

THE

# NITTANY PRIDE

Vol. VIII No. 6

April 27, 2014

## Pirates Fans Excited About 2014 Season



### Final Exam Study Tips

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### Steel City Con Takes Over Monroeville

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### PSNK Nittany Lion Mascot Identity Revealed

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# CAMPUS LIFE

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## Final Exams Study Tips

*By Alexandra Smith*

Finals week begins on May 5 for Penn State, and is rapidly approaching. With the semester coming to an end, many students find themselves preparing for multiple final exams, all while finishing up projects and homework assignments. It's definitely a tough balancing act, so here are four tips to help you ace your finals.

### **Be prepared**

First and foremost, try not to procrastinate; waiting to study until the night before an exam is never a good idea. Procrastination causes undue stress, and can lower your GPA very quickly. Make a study schedule based off of your final exam schedule, and study for your first or hardest final first. Review all of your class materials—tests, homework, quizzes, and handouts. Create your own study guide, as this causes you to review the information as you create the study guide, and then review it again each time you look over it. Make sure you have all of your class materials with you as you study, and bring along extra writing utensils so you won't waste time looking for your notes or a new pen.

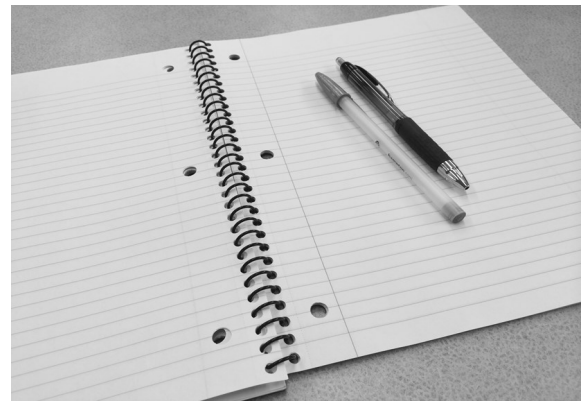


Photo By: Alexandra Smith

### **Determine your study style**

Some students like to study alone, in a quiet place with no distractions, while others thrive in a group setting. Before you begin studying, figure out what situations and places are most conducive to your learning. Do you like to create flashcards and test yourself, or do you enjoy studying in a large group from your class? Do you study well with one other person, or would you rather explain class materials to a roommate or friend who isn't in your class? Do you do your best studying in the library while listening to music, or do you prefer sitting in a coffee shop with your favorite beverage? Think about what study style and location works best for you and implement it as your exams approach.

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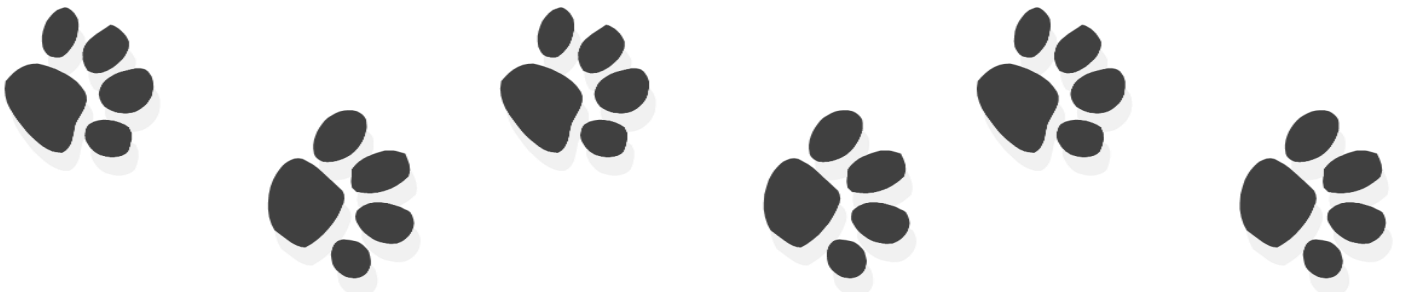
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## **Limit distractions**

Do you have friends who are negative about exams, and actually stress you out when they discuss them? Try to limit your time around these types of people because their stress can be contagious, and you may suddenly find yourself tense and distracted with worry. Don't be afraid to say no to people or activities that will cut into study time. All of your friends who want to hang out will still be there after finals, so make studying a priority each day before your exams. Deactivate social media accounts, turn off your cell phone, or even block the internet on your computer—do whatever it takes to focus while you study. It's okay to take breaks, but try to keep them short, around 10 to 15 minutes. Switching subjects every 30 minutes can help break up the material while keeping your attention for longer periods of time, too.

