

# THE NITTANY PRIDE

Vol. VIII No. 4

February 25, 2013



Pro-Lifers March at 41st March for Life

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Tips for Winter Weather Driving

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Why Your Dog's Daily Walk is Important

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2014 Academy Awards Predictions

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**The Nittany Pride is a Student Newspaper of the Penn State New Kensington Campus**

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3550 Seventh Street Road,

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# CAMPUS LIFE

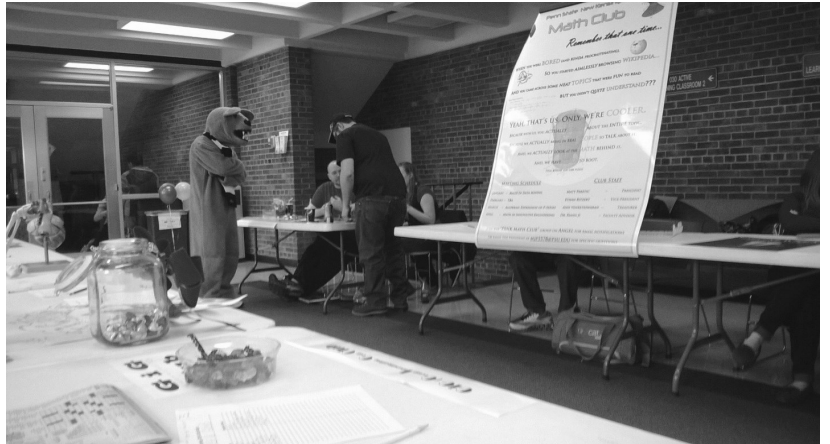
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## Club Rush Introduces Students to Clubs Offered on Campus

*By Casey Domski*

NEW KENSINGTON, Pa. – Dozens of students showed up for Penn State New Kensington’s spring semester Club Rush. The event, which took place on Jan. 14 during common hour in the study lounge, introduced students to the wide variety of clubs being offered during the spring semester at Penn State New Kensington.

Students were treated to Poutine, a traditional Canadian meal of french fries, gravy, and cheese curds, along with a variety of treats from the various club tables as they browsed the spring club offerings. The various campus clubs also provided activities such as games and coloring to students.



Penn State New Kensington students take part in a variety of games and activities at the spring semester Club Rush. (Photo by Casey Domski)

Club Rush takes place each semester during the first week of classes, and encourages students to become actively involved with one or more of the many clubs offered on campus. According to The Penn State New Kensington’s activities page, Penn State New Kensington offers over 20 different clubs, which are open to all students of the New Kensington campus.

Penn State student Eric Bennardo is one of the many students who attended the Club Rush event and said he feels that the event it is a great opportunity to see what clubs are active on campus.

“Club Rush is a good way to see what’s being offered on campus, as well as interact with club advisors and members,” said Bennardo.

Bennardo also said he feels that being involved with clubs throughout his college career will benefit him in the future.

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# CAMPUS LIFE

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“It looks good for the future, to show that you were involved on campus and that you did more than just go to class,” explained Bennardo.

Clubs are an important part of the college experience and offer students the opportunity to build meaningful relationships, enhance learning experiences, and connect with people who share similar interests. Club Rush allows students to experience what a club has to offer without being fully committed to it.

Student Government Vice-President Marissa Russo said she feels that clubs on campus are an important aspect of the full college experience.

“If you just come to class and then just go home you are never going to fully enjoy all that college has to offer,” said Russo. “Clubs help provide a full college experience to students.”

GIG Club advisor Dave McGeary said he also feels that clubs are an important part of the college experience.

“Clubs bring a dose of reality to campus life,” said McGeary. “They bring people together to discuss real issues, ideas, and theories.”

McGeary added that he feels clubs help students further apply the things they are learning in the classroom into real life.

“Clubs provide students the opportunity to take what their learning and enhance it by engaging them in similar topics outside of the classroom setting,” said McGeary. “This in return benefits the students’ academic and personal growth.”

GIG club advisor Kayln Robel said that she feels clubs are one of the most beneficial parts of college for students.

“Clubs give students the opportunity to connect with others, and engage in the things they are interested in and passionate about,” said Robel.

Robel added that she feels that Club Rush is a great way attract potential future club members.

“Club Rush provides the opportunity for us to invite students to learn more about our club,” said Robel. “By giving us the opportunity to talk to students first hand we can get more students interested in the club and active in the club.”

