

THE NITTANY PRIDE

Student Newspaper of Penn State New Kensington

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GOOD DEEDS & THE GLASS MENAGERIE



The cast of "The Glass Menagerie." (Photo by Michael O Daly)

PSNK Holds Food Drive For Local Shelter

Wrestling Team Looks To Enthuse Campus, Community

Spaghetti Dinner, Raffle To Benefit Student Fighting Cancer

Holiday Season Sparks Fire Concerns

Graduates Say Goodbye

TABLE OF CONTENTS

PSNK Holds Food Drive For Local Shelter.....	Page 2
Graduates Say Goodbye.....	Page 3
Students Get Tips, Information On Ireland Trip.....	Page 4
Wrestling Team Looks To Enthuse Campus, Community.....	Pages 5-6
Spaghetti Dinner, Raffle To Benefit Student Fighting Cancer.....	Page 6
Holiday Season Sparks Fire Concerns.....	Page 7
The Glass Menagerie At Penn State New Kensington.....	Page 8
Skipping Christmas: A Review.....	Page 9
Study Break! Chocolate Reese’s Pieces Cookie Recipe.....	Page 10

NITTANY PRIDE

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PSNK Holds Food Drive For Local Shelter

By Kelly Haugh

UPPER BURRELL, Pa. – Penn State New Kensington students took part in a food drive Nov. 26 through Dec. 6 to benefit a local shelter for victims of domestic violence.

The Alle-Kiski HOPE Center in Tarentum was the beneficiary of the food drive that pitted the Psych, GIG (Group Investigating God) and Social Justice Clubs against each other to see who could bring in the most food. The Social Justice Club came out ahead, but the real winner is the Alle-Kiski HOPE Center.

The food drive competition was the idea of senior psychology student Shanna Williams who volunteers at the HOPE Center and is a member of all three participating clubs. When she pitched her idea to clubs at the Student Government Association meeting, she was informed that the Campus Activities Board (CAB) already had planned a campus food drive in the spirit of Ireland's Boxing Day to go along with campus' focus on Ireland and Great Britain as part of the "Country of Focus" program. However, CAB had not yet decided where to donate the food to, so the two ideas were merged into one food drive for the HOPE Center.

Williams said the idea for the food drive arose because she wanted to help give the women and children at the HOPE Center a nice Christmas dinner. "We went grocery shopping with them for Thanksgiving and it's just incredible how they go and just have to buy so much stuff for all these women to sustain them, to try and give them as much of a holiday meal as possible," Williams explained.

The HOPE Center is a safe haven for victims of domestic violence, some of whom show up with nothing more than the clothes on their back. They provide shelter and counseling and also offer transitional housing for up to a year to help victims get back on their feet. Most of the women at the shelter have children, and Williams along with fellow student-volunteers Kelly Buggiey and Lauren Schram, both administration of justice majors, enjoy spending time with the kids.

"We have amazing fun with the kids," Schram said. "We just play around with them, have their day go a little better."

"It really makes our day better by helping them," she added.

Williams said that it is especially great to see them laughing and smiling, "because you can only imagine what these women and children were going through before they came [to the HOPE Center]."

Though the needs of the shelter vary depending on who is at the shelter at any given time, they can always use donations of food and cleaning supplies as well as toys for the kids.

With the Christmas season upon us, many people may end up receiving a gift that they don't really want or need. Williams suggests that, "rather than returning it to the store, it's a nice idea to donate it to someone who might be able to use it."

You can also donate gift cards, which can be used to purchase items that are needed or for prizes or incentives for different things within the shelter.

"They have an adopt a family program that we're going to be helping with this month," Williams said, adding that they'd be, "helping to gather donations, wrap presents and giving them out to the families and their children, so that's going to be fun."

Another exciting development is the new pet shelter that was recently built at the HOPE Center to house family members of the four-legged variety.

"One of the most difficult things for a victim whenever they're leaving their abuser is if they have to leave their pets behind. And a lot of time the abuser uses power and control dynamics, manipulating the pet to hurt the victim," Williams explained. The abuser may abuse or threaten to harm a pet as a way to maintain control and further inflict pain on the victim.