## **Take care of yourself**

The end of the semester can be very stressful, so it's important to take care of yourself during this time so you can perform your best while under pressure. Make sure you get enough sleep; pulling an all-nighter usually isn't a good idea because it's hard to do well on an exam while feeling exhausted, and cramming information at the last minute is an ineffective study habit. Try to get some fresh air and eat healthy foods that will give you energy and make you feel good. Finally, remember to keep everything in perspective. No matter what, an exam is just an exam, and stressing out excessively won't help you do your best; try to visualize yourself acing your exams and be confident that your studying and hard work all semester will pay off in the end.



# CAMPUS LIFE

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## PSNK Nittany Lion Mascot Revealed

*By Krista Murray*

NEW KENSINGTON, Pa.—In Dec. 2012, a Penn State New Kensington student was chosen to be the symbol of school spirit, the Penn State Nittany Lion mascot. After a year and a half of dedication, hard work, and unwavering enthusiasm, this student behind the Lion will be graduating in May 2014 and will be retiring for a new Penn State student to don the Lion suit. Now, this student has chosen to reveal his identity to the PSNK community. So who was the Nittany Lion?

Steve Warhola is the man behind the Lion.

“I am the Penn State New Kensington Nittany Lion,” said Warhola. “I have thought about telling everyone for a while now and I don’t want to keep it a secret. I’ve worked very hard and I’m so thankful to be recognized.”

Since his freshman year, Warhola said he aspired to be the Nittany Lion. With perseverance, he said his goal was achieved when he asked to attend a basketball game as the Lion. Ever since, Warhola has strived to be the mascot that the students and faculty at PSNK deserved by attending various school-run events.

From canning for THON to the Back to School Bash at the beginning of the fall semester, Warhola said he had made a goal to appear at as many campus events as possible.



Photo by Anthony LaMendola

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# CAMPUS LIFE

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“I practically live in the suit,” said Warhola. “If there is an athletic event or admissions event –any event at campus–if they ask me to do it, I love to do it.”

Throughout each event, Warhola said he would stay in the suit, greet people, take pictures, and promote school spirit. Warhola said this task was difficult at times, but stated that he wouldn’t take away any experience he had while being the mascot.

“You know when we were kids how we would dream about being super heroes?” Warhola asked. “Like Clark Kent when he puts on his Superman uniform? Or Batman? That’s how I felt when I put on the Nittany Lion suit every time. When I am wearing the suit, there is not a day that goes by where I don’t feel like that.”

Warhola said his passion for the position has allowed him to make appearances, not only during campus events, but during class days as well. He said he has dressed up as, fittingly, a superhero for Halloween, Cupid for Valentine’s Day, and many other holidays throughout the year. Warhola said he will even dress as the Nittany Lion when there is a faculty member birthday and he presents them with a birthday cake and card from the Lion.

“I’m the Lion because I am here to serve our campus and make people happy and excited about being a part of Penn State New Kensington because it’s a great campus,” Warhola said. “If I can make someone happy, I will try.”

As a senior, Warhola said he is enthused to be graduating, but sad to see his time as mascot reach a conclusion.

“I’m just so passionate about it,” Warhola said. “I don’t want to let it go, but every good thing must come to an end sometime.”

By signing up for a time slot in the Student Life Office, returning students will have the chance to audition to be the next Nittany Lion on April 28 and May 7. When asked if Warhola had any advice for the next student, he was not short of any.

“I wish you luck and try your best,” Warhola said. “Do whatever the campus asks of you because you are here to help the campus and they appreciate it very much.”

# CAMPUS LIFE

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Warhola said he hopes to either acquire a job in the field of human resources or work in his father's scrap yard company in order to potentially take it over one day. Until then, Warhola said he is proud to share his last moments as the Nittany Lion with the PSNK community.

"I'd like to thank everyone," Warhola said. "Thank you so much for giving me the opportunity. It will be very hard for me to give up the position because it has been my life for the past year and a half, but I'm content. I'm content with everything I have done and I feel that I have done all that I can. I hope I have left a legacy to be proud of."

