. Most agreements are settled through private enforcement mechanisms (i.e. bribes, kickbacks, threats, extortion, guns).

After almost three years in Russia, it is difficult to say what the political climate has in store for legal reform. It is clear that President Boris Yeltsin and his supporters are trying to impose law and order. However, little is done to educate the people to accept the laws. There are no clear mechanisms for the enforcement of basic civil rights.

So far I have not been scathed by thugs or hooligans, but my day is likely to come. They say that every year in Russia is like living three years somewhere else. You have to be strong and you have to be brave. But more importantly, you have to believe in what you're doing. The hardships we face take a toll sometimes, but I'm the ever-eternal optimist. §



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Fortifying Friendships

After eight years, Big Brothers/Big Sisters is still making matches.

by Jennifer T. Boscia

SHE STARTED IN A ROOM AT THE Catholic Campus Ministry on a borrowed phone and a list of seven children who needed friends and some adults who were willing to spend time with them. That was in 1988, and now, over 500 matches later, Mary Diehl is housed in a small office on Main Street doing her work as the head of Columbia County's Big Brothers/Big Sisters program.

Big Brothers/Big Sisters is a matching service that sets up kids between the ages of 7 and 17 with adults who are willing to commit to spending 2-3 hours a week with them for one year. It was started in



Mary Diehl

PHOTO BY JIMMY MAY

Columbia County as "Operation Friendship" by Sister Anita McGowan of Catholic Campus Ministry.

As her program continued to expand, she decided to petition Big Brothers/Big Sisters of the Bridge in Wilkes-Barre to form a satellite office in Bloomsburg. Mary Diehl had been teaching elementary school for 13 years, and decided it was time for a change.

"I started with nothing, no phone, no forms, no office," says Diehl. "All I had was seven files from Sister Anita of matches that had been made," she adds. Contacts had to be made with these seven people to tell them about the new affiliation with Big Brothers/Big Sisters, and only one group decided

to stay with the program.

Big Brothers/Big Sisters is funded solely by the United Ways of Berwick and Columbia County and a March fund-raiser called Bowl for Kid's Sake. Making the budget stretch can be taxing at times. Her permanent agency display is made out of cardboard, with pictures and cutouts that she fashioned. "I could probably tell you where everything in our office came from," says Diehl.

Diehl is always in search of more volunteers for the program, especially males. "Nationally, we have fewer male volunteers than we do females, and I really don't know why," she says.

There is an intensive screening

process for volunteers, including six months residency, four references, a state police check, child abuse clearance, an interview, a psychological test, and home visits. Another program that encourages college and high school students to join does not require the psychological test.

Chris Czahor, a Bloomsburg University student, joined the Big Brother program for almost two years. Going to the park, playing baseball, watching movies, and cooking dinner were some of the things Czahor enjoyed doing with his little brother. "I felt proud to be looked up to by somebody I could help," he says.

Diehl recalls dozens of times when having a Big Brother or a Big Sister has turned a young person's life around. She has one match that lasted nine years, and others where one of the parties moved away, but the couple stays in touch. "One kid, who was matched for three years, made a complete turnaround," says Diehl. "He now plays on his high school basketball team, on a baseball team, and has a goal to become a graphic designer," she adds.

Another great match Diehl witnessed was a young couple who were both physicians at Geisinger, but still found the time to adopt a little brother. "They would call him every chance they got just to check in and see how he was doing," says Diehl. They took the boy to Disney World for his birthday once during their two year match. Recently, the couple announced their move to Wilmington, Del., and on their way out, they presented the boy's mother with their car because they knew she had been saving for a car. What impresses Diehl, however, is that they still send cards and letters to the boy, and have even been up to visit him once since August. "The boy is also getting better grades in school and has more self-esteem

than he used to," adds Diehl.