For more information, contact the Alle-Kiski HOPE Center at 724-224-1100 or online at www.akhopecenter.org.

Graduates Say Goodbye

By Heidi Kolar

UPPER BURREL, Pa.—As the end of the semester is nearing, the campus is abuzz with tension and excitement, and finals week will be here before we know it. Suddenly those projects and papers that we've had a whole semester to do are due in a week and now with the clock ticking (surprise, surprise) we decide we better get started! This is the time of year when most students live off of coffee and Red Bull and walk around campus in a red-eyed haze, with the finish line in their sights. I however, have a major case of senioritis with graduation slowly, but surely, approaching. The day I thought would never get here is finally less than a month away.

When I was searching for colleges my senior year of high school I was so indecisive about schools and majors. It seemed like every other day I was changing my mind on what I wanted to choose for a major and where I wanted to go. My mom kept telling me to come to Penn State New Kensington, and I was really weary about it. Finally, when it was crunch time and it came time to make a decision I decided to come here to get my feet wet, and hopefully I would be steered toward a major.

Now looking back at these past four years here at PSNK, I'm so glad I chose to come to this campus. My first semester here, I took COMM 100 with Professor Aima and I really enjoyed his class. I found that I truly enjoyed learning about journalism, media and communications and how they developed and evolved over the last several centuries. The enjoyment and knowledge I gained from his class helped me decide to become a Corporate Communications major.

One of the things I like about this campus is its size. All of the professors know me by name, and they are always so accessible. Because the class sizes are small, I never felt like I was just another face in a sea of students, and I formed really close bonds with a select few classmates who are also in my major, which makes it so nice because they know what you're going through with certain classes and professors and vice-versa. The environment is laid back, and all around it's an enjoyable place to be.

Although I'll miss seeing friends and professors here on campus after graduation, I am really looking forward to closing this chapter of my life and beginning a new chapter. Congratulations to the PSNK class of 2012. WE ARE!

Here at The Nittany Pride we asked graduating seniors to share some of their best memories or stories from their time spent here with us, and this is what they had to say:

Lauren Richards:

I am so happy to have transferred to this Penn State campus. I became a leader on campus in THON and Lion Ambassadors. I changed my major and I am graduating early. I have participated in so many fun events, and have met so many awesome people along the way. This all started out when I went on the Outdoor Adventure Club's first annual ski trip not knowing a single person, and left with 30 new friends. I know I make the most of my college experience and I am really privileged to have been a part of such a family-like campus. It's a bitter-sweet moment to leave all of this behind, but I know I will use everything I learned to advance in my career and have a great future. Thanks, Penn State! WE ARE....

Erin Holleran:

Upon graduation, I look back on my four years here Penn State New Kensington and remember all of the memories that I have made. I remember the confusion of finding the correct rooms for classes, the stress of scheduling classes each semester, the long days spent in the library doing research papers and projects, and lastly, the wonderful faculty and friends I have formed bonds with and so much more. I want to thank the psychology faculty, along with other faculty for making my future a success. Also, I would like to congratulate the graduating class of Fall 2012.

Students Get Tips, Information On Ireland Trip

By Ryan McLaughlin

UPPER BURRELL, Pa. – Penn State New Kensington students going on the trip to Ireland in the spring met on Monday, December 3 to discuss more details of the trip. Topics discussed included insurance, cost, scholarships and customs.

Professor Abhinav Aima, instructor of Communications, started by telling the students that they need to be taking a course with an approved Ireland component in order to go on the trip. The class specifically set aside for this trip is American Studies 105, which is taught by Professor Aima. Other options include a philosophy course or the biology course taught by Dr. Hamilton. Students that can't take any of these should contact Professor Aima with another option.

Amy Rustic, reference librarian, told the students that they need to give a copy of their passport to her as soon as possible so the travel agent can order the airline tickets. Rustic said that this trip is “a really exciting opportunity for our students, particularly those who haven't travelled abroad before.” Students can also apply for a global scholarship, which is based on financial need. Students were also encouraged to sign up for Yammer, which is a social networking site for closed groups, and join the special group created for the trip. Here, students and faculty can discuss details of the trip, such as roommates and possible sights to see.