# CAMPUS LIFE

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When asked why she feels some students are hesitant about becoming involved with clubs on campus, Robel answered “time.”

“I think time is definitely a big part of it,” said Robel. “Most students have a lot going on and think that joining a club is going to be a much bigger commitment than it really is,” she added.

McGeary also shared his thoughts on why students are hesitant to become involved with clubs on campus, explaining that many students are afraid to try new experiences.

“I feel that some students are simply afraid of the unknown,” said McGeary. “Many students are afraid to start something new because they don’t know much about it,” he added.

It is important for students to remember that it is up to them to decide how much time a club will take out of their schedule. Clubs offer students the option of having minimal to full involvement, depending on what type of responsibilities the student is willing to take on. Many clubs also hold their meetings during common hour to accommodate students with full schedules.

For students who feel that the campus does not offer a club that matches their interests, Penn State New Kensington also offers any student the option to create a new club. It’s important to remember that when starting a new club all clubs must hold one monthly meeting, and complete one community service project per semester to be recognized as a campus club according to the Penn State New Kensington club guidelines.

Marisa Bailey is a Penn State student who recently created her own photography club for the spring semester; she said she wanted to meet students who share her passion for photography.

“I really just wanted to bring people who share my passion for photography together to share work and discuss ideas,” said Bailey.

Bailey said that she feels clubs are an important tool in getting to know other students.

“I feel that clubs are a really good way to meet people who share similar interests,” said Bailey. “Meeting new people is especially important for new students and freshman who are just starting out on campus,” she added.

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# CAMPUS LIFE

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Bailey said she encourages any student looking to start a new club to follow their passions.

“I really love photography, which is why I wanted to start a photography club,” said Bailey. “I would suggest that anyone who wants to start a club that they are passionate about contact student life to get started.”

Any student looking to start a new club should visit the student life office for a full list of requirements, or contact Director of Student Affairs Theresa Bonk.

The next Club Rush event will be held in the fall 2014 semester. Any student interested in learning more about the exciting clubs offered at Penn State New Kensington should visit the Student Life Office, or for a full online listing of clubs and activities, please visit the Student Life website.





# CAMPUS LIFE

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## **PSNK Students See Broadway Musical: Wicked**

*By Sarah Steighner*

Penn State New Kensington students had the opportunity to go see the musical, “Wicked” at the Benedum Center on Jan. 23 on a trip organized through the campus activities board. PSNK’s Student Life and Campus Activities Board (CAB) planned the trip through the event series “Penn State in Pittsburgh.” Penn State in Pittsburgh is simply a series of events that CAB came up with to allow students to experience activities and events in Pittsburgh through opportunities their campus provides.

According to Corey Bobak, marketing chair of CAB, planning for the trip started back in July when CAB sat down to see what events were coming to Pittsburgh that they might want to offer students the opportunity to attend. According to Bobak, this Broadway musical seemed like a good event to plan considering that one of CAB’s main goals is to “have students experience things they normally don’t get the chance to.”

In order to plan for this trip, CAB contacted other Penn State campuses in the region to see if they would like to attend as well. After Penn State Fayette and Dubois agreed to participate, CAB organized the specifics of the event in order to receive funding so that the price of the tickets would be more affordable to students.

CAB bought the tickets well in advance, around Sept., and the tickets went on sale to students Dec. 1. According to Student Life Coordinator, Lauren Blum, PSNK sold 39 out of the 40 tickets they had available. A total of 28 students attended, and 11 tickets were sold to the staff and friends or family of students.

Tickets were bought at a group rate from the Pittsburgh Cultural Trust at a cost of \$75 per ticket. They were resold at the original price to staff and friends or family of any student. Meanwhile, students were able to buy tickets at a discounted cost of \$50.

Thrilled with how successful the trip was, Blum stated “This was a great event, the students loved it, the staff loved it, and it was a great regional experience for our students!”

(Contd. On Page 6)

# CAMPUS LIFE

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A bus was provided for students as transportation to Pittsburgh the day of “Wicked.” The bus left campus around 4pm. Students had the option to either take the bus or drive down themselves. Bobak said he estimated that about half of the students took the bus while the other half drove.

Considering the show did not start until 8pm, those who went down early had time to have dinner at any of the local restaurants before the show. Between 7 and 8pm, students started arriving at the Benedum to take their seats in the back lower level of the auditorium.