Nationally, Big Brothers/Big Sisters has been proven to work as well. In a study done by Public Private Volunteers, it was found that 46 percent of children with a Big Brother or Big Sister are less likely to use drugs; 27 percent are less likely to begin drinking; 52 percent are less likely to skip school; and 4 percent care more about school. These statistics come from a nation that has 25 percent of its children living with a single parent, which is one of the requirements for becoming a Little Brother or Little Sister.

Mary Diehl continues to work tirelessly for the Big Brothers/Big Sisters program. She currently has 45 matches, and is always looking for volunteers who want to commit the time to help a child in need. "Our work is as elementary as putting a friend in a child's life, and as essential as putting hope into a child's future," she says. **S**

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PHOTO BY JIMMY MAY

About 8-12 million animals are killed each year in shelters across the nation.

by Vicki Harrison

AT DANVILLE'S SPCA (SOCIETY for the Prevention of Cruelty to Animals), three playful puppies gaze through the chain-link fence, and paw at the concrete beneath them in hopes of being able to run free on a sunny afternoon. With a lack of homes for sheltered animals, these puppies may only experience freedom the day they step out of their cage and walk to their death.

Millions of pets are killed each year because of a pet population that far exceeds the number of homes available. Over half of American families own at least one dog, and one-fourth own two cats. The problem of finding enough homes for these dogs and cats has become an increasingly difficult situation.

About 8-12 million animals are killed each year in shelters across the nation. Yet, people continue to ignore the warnings of animal-rights activists by irresponsibly allowing their pets to breed, instead of spending the money necessary to sterilize their animals. According to Dr. Jean Cunningham, Bloomsburg Veterinary Hospital, "A tremendous number of people don't feel it's worth the expense" to have their pet sterilized. The average cost of sterilization for a dog or cat can range from \$30 to \$100.

Pet owners in Columbia and Montour counties no longer have cost as an excuse to ignore the responsibility of pet sterilization. PA P.E.T.S. (Prevent Excess Through Sterilization), a local non-profit organization, provides for the sterilization of up to three animals per household, depending on

financial status. It was formed over 10 years ago by Bloomsburg resident Jo Wright because of her concern regarding overpopulation and the subsequent use of lethal injection by shelters to eliminate the problem. "I finally decided this was ridiculous, let's do something," says Wright.

PA P.E.T.S. experimented with several methods to raise money, but currently runs a used merchandise store on the corner of Fifth and Catherine streets, Bloomsburg, to fund its efforts. An all-volunteer staff uses donations from individuals in the community to pay for the sterilization of over 3,000 animals. On the average, the organization funds the sterilization of 50 animals per month, according to Barbara Crawford, volunteer store manager. These numbers are difficult for the

“If you can't afford to have an animal neutered, you probably shouldn't have it”

organization to reach due to a lack of community awareness and a constant need for volunteers.

In spite of the efforts of PA P.E.T.S., more than 6,000 animals entered Danville's SPCA in 1995, and over half of these animals were killed, usually within a week of arriving at the shelter, according to Clayton Hulsizer, manager of the facility. In 1984, the facility's population reached 10,545 with almost 9,000 animals killed because of a lack of homes for the animals. Hulsizer attributes the decrease in population from 1984 to 1995 to the SPCA's adoption policy. This policy offers a low cost adoption fee for the animals and, like PA P.E.T.S.,

provides funding for sterilization. The problem, however, has not been solved through the combined efforts of the organizations.

"More education for pet owners" is needed, says Gerald Clemens, a shelter employee. "A lot of people get a puppy because it's cute, and don't take into consideration that the animal will grow up and become fully functional, capable of breeding," adds Clemens.

Often individuals get a pet,

without considering that if breeding is uncontrolled, it will produce more offspring that such pet owners cannot support. Even more typical are those who absent-mindedly accept a pet, only to decide later that they don't want the responsibility. In either case, such people feel justified in dropping these animals off in a field, on a street corner, or at a local shelter. They never consider the fate that often awaits the animal. Such indi-



PHOTO BY JIMMY MAY

viduals escape their responsibilities, often at the expense of sending their pet to its death.