Students can get Euros at their bank before going on the trip or they can use their bank card at an ATM in Ireland, though their bank will charge a conversion fee of around 3%. Students can opt to use a credit card, but they will also incur a 3% charge for conversion every time they use it.

Honors student Christian Kamenic is looking forward to the trip, saying it's a “good chance to get out of the country.”

The faculty have talked to the travel agency and the students should have WIFI at every hotel, unless it is impossible. Within the cost of the trip, students are receiving breakfast everyday at the hotel, four dinners and admission to all planned attractions. Students will have to pay for lunch or any other meal. Rustic said that it “takes a lot of work for us to coordinate the trip, but it's also a rewarding experience.”

Nurse Elaine Zarichnak, who will also be going on the trip, stressed that students who take medication should let her know before the trip. It's also important to carry any prescription medication in the bottle or have a copy of the prescription with them while going through customs.

WANT TO SEE YOUR NAME IN THE BYLINE?
HAVE A STORY OR OPINION YOU WANT TO SHARE?

Send it to us at nittanypridenews@gmail.com

Wrestling Team Looks To Enthuse Campus, Community

By Ron Wolfe

UPPER BURRELL, Pa. – Of the many projects underway at the Athletics Center, few possess the level of excitement as the PSNK Wrestling Team. Still a newer sport on campus, the wrestling team finds itself “new again” with first year coach Derek Caldwell and many fresh faces on the squad.

Coach Caldwell has quite a resume and the PSNK Wrestling Team should surely benefit from his hiring. He attended Lock Haven University, where his successes on the mat were rivaled by his successes in the classroom, a winning combination that will serve the team well this season and beyond. He studied communications as an undergrad and feels that communication is also key in wrestling.

“During a match, a wrestler gets tired after exerting himself and is very focused on his opponent, while his coach is positioned away from the action and can see what needs done,” Caldwell explains. “It’s important that my wrestler be able to hear my instructions while he is wrestling his opponent.”

The coach was quick to point out junior wrestler Matt Kepple as someone the team will lean on heavily when they begin conference competition in January. “We have high expectations with Matt and we know he has room to grow as a wrestler. He should dominate at the 184 pound weight class in our conference. He is as good as many Division I and II wrestlers at bigger schools.”

Kepple is the team captain and his leadership and experience are especially needed with all of the new additions to the team. One of these additions is Jimmy Bistine, a freshman from Kiski who will wrestle at 149 or 157 pounds. Coach Caldwell is impressed with his maturity and with the understanding of the sport that he already possesses. Some of the other new faces include Kevin Uncapher, who had a very good showing at his first tournament, wrestling in the 133 pound weight class and James Melnyk, who is making the transition from soccer to wrestling.

“Western PA is a hot bed for wrestling,” Coach Caldwell explains. “The WPIAL is full of good wrestlers at all weight classes. Some of these kids will go to the bigger schools, but the many that remain may be good wrestlers just not good enough for NCAA wrestling teams. That’s where we come in. We offer the opportunity for athletes to keep wrestling and get a good education, close enough to home that parents can come and watch. But we aren’t the only school that offers this opportunity, so recruiting can get competitive.”

Not every wrestler on the squad was recruited. Coach Caldwell welcomes any athletic male that wishes to try out for the team and is willing to work. “There are 10 weight classes and we need to fill each one at every match, so we’re always looking for wrestlers. Sure, we have a core line-up of wrestlers totaling about 8 guys and we will be trying out different guys at different weight classes, still trying to find the right competitive combination of 10.”

“I have wrestlers that have never wrestled before, ever. I am used to coaching guys that have been wrestling since they were 6 or 7 years old, were wrestlers for their respectful high schools....but this is a good thing. I am forced to embrace the basics, which is good for a coach and good for the other, more experienced wrestlers.”

