

## NEWS RELEASE

For Immediate Release

**Media Contacts:**

Michael Jenkins, [michael.jenkins@searhc.org](mailto:michael.jenkins@searhc.org), (907) 463-6666 (Juneau, SEARHC Corporate Communications Director)  
Charles Bingham, [charles.bingham@searhc.org](mailto:charles.bingham@searhc.org), (907) 966-8504 (Sitka, SEARHC Corporate Communications Specialist)  
Doug Osborne, [doug.osborne@searhc.org](mailto:doug.osborne@searhc.org), (907) 966-8734 (Sitka, SEARHC Health Educator/WISEGUYS Coordinator)  
Cachet Garrett, [cachet.garrett@searhc.org](mailto:cachet.garrett@searhc.org), (907) 463-4092 (Juneau, SEARHC Health Educator)

### SEARHC hosts comedian Susan Rice in benefit shows

**SITKA and JUNEAU, March 14, 2008** — Did you know humor is beneficial to your health? Studies have shown that laughter improves blood flow, reduces pain, strengthens immune function and decreases stress.

In order to share a few laughs while raising money for a serious cause, the SouthEast Alaska Regional Health Consortium (SEARHC) Health Promotion Department and the SEARHC WISEGUYS men's health group in Sitka are hosting the second annual "Healing Power of Humor" comedy show with Portland comedian Susan Rice. Last year's show in Sitka was so successful a second show was added in Juneau, so this time there will be twice as many laughs.

Juneau's show takes place at 7 p.m. on Friday, March 28, at the Juneau Arts and Culture Center (the old armory), while Sitka's show is at 7 p.m. on Saturday, March 29, at the Sheet'ká Kwáan Naa Kahídi. Tickets are \$15 for adults and \$10 for students and senior citizens, and they can be purchased in Juneau at Hearthside Books and in Sitka at Old Harbor Books and White's Pharmacy. Proceeds from the Sitka show benefit Sitkans Against Family Violence (SAFV), while the Juneau show benefits AWARE Inc. (Aiding Women in Abuse and Rape Emergencies).

"Susan Rice comes highly recommended to us by Kermet Apio, the comedian who performed in last year's sold-out show in Sitka," SEARHC Health Educator and WISEGUYS Coordinator Doug Osborne said. "It's going to be fun, and because of our generous sponsors we're confident we'll be able to raise some money for two very deserving local non-profit organizations."

Susan Rice is a veteran comic who has appeared on national shows such as A&E's "An Evening At The Improv," HBO's "Comedy Central," ShowTime's "Comedy Club Network" and CBS's "Pat Sajak Show." She also has headlined at comedy clubs around the country and on cruises. Her observational humor is PG rated and this is a non-alcoholic event. Local acts will open each show.

For more information about the Sitka show, contact Doug Osborne at 966-8734 or by e-mail at [doug.osborne@searhc.org](mailto:doug.osborne@searhc.org). For info on the Juneau show, contact Cachet Garrett at 463-4092 or by e-mail at [cachet.garrett@searhc.org](mailto:cachet.garrett@searhc.org).

###