As the lights in the theater dimmed, excited chatter diminished into silence as the curtain opened and the opening act began. Laughter and applause were frequent, as were the smiles on people’s faces from the entertainment throughout the show.

Halfway through the performance, an intermission took place. During the intermission, conversation regarding the show, musical arrangements, and sets was overheard. Drawn in to the spirit and enthusiasm of the musical, PSNK student Craig Synan claimed the show was “wicked awesome.”

PSNK sophomore Mikaela Dunegan said she was grateful for the trip after stating that if it had not been offered through the school, she probably would not have went. Having previously seen musicals, including Wicked and The Lion King, Dunegan said before she agreed that being able to purchase a ticket to the show at a discounted price along with transportation being provided was what made the trip affordable.

Thoroughly entertained by the show, Dunegan said that her favorite part was most likely the musical number “For Good” because of how heartfelt it was. “I have come across a lot of people that even though we may not have stayed in close contact, I feel like I am who I am today because I have crossed paths with them,” said Dunegan.

Having seen “Wicked” previously, Dunegan said that she believed the performance to have been the best from what she remembered. IUP student Breanna Wilson said she has had similar thoughts on the show. Wilson had previously seen Wicked two times before on Broadway before recently seeing it again in Pittsburgh at the Benedum.

Wilson said one of the only differences she noticed between seeing Wicked on Broadway and at the Benedum was that the stage was smaller in Pittsburgh.



# CAMPUS LIFE

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Furthermore, she claimed to have noticed that the props might not have been as steady or well placed at the Benedum. This was something she said she noticed in particular during a scene where an actor jumped upon a statue and said it looked as though it might topple over.

Wilson also brought attention to certain personality and acting twists that were different in some of the actresses and actors from when she saw the show on Broadway versus at the Benedum. However, she noted that she realizes each show has its own bit of individuality, and that it did not take away from the musical at all.

Highly amused by the musical, Wilson said that “The talent is always amazing and the puns are hilarious. I always catch myself laughing at the little things that nobody else around me in the audience even notices.”

After the show, those participating in the “Penn State in Pittsburgh” trip from all three campuses went down to the front row seats to participate in a question and answer session with some of the actors.



Photo by: Lauren Blum

Students had to opportunity to directly interact with and ask the actors questions about their training, the musical itself, and the preparation that went into the performance.

Dunegan said she took away some insightful information from the question and answer session. She claimed that what she enjoyed most about the information session with the actors was “how even though they are extraordinary actors, they are also everyday people who worked extremely hard to get where they are.”

This question and answer session was made possible by the planning of Student Life and the Campus Activities Board, along with a \$3 fee per person.

Overall, the trip was a great success. Once again, CAB provided a well-organized and thoroughly entertaining event for the students of Penn State New Kensington.

# ENTERTAINMENT

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## 2014 Academy Awards Predictions

*By Krista Murray*

While movie stars like Jennifer Lawrence, Leonardo DiCaprio, and Christian Bale—Batman himself, all gather for a night of elegance, champagne, and self-loving for the 2014 Academy Awards, us common folk will gather in front of our televisions dressed in our finest pajamas, accompanied with a bowl of ice cream and our judgmental opinions. Even if you're not an award show junkie and could care less about the Oscars you may want to enter in a money bet or two to see who will win. Let's take a look at the nominees; grab a spoon for your Ben and Jerry's, and slip on your slippers because its time to predict the top six categories for the 2014 Academy Awards airing March 2nd at 7e/4p.

### ***Best Picture***



Courtesy of Fox Searchlight

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**Nominees:** "The Wolf of Wall Street," "Her," "Gravity," "Philomena," "Captain Phillips," "American Hustle," "The Dallas Buyers Club," "Nebraska," and "12 Years A Slave."

# ENTERTAINMENT

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**Who will win:** “12 Years A Slave” - This is the kind of film the Academy lives for. This heart wrenching story of a free man sold into slavery has captured the emotions of many who have seen it, and is sure to win the coveted title.

**Who deserves to win:** “Gravity” - This film is original, presented new forms of special effects that are sure to be used in future films, has incredible acting, and is just a downright good movie. We won’t be seeing another film like “Gravity” anytime soon and that, among many other reasons, is precisely why the space film deserves to win. Side note: Never go to space. Ever.