What makes an adult male pick up wrestling at this stage in his life? There are a few reasons. The popularity of the mixed martial arts (MMA) sport has many men thinking about adding the sport of wrestling to their repertoire. Wrestling is also perfect for muscle building and cardiovascular health.

What keeps an athlete competing at a sport, like wrestling, when there are no scholarships to be received or NCAA tournaments to attend? Coach Caldwell was quick to explain that the sport of wrestling continues to grow. Many small schools have a wrestling program and many more are still adding wrestling to their sports programs. To this

COMMUNITY

point, the creation of the NCWA was warranted. The National Collegiate Wrestling Association gives smaller schools the ability to enjoy the tournaments, rankings and championships that were reserved for the NCAA schools only in the past. There is always the chance that an underclassman could impress a Division I or II school while wrestling for a school competing in the NCWA. The PSNK Wrestling Team also competes in the growing PSUAC, which also offers wrestlers a chance for championships and competition...as well as notoriety.

Speaking of notoriety, Coach Caldwell hopes for plenty of support from the campus and community this upcoming season. "We have some hard-working guys with emerging talent. We wrestle many local colleges. The PSUAC allows for the local Penn State campuses to compete against each other, which should add to the community interest level. As popular as wrestling is in this area, it should be easy to attract good crowds...plus there is little or no admission to see good college wrestling."

The PSNK Wrestling Team hosts Penn State Greater Allegheny on January 9th at 7:00 p.m.



Spaghetti Dinner, Raffle To Benefit Student Fighting Cancer

By Kelly Haugh

FREEPORT, Pa. – A spaghetti dinner and Chinese auction are being held Saturday, Dec. 15 from 4 p.m. to 7 p.m. in the cafeteria of Freeport Senior High School in Sarver to raise money for a ninth-grade student battling cancer.

Matt Wolfe, of Freeport, has already beaten non-Hodgkin's lymphoma once after being diagnosed in 2010, but the cancer has recently returned. Now Wolfe, who loves sports and enjoys fishing, is in need of a bone marrow transplant after undergoing two rounds of high-dose chemotherapy.

With medical expenses mounting, local residents and Wolfe's fellow students have rallied around the Wolfe family and planned what will be the first of several fundraising events. Sponsored by Freeport High School's Key Club and Friends of Matt Wolfe, all proceeds from the spaghetti dinner and Chinese auction will benefit the family.

Local businesses were asked to donate items for the Chinese auction, and the response has been staggering. Some of the baskets being raffled off include items like a nook, a canoe trip, autographed Steelers merchandise, money trees containing over \$100 and gift certificates for everything from free teeth whitening to a month of gym membership and a massage.

The outpouring of donations over the last month has exceeded even the organizers' expectations and shows that the spirit of giving is alive and well this holiday season and that people really do care about their fellow man.

Tickets for the spaghetti dinner are \$8 and can be purchased ahead of time or at the door on Saturday, Dec. 15. Dinner includes a drink, salad, dessert and a freshly baked roll from Vocelli's Pizza in Sarver. Take out is also available. Chinese auctions tickets will be one dollar apiece or 10 tickets for \$9, 15 for \$13, 20 for \$17 and 25 for \$20.

For more information, contact Valarie Smith at 724-681-6620 or Diane Haugh at 724-931-7126.

Holiday Season Sparks Fire Concerns

By Casey Domski

UNDERCLIFF, Pa. – With the upcoming holiday season upon us, fire safety concerns are at an all-time high according to a local fire lieutenant.

Local fire departments are prepared and want you to be too. Lights, warm fires and home cooking are all typical holiday activities that could be putting you and your home at risk. By being aware of these concerns we can all ensure a safe and happy holiday season.

Members of the Undercliff Fire Department want people to take extra precaution this holiday season, especially with their holiday lights which are one of the biggest causes of fires around the holiday season. Faulty lights and overheating bulbs are a big concern as more and more people begin decorating their homes.

“Christmas lights are always a big concern around the holidays,” said fire lieutenant Cj Gerardi. “People need to remember not to overload their circuits or leave lights on for extended periods of time, especially unattended.”