**Tired of studying for finals?**

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favorite stories at:

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# ENTERTAINMENT

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## Book Review: ‘Growing Up Duggar’

By Alexandra Smith

“Growing Up Duggar” by Jana, Jill, Jessa, and Jinger Duggar was published on March 4, 2014 and brought a firestorm of media along with it. Many people seem to be intrigued by the Duggar family, which consists of 21 people—two parents, nine girls, and ten boys. The Duggar family has a television show, “19 Kids and Counting,” on TLC that follows their lives and displays the family’s conservative Baptist beliefs. The authors of “Growing Up Duggar” are all above age 18, and the media has reported on the girls’ courtships and marriage plans. People seem intrigued that the Duggar girls don’t date, kiss before marriage, or hold hands before engagement. Needless to say, when their book was published, I found myself interested in learning about how the Duggars have grown up and what has shaped their beliefs and choices.

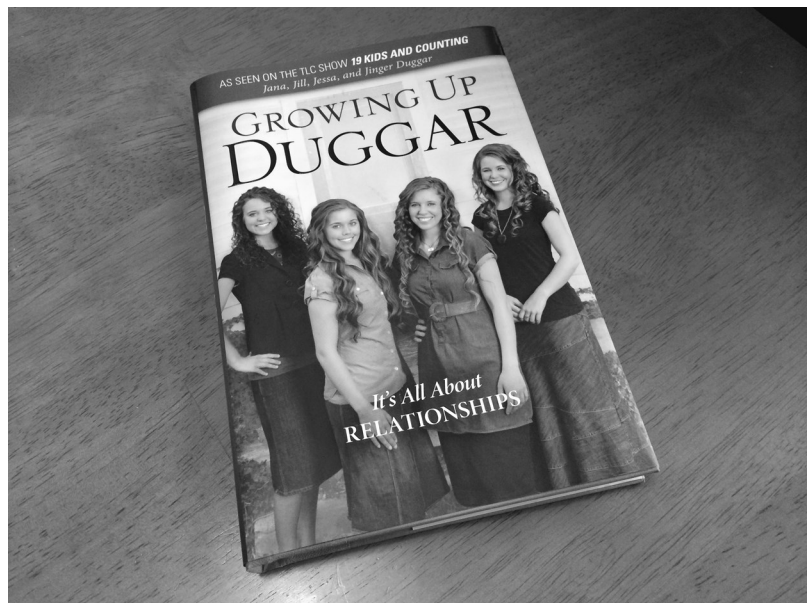


Photo by: Alexandra Smith

The four eldest daughters, Jana (24), Jill (22), Jessa (21), and Jinger (20) wrote “Growing Up Duggar” together, and the 256 page nonfiction book focuses on relationships that most young women have. The Duggar girls discuss their views on relationships with God, siblings, parents, self, the world, culture, one’s country, and guys. Throughout the book, each girl detailed her life experiences with certain relationships and struggles, and shared personal stories about how they have dealt with situations such as low self-esteem, fears, body image, dating, and getting along with their siblings. “Growing Up Duggar” also gives an inside look into how the Duggar family functions.



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Not expecting the book to be so personal, I was pleasantly surprised to read many stories about the Duggar family that portrayed them as people who go through trials and events that other families go through as well. Their stories and anecdotes were much more relatable than I expected. It was nice to learn that the Duggars deal with disobedient children, traveling woes, and awkward situations. The book made me laugh out loud at one point, when the girls detailed how their father was in the running to become a representative in the Arkansas state legislature and campaigned door-to-door. The girls noted on page 168 that their dad went up to one house and knocked, and when a lady came to the door, “he said, ‘Hi, I am Jim Bob Duggar, and I’m running for the office of state representa—’ The lady immediately cut in and, obviously not of the same opinion when it comes to family sizes and children being considered a blessing from God, she said, ‘I know who you are, and I am not going to vote for you until you get a vasectomy!’ Then she slammed the door in his face!”