## *Best Actor in a Leading Role*



Courtesy of Focus Features

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**Nominees:** Christian Bale (“American Hustle”), Chiwetel Ejiofor (“12 Years a Slave”), Bruce Dern (“Nebraska”), Leonardo DiCaprio (“The Wolf of Wall Street”), and Matthew McConaughey (“Dallas Buyers Club”).

**Who will win:** Matthew McConaughey- McConaughey lost 40 pounds in four months for this role and completely nailed it. Who knew the funny guy from “The Wedding Planner” and “How to Lose a Guy in 10 Days” could act like that?

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# ENTERTAINMENT

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**Who deserves to win:** Leonardo DiCaprio- Now don't get me wrong, I'm rooting for Rom-Com McConaughey too, and call it my celebrity crush from my younger years all you want, but it is high time DiCaprio gets his Oscar. I have been in love with this man since Rose wouldn't let him get on that door for two in the ocean and I hated his character in "Wall Street." Hated him. That's good acting.

## *Best Actress in a Leading Role*



Courtesy of Perdido Productions

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**Nominees:** Sandra Bullock ("Gravity"), Cate Blanchett ("Blue Jasmine"), Amy Adams ("American Hustle"), Judi Dench ("Philomena"), and Meryl Streep ("August: Osage County").

**Who will win:** Cate Blanchett- "Blue Jasmine" wasn't that great, but because of the film's shortcomings, it made Blanchett shine. The film was able to showcase both Blanchett's comedic and dramatic skills, and it would not be a surprise if she won.

**Who deserves to win:** Sandra Bullock- In a film where she spent the majority of it in front of a green screen with little help from other actors, Bullock absolutely nailed it. Her work in "The Blind Side" was just okay, but she won the Oscar. Her work in "Gravity" was out of this world (get it?), but she won't win the Oscar. Hmm.

# ENTERTAINMENT

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## *Best Actor in a Supporting Role*

**Nominees:** Bradley Cooper (“American Hustle”), Jonah Hill (“The Wolf of Wall Street”), Michael Fassbender (“12 Years a Slave”), Jared Leto, (“Dallas Buyers Club”), and Barkhad Abdi (“Captain Phillips”).

**Who will win:** Jared Leto- His role as a cross dressing male with AIDS has garnered him much attention and deservedly so. The effort he put in this role shows on screen and he will absolutely get the award.

**Who deserves to win:** Jared Leto- The lead singer of 30 Seconds to Mars, who was first an actor, is almost unrecognizable through both his appearance and acting. It’s a cliché to say he disappeared in the role, but he truly did.

## *Best Actress in a Supporting Role*

**Nominees:** Jennifer Lawrence (“American Hustle”), Lupita Nyong’o (“12 Years a Slave”), Sally Hawkins (“Blue Jasmine”), Julia Roberts (“August: Osage County”), and June Squibb (“Nebraska”).

**Who will win:** Lupita Nyong’o- Her role is equally heartbreaking and fascinating. She steals every scene she is in, and that is saying a lot due to all the incredible performances in “12 Years A Slave.”

**Who deserves to win:** Lupita Nyong’o- They have called “12 Years A Slave” a necessary film to watch, and Nyong’o is one of those reasons. Just watch the film and you will find out.

**Nominees:** Steve McQueen (“12 Years a Slave”), David O. Russell (“American Hustle”), Alfonso Cuarón (“Gravity”), Alexander Payne (“Nebraska”), and Martin Scorsese (“The Wolf of Wall Street”).

**Who will win:** Alfonso Cuarón- Everything about “Gravity” is a masterpiece. The score, the effects, the acting, and that little person who controls the entire project—the director. No doubt, he will take home the gold.

**Who deserves to win:** Alfonso Cuarón- I always knew “Harry Potter and the Prisoner of Azkaban” was my favorite of all HP films, and it turns out Cuarón was the director. Harry Potter aside, he took a completely original film and made it a complete treat to watch. He absolutely deserves the honor.

# HELPFUL TIPS

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## Tips for Winter Weather Driving

*By Alexandra Smith*

With winter in full swing in the United States, many drivers may find themselves on snow and ice-laden roads. Poor road conditions and winter weather emergencies can cause serious problems for even the most experienced drivers.