Always be sure to check that light circuits are working properly and not overloaded, which can cause sparks and lead to fires. It is also important take extra precaution inside the home with lights around your trees. Holiday lights that are left on for too long can overheat and generate house fires. Homeowners need to remember to keep an eye on their lights at all times, and to check them regularly.

“With a big house, holiday lights are always one of my biggest concerns,” explained homeowner Marie Bates. “We always make sure to check the circuits and shut them off before going to bed.”

Chimney fires are also a common concern around the holiday season as temperatures drop. “Many people use their chimneys to help heat their homes,” said Gerardi. “Always make sure to clear away any soot that may reignite and cause a fire.”

Fires caused by cooking are also a big concern of the holiday season for many fire departments. As more people begin entertaining their family and friends at holiday par-

ties, people need to be aware of the dangers of stove top and oven fires.

“Never leave the kitchen unattended,” explained Gerardi. “A fire can start on the stove or in the oven instantly. I always advise people to avoid overcrowding in the kitchen and keep work areas around the stove clear.”

Stove top and oven fires are one of the leading causes of fires year-round. A small stovetop fire can turn deadly in minutes. These few simple steps can help protect you and your home around the holidays. Keeping family and friends safe this season should be the number one concern of everyone.

“Living in an apartment building I feel like it’s extremely important for people to be aware of holiday fire concerns,” said local resident Patrick Saunders. “We all need to look out for each other this time of year to ensure everyone has a safe and happy holiday season.”

The Undercliff Fire Department advises people to take these concerns into consideration this holiday season and educate yourself about the dangers in and out of your home. They also want to remind people to never try to handle a fire on their own or go back into a burning home.

“People need to call us immediately if there is a fire,” stressed Gerardi. “Trying to put it out on your own can often make it worse and put your life at risk.”

For more information about fire safety, contact your local fire department or visit the Undercliff Fire Department’s website at www.undercliffvfc.org.

The Glass Menagerie At Penn State New Kensington

By Jennifer Phillips & Michael O Daly



Chris Capo, Josh Milan, Pamela Farneth, and Kylee Danko make up the cast of "The Glass Menagerie." (Photo by Michael O Daly)

UPPER BURRELL, Pa. – Penn State New Kensington was host to an outstanding performance of “The Glass Menagerie” at the campus Forum Theater Nov. 29 – Dec. 1. The cast delighted audiences during the three-day performance of this play written by Tennessee Williams and directed by Bill Mitas, the theater instructor at PSNK. The play takes you along a touching story about an impoverished family with an oppressive, single mother whose husband left her to struggle, caring for the 2 children alone.

Sophomore Chris Capo was the narrator and frustrated son, Tom Wingfield, who works to help the family but feels unappreciated for everything he provides. Capo was commanding in his role as Tom, who fights to take the reins of his own life.

Kylee Danko, a first-year student at PSNK, played Laura Wingfield, the introverted sister of Tom. Danko brought credibility to the part of the timid sister who is struggling to find her place in the world. She delivered subtle emotions as her character braved this turbulent family.

Pamela Farneth, an experienced actress who has starred in a number of productions, played Amanda Wingfield, the mother that needs to plan for the future but is forever tied to her past. Farneth delivered a very powerful, animated performance that captivated the audience and made them laugh.

Josh Milan was very comfortable returning to the role of Jim O’Connor, the radiant gentleman caller who bursts into the gloomy lives of the Wingfield’s. He played the character with vivid energy, sweeping the shadow away before him.

The set created so much space on the stage, and the lighting controlled the space, keeping you riveted to the story as the rest of the set melted into darkness. The music and sound tied perfectly to each moment.

Everything came together for a fantastic fall show at Penn State New Kensington. The cast and crew brought to life a family facing tough times together. With amazing performances like this, the musical planned for spring will be a treat when it arrives.

Skipping Christmas: Review

By Heidi Kolar

UPPER BURRELL, Pa.—Luther and Nora Krank are your average suburban couple. They live on Hemlock Street where all the houses are uniform; white picket fences, groomed lawns with not a single blade out of place, nor a chip of paint missing from any shutter. Neighbors are friendly, and always in your business, so it comes as no surprise when the Krank's announce they are skipping Christmas that hysteria ensues in the 'burbs.