Funny stories aside, the Duggar girls also surprised me with the fact that they are not as sheltered as I thought they would be. They detailed how they spent time campaigning in different states for Republican Rick Santorum, how they drove straight to Joplin, MO after the tornado hit in 2011, the mission trips they have been on in El Salvador, and their travels to China. Jill discussed her decision to become a midwife, and how it has allowed her to meet people that lead much different lifestyles than she does. Jana mentioned that she obtained her First Responder certification and volunteered at the family’s local fire department. Jinger detailed her time volunteering at a juvenile detention center in Arkansas as well as in a high-security prison in Florida.

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What was very apparent to me while I read “Growing Up Duggar” was the fact that the Duggar family doesn’t seem as unaware of the “real world” as many may believe. The authors made it clear that they know what is going on in the world, and that they aren’t afraid to leave their home to serve others who may not have the same religious or personal beliefs as they do.

Overall, I enjoyed “Growing Up Duggar.” I finished the book feeling that the authors are very intelligent, mature young women who make decisions for themselves based on their religious beliefs. They may be more different than most people, but that doesn’t make their opinions or practices any less valid. I would recommend “Growing Up Duggar” to young women who are interested in improving the relationships in their lives as well as anyone who has an interest in the Duggar family in general.



# COMMUNITY

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## Steel City Con Convention Attracts Hundreds

*By: Casey Domski*

PITTSBURGH, Pa. – Pittsburgh’s favorite pop culture, comic and movie convention Steel City Con took place April 11-13 at the Monroeville Convention Center. The convention, which takes place several times throughout the year, attracts hundreds of people from all around the area.

This year’s convention featured big name stars such as Lee Majors, Brent Spiner and Johnathan Franks. Many other celebrities made appearances throughout the weekend, signing autographs and taking part in question and answer panels.

West Deer resident Stuart Lee said that the question and answer panels are one of the main reasons he comes to Steel City Con.

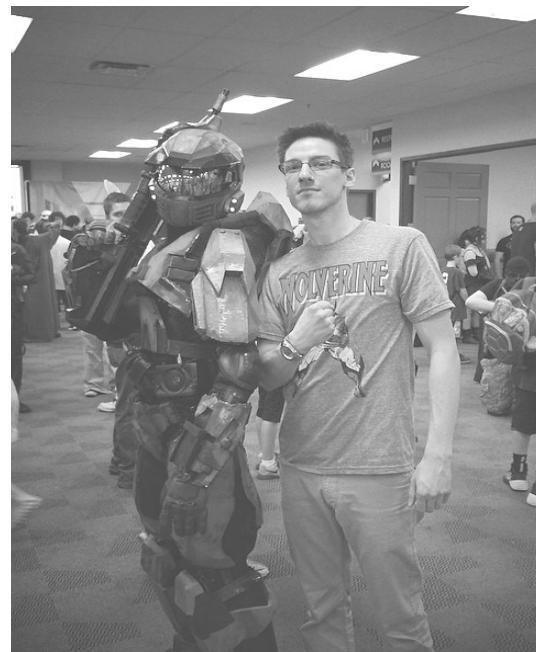
“It’s really cool to learn about the celebrities,” said Lee. “Often they share personal stories and give insight into what it was like to work on the movies and shows they were on, which I find interesting.”

Lee mentioned how many of the celebrities will also give sneak peaks about what projects they will be working on next.

“Often celebrities that are still working will give sneak peeks and information about future projects they are working,” said Lee. “I usually like to go home research more about the project based on what they said.”

Lee said he also enjoys getting to talk personally too many of the celebrities.

“Each celebrity has a table where you can walk up to them and get an autograph and have a conversation with them, not many places offer that kind of one on one interaction,” he said.



Zachary Mullaney poses with one of the costume contest entries.

Photo By Casey Domski

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Hampton resident Alan Robbins said that the celebrity guests are also a big reason he comes to Steel City Con.

“Steel City Con gives me the opportunity to build my autograph collection,” said Robbins. “I’ve been coming for years and always look forward to new guests with each convention.”

Robbins also said that the affordable admission draws him to the convention.

“For the amount of entertainment you get you can’t beat the price,” he said. “For just \$15 you get a full day’s worth of entertainment and fun.”

Part of that entertainment is the convention’s costume contest. While convention goers are encouraged to dress up for all three days of the convention. On the final day of each convention a costume contest is held with cash prizes in three different age groups. Contestants parade across a catwalk while being judged by a panel of select judges. This month’s convention costumes included minions from the recent “Despicable Me” movies, the ever popular Batman, and the adult category winner Poison Ivy. Costumes are judged based on originality and craftsmanship.