People who get a pet and don't follow through with sterilization do not realize the ramifications of their irresponsibility. In a controlled breeding situation, one female dog (with her first litter consisting of five males and five females) can produce 67,710 offspring in only six years. Two breeding cats and their kittens could give rise to 150,000 cats in seven years if uncontrolled.

"If animals were left to breed at will, we'd probably be 10 feet deep in them," says Dr. Robert F. Martin, Lewisburg Veterinary Hospital, Lewisburg, and Companion Animal Hospital, Selinsgrove. "The argument that it's too expensive is nonsense," he adds. "If you can't afford to have an animal neutered, you probably shouldn't have it," continues Martin.

People who don't sterilize their

pets, only add to the costly expense of animal destruction, animal law enforcement, and food and shelter for unwanted animals. "It's very unpleasant to put a healthy but unwanted animal to sleep. It would probably be better if it hadn't been born in the first place," says Martin.

Owning a pet is admirable, provided the responsibility of sterilization is recognized by the owner. "More animals than humans are born each day," says Heidi Prescott, National Director of Fund for Animals. Neglecting to follow through with this obligation only results in defenseless animals being killed. Pet owners must realize that prevention is the best solution to pet-overpopulation, and remains the most humane way to deal with the dilemma. **S**

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Making the Grade in Mexico

by D.K. Thomas-Lamb

Whether it's playing Christmas carols for shut-ins, signing for the hearing impaired or helping migrant workers learn English, Sarah Paul, Danville, is sure to be involved.

rather than Spain, where many people speak English. She wanted to immerse herself in the Spanish-speaking culture.

The oldest of four children in her family, she spent time in Mexico with a family who also had four children.

week sessions of two classes," she says.

In spite of the intense pace, Paul excelled in her studies. The weekend respites did, however, come as a welcome relief.

"One weekend I went to the beach at Barra de Navidad and had a great time. I just needed to get out of the city for a bit. Living in a city of six million, like Guadalajara, is very different from home."

For Paul, the road to Mexico was not paved with the Aztecs' legendary silver, but with hard work, careful planning and some help from others.

Paul's mother, Sherrie, has said her daughter has "struggled to economically survive. We're not well-off. Sarah has to work, or she can't go to a high-priced liberal arts school. She held six jobs just to get by her spring semester. She still found time to



A graduate of Danville High School, Paul is a senior Spanish Major at Gettysburg College.

Paul says many of her endeavors were prompted by a need to communicate with others. "Spanish has opened up an entire area of the world to me," she says.

In a quest to further her education and understand other people, Paul spent the fall semester studying in Guadalajara, Mexico.

Gettysburg College students studying Spanish had the option of a term abroad in either Spain or Mexico. Paul opted for Mexico

▲ Sarah Paul teaches Riverside Elementary School students how to play her "homemade" glass harmonica

▶ Sarah at Chopin's grave in Paris

"All of my classes, my home life, conversations, excursions, bus rides, even my dreams were in Spanish," Paul says.

School in Mexico is different, according to Paul. "Each semester is broken up into three five-



volunteer to teach English to migrants."

When the opportunity to study in Mexico presented itself, Paul had to redouble her efforts.

Already carrying a full course load at college, and working at least 40 hours a week, Paul needed to be resourceful in order to finance a semester in Mexico.

Paul hit upon the creative idea to sell stock in her education. In exchange for the purchase of a \$100 share of her educational stock, Paul would share her Mexican school experiences with the classes upon her return.

"She didn't want to just ask for donations. She felt there should be some element of pay back," says Mrs. Paul.

When Paul was in high school and wanted to travel to Spain with the class, she used the same educational stock program to help finance the trip, in addition to hold-

ing down a job maintaining top grades.