Their only child, Blair, is leaving for the Peace Corps the Sunday after Thanksgiving and the airport is in full holiday season swing. Santa's are ringing bells at you to donate to some charity or another, rude travelers are pushing and shoving in endless lines, and the only parking available is light years away. What about that scenario doesn't scream holiday fun to you? A disheveled Krank reaches his breaking point when he enters a crowded grocery store not long after his disastrous airport trip and decides he wants to skip Christmas.

After booking a 10-day trip to the Caribbean, the Krank's spread the word that they are not partaking in holiday cheer this year. They are not buying a tree, putting up any decorations, fighting crowds in malls, and they are certainly not putting up the giant Frosty the Snowman that everyone seems to love so much. It isn't until the Kranks receive a phone call that the real chaos breaks out.

The characters throughout this book will make you laugh out loud while you read; partly because they are colorful and partly because they will most definitely remind you of someone from your own neighborhood. It has a light heartedness about it that is refreshing for a Grisham novel, it's a real holiday treat.

But perhaps what I enjoyed most about this book, was how much I could actually relate to it and agree with so much of it! Somewhere over the years, Christmas has become such a commercialized holiday. It is no longer about celebrating the birth of Jesus Christ, or spending time with your family and friends, appreciating one another and all you've done for each other throughout the years, and being grateful for what you have in life. No, anymore it's about getting that big ticket item, the newest tablet, or the newest PlayStation game. Grown adults are getting in fist fights at Wal-Mart just because someone just needed to have that \$20.00 griddle and someone stole it right out from under them. No one takes time any more to sit back and enjoy the holidays. There is too much pressure to get the perfect gift no matter what the cost.

Holidays should be a time of year when time should go slow, so we can savor each laugh, each candy cane, and each embrace shared with a loved one. We should give more, and take less. There are so many people in this world who are less fortunate than others, and we should remember those people when we're buying those \$500 tablets and over indulging in bread pudding and hot buttered rums. Skipping Christmas shows you at the end of the day, the decorations, the tree, the gifts, they don't matter. What matters is sharing this time of year with the people you care about.

So I ask you, this holiday season while you're busy trekking through crowded malls for that perfect gift, or baking dozens of cookies for a holiday party, stop and think about what is important to you and what you are thankful for this holiday season. Donate your time to something selfless, help those who cannot help themselves, and appreciate what you have.

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STUDY BREAK

Study Break! Chocolate Reese's Pieces Cookie Recipe

By Allie Smith

One of the best things about the holiday season is the abundance of delicious treats. It's hard to beat the feeling of spending time with loved ones, while enjoying freshly baked cookies. These cookies combine two great baking ingredients: cocoa powder and Reese's Pieces. These chewy, chocolate cookies go great with a glass of ice cold milk, or for true chocolate lovers, a warm mug of cocoa.



Celebrate the end of finals with some scrumptious Chocolate Reese's Pieces cookies. (Photo by Allie Smith)

Ingredients:


- 1/2 cup butter
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 1 egg
- 1 teaspoon vanilla
- 1 1/2 cups all-purpose flour
- 1/3 cup cocoa powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup milk
- 1 cup Reese's Pieces

Directions:

1. Preheat oven to 375* and cream together butter and sugar in a large bowl with an electric mixer.
2. Add egg and vanilla and mix until combined.
3. In a medium-sized bowl mix flour, baking soda, and salt. Add flour mixture alternately with milk into the wet ingredients. Fold in Reese's Pieces with a spoon.
4. Drop teaspoon-sized cookies onto cookie sheet and bake 9-11 minutes, or until they are a little firm on the outside.
5. Cool for 2 minutes on a wire rack and enjoy!



Mix up a batch of Chocolate Reese's Pieces cookies and enjoy two great tastes in one delicious cookie. (Photo by Allie Smith)



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the nittany pride
& see your name
in the byline?**

Have a story that
needs to be told?

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