Canonsburg resident Zachary Mullaney said that the costume contest is his favorite part of the convention.

“I love seeing all the different costumes,” said Mullaney. “Some people get really into it, so it’s cool to see all their hard work.”

Mullaney said he also enjoys the various collectables that vendors have to offer.

“You can find some really unique pop culture and comic collectables at Steel City Con that you can’t find anywhere else,” he said.

Mullaney did warn that buyers should do their research because the prices can often be a little unfair at the convention.

“You really have to be mindful of the prices though,” he said. “Some vendors will raise their prices on items just because it’s Steel City Con, so you need to do your homework before buying an item, often they can be found online for much cheaper.”

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Mullaney also said that Steel City Con is an opportunity to discover new comics that may not be available at your local comic book store.

“There are hundreds of comic book vendors at the show,” said Mullaney. “I always find new comics that I have never seen before, which is one of my favorite parts about going to the show.”

Whether you’re buying or just browsing, Steel City Con offers over 700 different vendor and artists tables. The convention is a big draw for artists looking to build a steady fan base.

Ohio comic artist Jesse Marks said that he comes to the convention to sell his art out of convenience.

“It’s a close convention for me,” said Marks. “It also draws a big crowd, so you get a lot of exposure over the three day show.”

Marks said that he first started selling his art at conventions because of his daughter.

“Once I was at convention with my daughter and she said that my art was just as good as all the other artists,” he said. “Of course, she kept pushing me to start my own table, and me being a Dad I felt I needed to set a good example to show her that she can do anything she wants when she grows up.”

Marks said the rest is history: “After the first show I ever did I made a pretty decent profit, and I have been doing it ever since.”

Local Pittsburgh comic artist Mikey Wood said that the people are what keep him coming back to Steel City Con.

“I just really love the crowd here,” said Wood. “Steel City Con has given me the opportunity to build a loyal fan base that keeps coming back with each show.

Wood said that his love of comic art started at a young age and has continued into his adulthood.

“I started drawing comics around age nine,” he said. “I have been doing it ever since.”

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Steel City Con offers a variety of different artist tables from comic and pop culture artists, to glass artists and even T-shirt designers. There is a table for just about every interest at the convention.

The next Steel City Con convention will take place August 8-10, 2014, at the Monroeville Convention Center. This summer's convention will feature celebrity guests, Verne Troyer, also known as Mini-Me from the popular "Austin Powers" movies, Butch Patrick, also known as Eddie from the popular television show "The Munsters", and original Power Ranger Steve Carden, as well as many others.

For more information about Steel City Con and a complete list of celebrity guests please visit their website at [www.steelcitycon.com](http://www.steelcitycon.com).



The Stay Puft Marshmallow Man from the popular "Ghost Busters" movie was just one of the many pop culture memorabilia items on display at Steel City Con.

Photo By Casey Domski

# COMMUNITY

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## Pirates Fans Excited About Start of 2014 Season

*By Sarah Steighner*

PITTSBURGH, Pa. – The Pittsburgh Pirates opening day on March 31 filled PNC Park with sunshine and excitement. The North Shore was a sea of black and yellow as Pirate fans staked out tailgating spots and made their way inside the stadium for the 1:05 p.m. game against the Chicago Cubs.

Each slap on the back or high-five exchanged between fans gave the impression that opening day was one big Pirate family reunion. Only at this reunion, beer will cost you an easy \$8.

Regular game rituals of stocking up on food and checking out Pirates memorabilia seemed to be given more focus than usual. Each food stand featured long lines of fans eager to buy the classic American baseball cuisine that they had missed during the off-season.

Meanwhile, each clothing store was filled with fans buying Pirate baseball caps and jerseys to make absolutely sure they were clothed in full representation of their team.

Penn State New Kensington student Sarah Kutchko said she was amongst the fans on opening day. “It was electric,” recalled Kutchko. “There were a ton of fans there and I got to share the day with my best friend,” Kutchko said in reference to Penn State New Kensington student Chelsea Leake.

Leake added that opening day “was honestly something I will remember for the rest of my life. I got to spend it with my best friend, the Bucs won, nothing could of been better!”



