

THE NITTANY PRIDE

Vol. VIII No. 5

March 21, 2013

Boston Marathon Participants Reflect on Tragic 2013 Race



Five Ways to Celebrate Spring

Graduates Find Success After Graduation

Films to Look Forward to in 2014

TABLE OF CONTENTS

Finding Success After Graduation.....	1
Life at the Nittany Highland Apartments.....	5
Films to Look Forward to in 2014.....	9
Five Ways to Celebrate Spring.....	12
Boston Marathon Participants Reflect on Tragic 2013 Race.....	14

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

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CAMPUS LIFE

Finding Success After Graduation

By Casey Domski

NEW KENSINGTON, Pa. – According to The National Center for Education Statistics 1,606,000 students at the bachelor’s degree level will graduate college in 2014. And what’s the number one question on just about all of those students’ minds? “Will I find a Job?”

While many people say that the economy is down and that jobs are harder than ever to find, not all hope is lost for upcoming graduates.

The truth is that many students who graduate college have great success in finding not just a job after graduation, but a career. According to the September 2013 issue of NACE’s Salary Survey, the average starting salary offer to a bachelor’s degree candidate is \$45,327. Not a bad start for someone just entering the work force.

Angie VanEvery, business major at Robert Morris University, said that with graduation fast approaching, her main concern is finding one of these decent earning careers.

“It’s scary,” expressed VanEvery. “Not knowing if I will find a job that I will be able to support myself with is my main concern.”

VanEvery said that her hope is that her college experiences will help her in building an impressive resume to attract potential employers.

“Building my resume has been tough,” she said. “It’s hard to make sure that you’re taking advantage of enough college experiences to include on your resume that will hopefully attract potential employers.”

VanEvery’s concerns are similar to the concerns of just about any upcoming graduate. For some graduates finding success after graduation is easy, but for others it takes time and patience.

Steven Yusko, a recent Penn State graduate, advises all students to take advantage of internship opportunities while in school.

Contd. On Page 2

CAMPUS LIFE

“Do an internship, required or not,” said Yusko. “They open up more opportunities than people realize.”

Yusko landed a job directly after graduation due to his impressive work at an internship for a local IT company throughout his junior and senior year at Penn State New Kensington.

Yusko stressed that applying for a job that you are truly passionate about will yield the best results.

“Find a job that you love,” said Yusko.

“Not one that pays the most; if you hate your job you’re not really being successful after graduation.”

Not all graduates have the same success as Yusko following graduation, and many are forced to conduct months of hard job searching before finding success.

Recent Kaplan Career Institute graduate Zachary Mullaney said that he feels patience is key after graduation.

“When I first graduated I got so frustrated that I wasn’t finding a job,” said Mullaney. “I finally got a call back and ended up taking the first place that called me; I absolutely hated the job.”

Mullaney said patience is what ended up getting him his dream job.

“Eventually after months of applying for positions I got a call back from a job that I really wanted,” he said. “If I had just been patient, and waited for all my searching to pay off, I could have saved myself a lot of headaches and stress.”

Mullaney recommends that all students approaching graduation start their job search early.



Zachary Mullaney works in his office at Burns White LLC in downtown Pittsburgh. (Photo by Casey Dowski)

CAMPUS LIFE

“I love my job now,” expressed Mullaney. “The biggest thing after graduation is committing to the job search and being patient. I advise all students to start building their resumes and applying for jobs before graduation and not just waiting until they graduate and expecting one to show up.”

Another important skill for students approaching graduation to master is interviewing. Just about every job in today’s working world requires an interview, so knowing proper interviewing etiquette and techniques is a big help in landing a job.

Emily Miller, the recruiting operations center screener for SWPA at PNC, said that she looks for strong interpersonal skills when she’s interviewing job candidates.

“Interpersonal skills are important for any position,” said Miller. “Even if the position is not working with customers or clients, workers need to be able to voice their thoughts effectively.”

Miller advises all students to take advantage of classes focused on professional communication skills.

“If your campus offers a course built around interviewing and professional communication, take it,” stressed Miller. “Many people think that interviewing is easy, but it’s not. It takes practice and a lot of learning to master.”

Although many students choose to jump right into the work force following graduation, some students may be considering to further education in graduate programs.

Maria Gerardi, a graduate student at the University of Pittsburgh, expressed the importance of being committed before going into a master’s program at any school.

“My best advice would be to make sure that you are ready to commit a substantial amount of time to a master’s program,” stressed Gerardi.

Gerardi said that grad school is really more of a lifestyle, so you want to make sure that you are in the right mindset and that you are doing something that you truly enjoy.

As far as finding employment goes, Gerardi said that networking is crucial.

“No job is just going to find you, so you need to put yourself out there,” said Gerardi. “If you find a position you are interested in, don’t be afraid to reach out and learn more information about it.”

Contd. On Page 4

CAMPUS LIFE

Gerardi feels that building connections is all part of the job searching process.

“Building a personal connection with employers is the easiest way to land an interview,” said Gerardi. “Also, don’t be afraid to conduct ‘informal interviews’ where you reach out to an employer and find out what he or she does,” she explained.

Any student looking to get ahead after graduation should check out their college campus career services office for advice and help in finding success after graduation.

Penn State New Kensington offers a variety of services to students who are approaching graduation in their campuses <http://nk.psu.edu/StudentServices/CareerServices/careers.htm>office. Career Services offers a variety of services including individual career counseling, resume and cover letter writing, interviewing help, and offers job/internship postings to students. For a full list of services please visit the Career Services page on the Penn State New Kensington website.

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CAMPUS LIFE

Life at the Nittany Highland Apartments

By Sarah Steighner

NEW KENSINGTON, Pa. – Entertaining. Insightful. Eventful. Convenient. Unpredictable. These are a few words that residents at the Nittany Highland apartments use to describe their college living experience.