Paul said she began working "just as soon as I was old enough." Her first real job was with Maria Joseph Manor, a nursing home. "Talk about a learning experience. And I worked at Knoebel's Amusement Resort. At one time, I found myself at the library so often, I even applied for a job there," she says.

While still in high school, Paul worked, studied, and still found time for Girl Scouts, playing in the high school band, acting in school plays, participating on the forensics team, where she represented Danville at the state competitions.

"Sarah's a gifted student, and she's always been ambitious," Mrs. Paul says.

"When she was in second grade, someone gave her one of those little cards with the sign language alphabet printed on it. She



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pursued sign language and it was integrated into her I.E.P. (Individualized Educational Program), which was part of her gifted program," says Mrs. Paul.

"She reached a level of doing an independent project. In 11th grade, she arranged to have all the hearing impaired students from the Central Susquehanna Intermediate Unit bused to her high school where they have a planetarium. She learned about astronomy and did a presentation all in sign language for the children. She taught the children about constellations," remembers Mrs. Paul.

While in Mexico, Paul desperately wanted to visit the Yucatan Peninsula, but finances prohibited it.

"The main reason I wanted to get over there was because ever since I was a very young girl, I've had this archaeologist inside me waiting for the opportunity to

explore," she says.

"I have reached a point where I can recognize certain symbols and glyphs of photos of Uxmal and Chichen Itza. I would have loved to have been able to go there just to see what I have read so much about," Paul says.

Paul was in Mexico on a student visa. She did not have a work visa, so was prohibited from getting a job there to help support her trip. Paul had to rely on the money she saved from her assorted jobs in Gettysburg and the few shares of educational stock she sold. "The jobs were basically normal," Paul says. "I did dog walking, babysitting, housecleaning, waitressing, circulation at the library, teacher's assistant in the opera class, Career Outreach Assistant for the Career Planning and Advising Office on campus, underwriter at WZBT, interpreter for the adult education



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program in the migrant community, chauffeur for a professor on campus (driving his children to and from school), house sitting, and tour guide," she recites.

In addition to her studies and jobs, Paul has also been involved in a variety of activities at Gettysburg College: symphonic and marching bands, college-community orchestra; chapel choir, flute choir, temple musicians, WZBT radio disk jockey and news director, Alpha Phi Omega, a co-ed service fraternity, Social Justice Committee, co-presenter for the Women's Conference, stage manager for a one-act play, Sigma Alpha Iota, a women's music fraternity, and Ministries at Christ Chapel board.

"Really, it's heartbreaking. The best of Sarah can't shine through right now because she's struggling financially just to get by," Mrs. Paul says.

Mrs. Paul laments that Paul could

not fully partake of her experience in Guadalajara. "Outside her basic curriculum, there were electives. She was limited by her finances. But Sarah finds interesting things to do everywhere she goes, even if she couldn't take the extra classes. She's always made good use of her time. And she looks for the good in every situation," Mrs. Paul says.

One such situation truly touched Sarah during her stay in Mexico.

"Every day on my way home from classes, I would see this woman with her children sitting along the street begging for money. At first I gave her my spare coins. Then I came to a point where I no longer had it to give. I came to look at things a little differently. I suppose it's all relative to your own life," says Paul.

Now that she's home again, she's plagued with another obstacle. During her time in Mexico, she

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couldn't work to earn enough to finance her last semester at Gettysburg College to complete her degree.

"I'm not sure what I'm going to do. I just intend to do my best," she says.

"I wish we could help Sarah more, but we still have two children at home. And Sarah's brother is studying engineering at Carnegie Mellon. He also had to work to be able to go to school," says Mrs. Paul.

Mrs. Paul works at Shamokin Area Community Hospital as a lab technician, and does paramedical exams in the area. Paul's father, John, is assistant manager at Steve Shannon Tire and Auto. He also worked at the Danville News for a few year, and wrote the 'Remembering the Past' articles during the bicentennial celebration in Danville.