According to a December 2013 article on [startribune.com](http://startribune.com), a Minnesota newspaper website, it's important to be prepared in order to stay safe while driving in the winter. The author of the article quoted AAA Minneapolis employee Matt Hehl stating that "the best way to be prepared is to have a winter survival kit right in your car ready to go at the moment you become stranded."

The [startribune.com](http://startribune.com) article noted that key components of a motorist's winter survival kit should include "a coat or blanket, boots, flashlight with extra batteries and an ice scraper," as well as a shovel, jumper cables, signal flares, water, and snacks like granola bars or chocolate.

It is also a good idea to prepare for winter driving by filling one's windshield washer fluid reservoir with high-quality winter fluid, checking the vehicle's battery, installing snow tires to improve traction, scheduling extra time for travel, and keeping a cell phone handy if needed.



When roads become icy and snow-covered, drivers should take extra precautions to ensure their safety. (Photo by Alexandra Smith)

# HELPFUL TIPS

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Once a drivers are prepared to hit the snowy roads, there are a few things they can do to ensure their safety. It is important for drivers to realize that four-wheel drive vehicles are useful for climbing hills, but don't help drivers stop faster. Alaskan police officer Allen Brandt was quoted in an October 2011 article on adn.com, an Anchorage newspaper website, stating that drivers who own four-wheel drive vehicles are often overconfident. Brandt also noted that four-wheel drive "might give you better traction in deep snow, when you're climbing an icy hill or accelerating from a stoplight, but it won't help you a bit when you slam on the breaks."

A December 2013 article on chicagotribune.com stated that drivers should be aware of what type of breaks their vehicle is equipped with. The author stated that if one's vehicle has antilock brakes, the driver should "apply firm, continuous pressure," and if one's vehicle is not equipped with antilock brakes, the driver should "pump the breaks gently."

Drivers should also reduce their speed and increase their following distance if the weather and road conditions are poor because it is often hard to control or stop one's vehicle on slick surfaces.

Even the most cautious drivers sometimes find themselves in emergency situations. According to a January 2014 article on newsday.com, a Long Island, NY news website, drivers who are stuck on the side of the road should turn on their car for 10 minutes every hour to stay warm, making sure the "exhaust pipe is free of snow to avoid dangerous carbon monoxide buildup."

The January 2014 article on newsday.com also noted that drivers should keep their seatbelts on because it is possible for other drivers to slide into one's vehicle after it has become stuck.

A small amount of snow or ice can cause a multitude of problems for drivers. Even the safest cars and most careful drivers can end up in emergency situations. Drivers can combat dangerous driving situations and increase their chances of staying on the road by being prepared with a winter survival kit stowed in their vehicle, driving safely, and taking proper measures if emergencies happen.



# COMMUNITY

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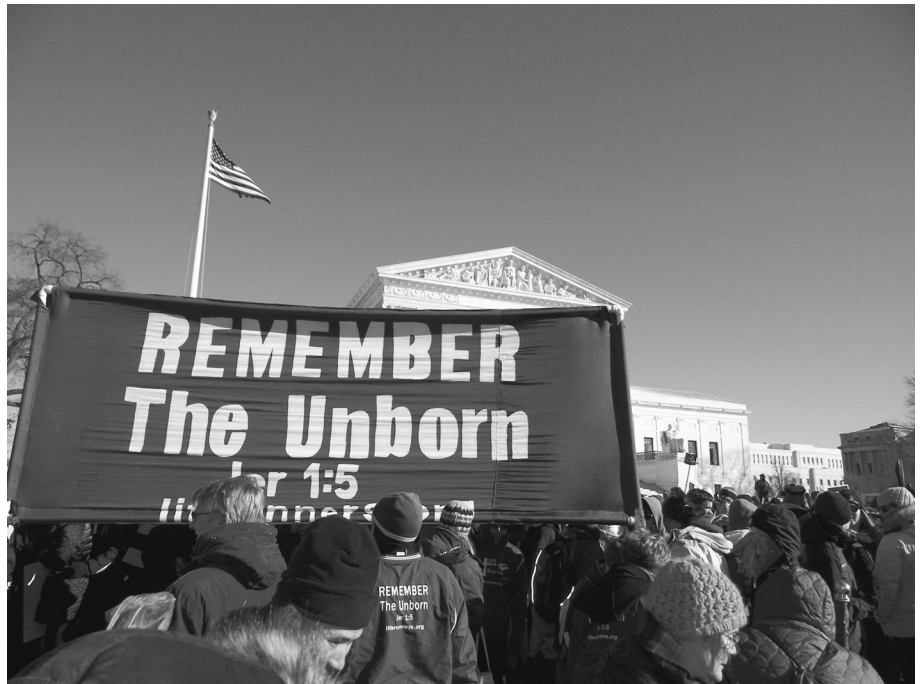
## Pro-Lifers March at 41st March for Life