Photo By: Alexandra Smith

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Both Kutchko and Leake said they have been Pirates fans for the majority of their lives and plan on attending around 20-30 games this season alone.

Both said that one of their favorite things about attending Pirates games is the atmosphere at PNC Park. “My favorite aspect about going to games is how beautiful the park is, watching my favorite players, and the food,” explained Kutchko. Leake added that “the fans are great and the energy going through PNC Park is amazing.”

Also in attendance at this year’s Pirates home opener was season ticket holder Francis Harris. Harris said that he has been a Pirates fan since 1955, a partial season ticket holder since 1984, and a full season ticket holder since 2000.

Partial season ticket holders have seats reserved for around 20 of the Pirates’ home games. Whereas, full season ticket holders have seats reserved for all 81 of the Pirates games at PNC Park.

Harris said he has always been a Pirates fan, but that it was sports broadcasters Bob Prince and Jim Woods that first introduced him to the concept of season ticket holders. Harris recalls a Saturday day game that was marketed as a cheap day for fans to watch the Pirates. In particular, he recall that many of these people were fans that usually watched the games from the knotholes in the fence of the ballpark when they could not afford actual tickets to get in.

Harris explained that he was listening to the game on the radio when Bob Prince said “there sure are a lot of knot-holders in the stadium today,” to which Jim Woods replied “No, I believe those are future season ticket holders.”

“That was the first time I had heard that being ticket holders for an entire season was possible,” said Harris. “I knew that one day as soon as I was able, I would be a season ticket holder.”

An avid and loyal Pirates fan, Harris said he has four seats, a few rows up from first base reserved for every game. Despite his Pirates passion, Harris claims that he thinks it will be more difficult for the team to win this year. “We won 94 games last season,” said Harris. “I’ll be happy if we win 90 this year.”

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Meanwhile, Pirates fan Kyle Lowry said he predicts 96 wins with the Pirates once again making the playoffs. When asked about who he believes the most important players are, Lowry stated that “I believe Pedro Alvarez and Andrew McCutchen will be vital players for the Pirates this year with their explosive play and talented bats.” He also admitted that “All in all the team must come together to be successful.”

Having been a Pirates fan for as long as he can remember, Lowry said he predicts that he will attend about a dozen games or more this season. “My favorite aspect of attending a game at PNC Park is that the field and all of the small details are spectacular and really highlight the city of Pittsburgh,” stated Lowry.

Pirates fan Evan Keener said he agreed with Lowry’s statement. “PNC Park has something special about it,” claimed Keener. He said that he has attended games at both the Old and New Yankee Stadium in New York. “Old Yankee stadium was really fun because it was the Yankee team of the early 2000s that had a lot of great players and role models and I saw some of the most historic players play in a field that had a ton of history itself but overall, I love PNC Park,” said Keener. “It has a great view around the city.”

Along with being a Pirates fan, Keener said he is in love with the overall game of baseball itself having played since he was four. Keener said that playing on his high school team gave him the opportunity to play on the actual field at PNC and gave him a closer perspective of the park. “Since I have played on the field four times, I can also say that it is flawless down there and I guarantee it’s the best in the business,” stated Keener.

As for the Pirates rivals, both Keener and Lowry said they agree that the Cardinals will be a team for the Pirates to watch out for. “You’re going to see some great games between the St. Louis Cardinals and the Pirates,” assured Keener. “It’s going to be a battle all season.”

Despite the Pirates fair share of losing streaks in recent seasons, it seems as though the Pirates have quite a strong fan base. “I think everyone gets discouraged from time to time, but that’s what happens with a 162 game season, said Lowry. “In the end I’ll always be a loyal fan.”

Fans interested in the Pittsburgh Pirates’ game schedule and purchasing tickets can visit [www.pittsburghpirates.com](http://www.pittsburghpirates.com) for more information.

# RECIPES

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## Chocolate Granola

*By Alexandra Smith*

Granola is a wonderful addition to one's breakfast, snack, or even dessert. It can be sprinkled on top of yogurt, added into a trail mix, enjoyed in a bowl with milk, or simply eaten plain. What's wonderful about chocolate granola is that it tastes indulgent, but is made with healthy ingredients such as whole grain oats, raisins, almonds, and honey. This recipe makes about three cups of granola.