As for her future, Paul is undecided, beyond finding a way to fin-

ish her education. "Plans following graduation are foggy right now, but I would like to carry on helping others, in some capacity," she says.

She is considering an internship as a liaison between the United Nations and the Lutheran Office of the World Community, which deals with human rights internationally.

Another possibility is the federal Americorp program. "I wanted to participate in Americorp, but I have a feeling there won't be funding for the program by the time I graduate," she says.

"Perhaps the Peace Corps," Paul muses. "Just like every other idealistic young person, I'm convinced I can change the world."

Post graduate work toward her master's degree is out of the question immediately following graduation. "I just can't afford it, but do intend to get my master's at some point," says Paul. **S**

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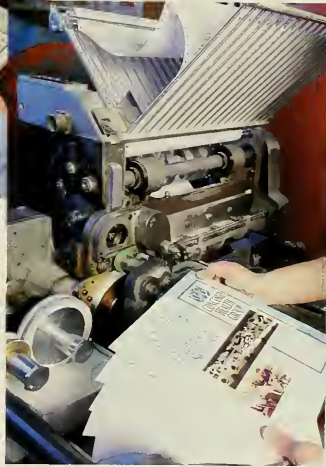
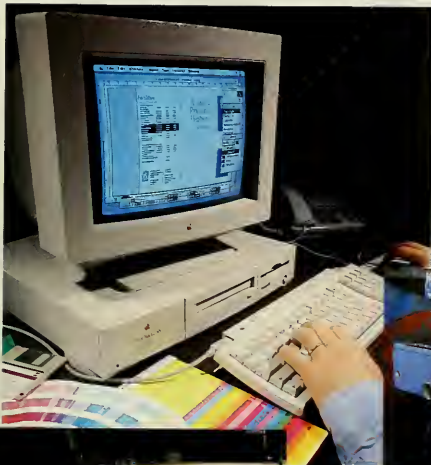
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Book Wheels Keep on Turnin'

Charles Ross, a woodcarver from Millville, is glad he doesn't have to go into town to check a book out anymore. The Columbia County Traveling Library stops at the Millville Senior Center where Ross is a member. "It's a real help," he says.

The Columbia County bookmobile was founded in 1941, when teachers became concerned that their communities did not have accessible public libraries. "Books together with people are our only concern here," says librarian Dorothy Coady. The bookmobile serves 30,000 residents of Columbia County, making 48 stops twice a week at convenient locations including preschools, day care centers and senior citizen centers.

Included in the 3,500 volume traveling collection are books on adult literature, fiction, nonfiction, childrens books, and best sellers.

The bookmobile also provides a variety of large print books for

senior citizens, including a large print *Reader's Digest*.

"We couldn't manage without it," says Miriam Eyer, Millville High School librarian. "The bookmobile provides us with supplement materials for the students," said Eyer.

The cost of the new bookmobile was \$106,895, provided by a federal grant, donations from the traveling library Friends Group, and residents of Columbia County. The Friends Group meets once a month to discuss fund raising ideas and creative strategies to keep the bookmobile on the road.

"The traveling library is my passion," says Betty Trout, secretary of the board of trustees, and long time member of the Friends Group. "Without the bookmobile, communities without libraries are lost and in desperate need of books," she says.

County residents may borrow books by applying for a traveling


library card. But books aren't the only things residents can check out. Plans for computer usage are in progress. "We have plans to buy a laptop computer to look up reference materials for those interested," says Coady. Interlibrary loan is also available to access books from other libraries across the state. The only cost to the customer is a minimum postage fee of \$1.50.

The main office of the Columbia County Traveling Library is located on the first floor of the Bloomsburg Public Library. Requests for service, books and information are always welcome according to Coady. "It gives people who don't have access to a library an opportunity to be open to the extraordinary world of books," says Coady.

— CHRISTY SHAW



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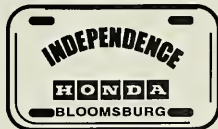
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