*By Sarah Steighner*

Anyone hoping to travel on the evening of January 21 would have turned on the news and immediately sat back on their couch after seeing newscasters barely visible as they reported on Capitol Hill, flights grounded across the country, and record breaking low temperatures. However, this was not the case for pro-life advocates up and down the east coast, and even across the country.

The National Mall was filled with pro-life activists on Wednesday Jan. 22 for the 41st year in a row. Buses of cold but passionate pro-lifers traveled many miles to protest the legalization of abortion that was made legal in the now infamous case of *Roe v. Wade* in 1973.

Through a crowd of bundled up pro-lifers, a sea of color was noticeable in all the protest signs ranging from the countless churches and university names represented there, to “Gays for Pro-Life,” and Dr. Seuss inspired signs reading “A person’s a person no matter how small.”



A banner at the March for Life on Jan. 21st in Washington D.C. (Photo by Sarah Steighner)

The March for Life started with the rally on the National Mall around 1 p.m. In years past, the rally has lasted a few hours with numerous politicians speaking about their support for the pro-life movement, with some self-advocacy words thrown in. This year the rally lasted just around an hour, with fewer but more straight forward and passionate politicians at the podium. Among those speaking was Majority House Leader, Eric Cantor.

# COMMUNITY

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Other speakers included doctors who spoke on the physical and mental pain that can come from abortion. Meanwhile, one of the most heart wrenching moments was when a line of very brave women took to the stage with signs reading “I regret my abortion.” The women were greeted with warm applause, and acceptance while one of their leaders gave a speech on how having an abortion negatively affected her. She followed up with information on counseling options offered through different organizations for women who are considering an abortion, or who have had one.

Great emphasis was put on the power of social media to inform others about the scientific aspects of abortion as well as to show support and bring awareness to the movement. Marchers were encouraged to tweet about their experiences at the March for Life and use the hashtag #whywemarch to tweet about their perspectives on the event.

Pope Francis’ tweet posted that day said “I join the March for Life in Washington with my prayers. May God help us respect all life, especially the most vulnerable.” The tweet was read to the crowd and received very enthusiastic cheers in approval.

Marchers then took to the streets and began the trek to Capitol Hill. Attempting to keep warm and spread the movement’s message, protesters chanted things such as “Hey hey Roe v. Wade, how many kids have you killed today?” and “We love babies, yes we do. We love babies, how ‘bout you?”

Some groups were stationed along the march hoping to draw attention to tens of thousands of marchers passing. One location in particular had large screens set up showing gruesome pictures of aborted babies. Farther along in the march a group of men and women stood proudly holding signs that said “Conceived from rape, and I love my life!”

The march ended in front of the Supreme Court, where more groups were stationed and other masses of people congregated. Perhaps most noticeable was a large blue banner that solemnly read “Remember the Unborn.”

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# PET CORNER

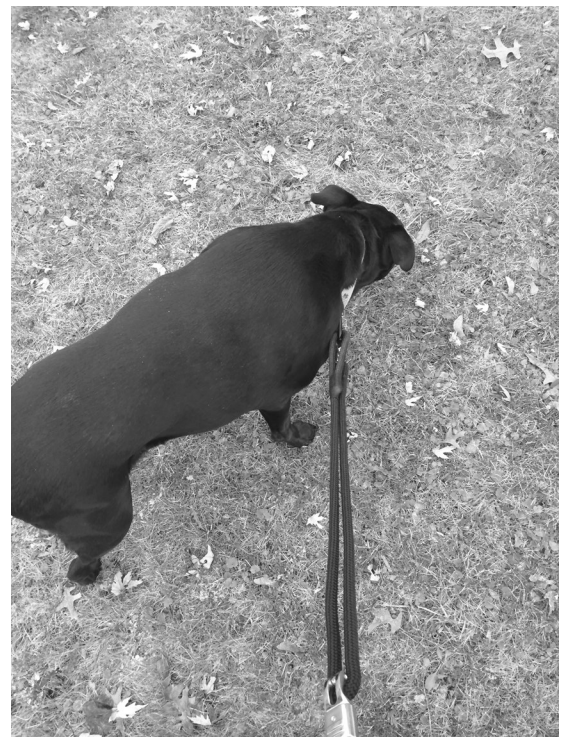
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## Why Your Dog's Daily Walk is Important

*By Alexandra Smith*

Many people who own dogs may provide them with gourmet food, fresh water, expensive and intricate toys, and plenty of attention. While dogs need food and water, they also require something that owners may not place enough importance on: a daily walk.