### Chocolate Granola

#### Ingredients:

- 1/2 cup brown sugar
- 2 Tablespoons creamy peanut butter
- 3 Tablespoons honey
- 2 Tablespoons butter
- 1 tsp vanilla extract
- 2 cups old fashioned oats
- 1/4 cup sliced almonds
- 1/2 tsp ground cinnamon
- 1/4 cup semi sweet chocolate chips, chopped
- 1/4 cup raisins



Photo by: Alexandra Smith

#### Directions:

1. Preheat oven to 350 degrees Fahrenheit. Spray a cookie sheet with cooking spray.
2. Combine brown sugar, peanut butter, honey, butter, and vanilla in a small bowl. Microwave in 30 second increments until all ingredients are melted. Stir until smooth.
3. In a large bowl, combine the oats, almonds, and cinnamon. Add the wet mixture to the dry, and stir until combined.
4. Bake for 15 minutes, and then "stir" or "flip" the granola with a spatula. Bake 3-5 more minutes, or until browned.
5. Remove the granola from the oven and let it cool completely. Add chocolate chips and raisins to granola and enjoy!

# RECIPES

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## Simple Sugar Cookies

*By Alexandra Smith*

Sugar cookies the quintessential cookie. People bake them for holidays, birthdays, celebrations, and as a fun treat. They can be large or small, almost any flavor, and are a great vehicle for your favorite frosting. One thing that is bothersome about typical sugar cookies is the time it takes to refrigerate them before they're ready to be baked. That's why this simple recipe—which requires no refrigeration—is perfect for your sugar cookie craving.

### Simple Sugar Cookies

#### Ingredients:

- 2 1/4 cups all purpose flour
- 1/4 teaspoon salt
- 2 teaspoons baking powder
- 1/2 cup shortening
- 1 cup sugar
- 2 eggs
- 1/2 teaspoon vanilla
- 1 tablespoon milk (I used soy milk)

#### Directions:

1. Preheat oven to 375 degrees Fahrenheit and line a cookie sheet with parchment paper.
  2. Combine flour, salt, and baking powder together in a medium-sized bowl.
  3. In a large bowl, cream together shortening and sugar. Add the eggs and vanilla.
  4. Add the wet ingredients to the dry, along with the milk.
  5. Roll out on a floured surface and cut into desired shapes (or simply roll into balls).
  6. Sprinkle with extra sugar and bake for 10-12 minutes. Cool completely before enjoying.
- This recipe makes about 2.5 dozen delicious cookies.



Photo by: Alexandra Smith

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# Cinnamon Vanilla Biscotti

*By Alexandra Smith*

## Ingredients:

6 tablespoons unsalted butter, softened  
2/3 cup sugar  
½ teaspoon salt  
½ teaspoon ground cinnamon  
2 teaspoons vanilla extract  
¼ teaspoon almond extract  
1 ½ teaspoons baking powder  
2 large eggs, at room temperature  
2 cups all-purpose flour  
1 teaspoon coarse sparkling sugar



Photo By: Alexandra Smith

## Directions:

1. Preheat oven to 350 degrees Fahrenheit and line a large baking sheet with parchment paper.
2. In a large bowl, beat the butter, sugar, salt, cinnamon, vanilla and almond extracts, and baking powder with a hand mixer until creamy.
3. Beat in the eggs, and stir in the flour until the mixture is smooth and slightly sticky.
4. Place the dough onto the baking sheet and form it into a log that is roughly 12" x 3", and about ¾" tall. Use a wet spatula to smooth the top and side of the log and sprinkle it with the coarse sugar, pressing it into the log gently.
5. Bake the log for 25 minutes and remove it from the oven. Use a spray bottle filled with room-temperature water or a wet spatula to lightly moisten the log; softening the crust will make it easier to slice.
6. Reduce the oven temperature to 325 degrees Fahrenheit and bake the log for 5 more minutes, then use a serrated knife to cut the log into ½" slices.
7. Set the biscotti on its edge on the baking sheet and bake again for 25 minutes, until they feel dry and look golden in color.
8. Remove the biscotti from the oven and cool on a drying rack; they will stay fresh for a few weeks if stored in an airtight container at room temperature. This recipe yields about 12 large-sized biscotti.