According to an article from pedigree.com, a dog food website, dogs have a primal need to walk. The article noted that "In the wild, packs of dogs get up in the morning and walk to find food," and that walking "fulfills a migration instinct" for a dog. Daily walks not only provide structure to dogs' lives, but also challenge them physically and mentally. The build up of physical and mental energy in a dog from a lack of exercise often causes behavioral problems such as obsessive compulsive behaviors, hyperactivity, and aggression. If a dog spends the better part of its day alone, without any exercise, owners should not expect a well behaved dog. If owners don't exercise their dog enough, training can become very difficult because a dog with pent up energy is less likely to be well-behaved than a dog who is consistently exercised and stimulated.



Walking your dog every day will fulfill your companion physically and mentally. (Photo by Alexandra Smith)

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Owners who have a fenced-in yard should not think that their dog is provided with enough exercise just by playing in the yard. Dogs do not exercise themselves, and their need to travel will not be adequately met. Dogs that are fenced-in and not walked on a daily basis often resort to escaping, boredom barking, and other destructive behaviors such as digging and chewing.

# PET CORNER

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All dogs need to be taken on walks, even the smallest breeds such as the Maltese, Pug, Pomeranian, and Chihuahua. The length of a dog's walk depends on its size, and owners should consider their time commitment to walking before purchasing a dog. Smaller breeds require shorter walks, whereas larger breeds, such as the Labrador Retriever, may require walks longer than 60 minutes each day.

According to the American Society for the Prevention of Cruelty to Animals, daily walks help to keep dogs "healthy, agile, and limber," and "keep dogs' weight under control." In an April 2012 article in [mnn.com](http://mnn.com), an environmental news and information website, it was noted that "more than half of the cats and dogs in this country are overweight or obese," and that overweight pets have an increased risk for diseases such as heart disease, and diabetes.

Because dogs are pack animals, they should always walk beside or behind their owner. If a dog pulls their owner while on a walk, the dog will likely assume that it is the leader of the walk, and ultimately the leader of the pack. The dog's collar should be high on its neck so that the owner has more control over the dog. The American Society for the Prevention of Cruelty to Animals does not recommend using flexi-leads as leashes because the long line may get wrapped around one's dog, a person's leg, or another dog.

All breeds of dogs that are consistently and properly walked are more likely to be well-behaved, and less likely to be aggressive, obsessive, destructive, and suffer from other behavior problems. Walking is a primal instinct for a dog, and when an owner fulfills this need along with food, water, affection, and discipline, he or she will truly be taking the best care of their dog.



# Fluffy Peanut Butter Cookies

*By Alexandra Smith*

This cookies pair perfectly with a glass of ice cold milk, and the true peanut butter lover will find delight in spreading more peanut butter on top of these tasty treats.

## Ingredients:

1/2 cup granulated sugar  
1/2 cup light brown sugar  
1/2 cup creamy peanut butter  
1/4 cup unsalted butter,  
softened  
1 large egg  
2 tablespoons honey  
1 1/4 Cups all-purpose flour  
3/4 teaspoon baking soda  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
Additional granulated sugar



Photo by Alexandra Smith

## Directions:

1. Preheat oven to 375°F. In a large bowl, beat 1/2 cup granulated sugar, the brown sugar, peanut butter, and butter with an electric mixer on low speed until well mixed.
2. Add the honey and egg, and beat until well blended. Beat in the remaining ingredients until a soft dough forms.
3. Shape dough into 1 1/4 inch balls. Place balls about 3 inches apart on un-greased cookie sheets.
4. Flatten in crisscross pattern with a fork dipped in additional granulated sugar. Bake 7-9 minutes, or until light golden brown.
5. Cool one minute; remove from cookie sheets to cooling rack. Cool completely, about 10-15 minutes. Recipe makes around 30 cookies.