Sixty seven residents live at the apartments, located on Myers Drive, right across from the Penn State New Kensington campus. Most residents are students at the school. Some said they take advantage of the opportunity to not have to commute from surrounding areas, while others are out-of-state or international students.

Previously under the management of Nancy Johasky, the Nittany Highland apartments are now under the administration of Arbors Management. When asked about her experience working with the new management, Residential Assistant (RA), Krista Murray stated that “It’s a growing experience on both ends.”

Murray said that “Nancy only managed one building, so it was always easy to get in touch with her. Arbors Management manages many buildings, so it is a bit harder to reach at times but they are very professional towards residents.”

Murray said that a few changes the apartments have underwent since Arbors Management took over are the addition of new washers and dryers, a few new stoves in select rooms, and an increase in the rent.

Murray said her duties as an RA include aiding student residents, maintaining the building, and working at the front desk in the lobby of the apartments from 8-12 p.m. two times a week. These duties are shared with the two other RAs, Perry Sculli and Craig Synan.

Being in charge of such responsibilities as an RA, Murray stated that the only issues she runs into are social issues between roommates. “They usually solve themselves and are no different than your typical college dorm,” said Murray.

Contd. On Page 6

CAMPUS LIFE

Finishing up her fourth semester living at the apartments and second semester being an RA, Murray said that she has observed the general atmosphere at the apartments and said it usually varies. “At the start of the semester, everyone is usually pretty happy and positive, towards the middle it appears to lag and cabin fever seems to take over a bit, but by the end everyone is upbeat and looking forward to summer,” said Murray.

Whether it is cabin fever or boredom, Murray said that everyone seems to find some way to fill their time. Perry Scullli said that he enjoys working out, and playing soccer with fellow friends when he gets bored.

As an RA, Scullli admitted the part he dislikes about his job is sitting at the desk for four hours on nights when no one is around. However, he did explain that the positive side to living so close to the school is that “it’s convenient, especially with access to the gym and when I come back from soccer games and am already home.”

Scullli proceeded to explain some of his favorite memories from the Nittany Highland apartments which he said included “redecorating Brad’s room, Eric’s slumber party, snaps, snowball fights, this year’s St. Patrick’s Day party, and last year’s social gathering at the end of finals week.”

Over Scullli’s two years of living at the apartments, one thing he said has changed is that more international students are now residents. One of the international residents he speaks of is his friend Ashutosh Pandey. “Between soccer and being snowed in during spring break last year, I got to know Ashu, and knew that I’d made a lifelong friend and my roommate for the next year,” said Scullli.

Pandey said that he agreed that one of his favorite memories from living at the apartments was meeting Scullli and also added “weekend parties and pranks” to the list. When asked what he does to fill his extra time, Pandey smiled before admitting he wastes time by “troubling everyone and talking.”

Pandey also acknowledged that when he first moved in he had expected better quality and a bigger apartment. This statement seemed to be unanimously agreed upon by most residents.

CAMPUS LIFE

Christine Patroski, second year resident at the Nittany Highland apartments, who will be transferring to University Park next fall said “I heard better furniture and appliances might be installed over the summer and I’m a little disappointed changes will be made after I leave.”

“I imagine living at University Park next year will be different in the aspect that it will be a more unique living space on a larger scale with a farther commute and I’ll be expected to interact with other people more,” added Patroski.



Residents congregate and socialize in the lobby at the Nittany Highland Apartments. Right to Left: Eric Bennardo, Brad Silk, Yousef Alnaimi, Perry Scullii, Ashutosh Pandey, Krista Murray, Christine Patroski.

(Photo by Sarah Steighner)

Patroski said she lives out-of-state in North Carolina, and explained that she chose to live at the school apartments rather than an apartment nearby simply because of how convenient it is. “I chose to live at the Nittany Highland apartments because they were already furnished, plus I wanted to experience the college life and have the opportunity of making friends that I went to school with,” said Patroski.

In her spare time at the apartments, Patroski said that she likes to watch movies, bake, browse Pinterest, take nature walks in the surrounding woods, hang out with roommates, and go to the Pittsburgh Mills mall nearby. She also made sure to note that some of her favorite memories at the apartments include the ice cream social the school provided in the apartment lobby and seasonal parties that the residents occasionally throw.

Resident Jenna Swank, said that some of her favorite memories from her time spent living at the apartments include cookouts and bonfires. Swank is a student at PSNK who said she used to commute to campus, but decided to start living at the apartments last year.

Contd. On Page 8

CAMPUS LIFE

“I chose to live at the apartments versus commuting because I was sick of wasting my day driving instead of being able to do other productive things,” said Swank regarding her previous 30 minute commute.

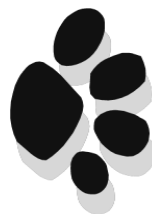
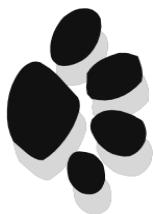
Swank said she has always been actively involved at the school, including having previously been the President of the Campus Activities Board (CAB), member of the PSNK softball team, THON member, and orientation leader. “Moving into the apartments and being closer to the school has helped allow me be more available and flexible with the time I spend in the activities that I am involved in,” said Swank.

Students interested in living at the Nittany Highland apartments during the 2014-2015 academic year may contact Arbors Management Property Manager, Eric Fulmer at (800) 963-1280 or visit www.nittanyhighlandsapartments.com for more information.

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ENTERTAINMENT

Films to Look Forward to in 2014

By Krista Murray

The Academy Awards are the equivalent of a breakup. It is the final celebration of a great year in film, and at its conclusion we reminisce about all the good times we shared with one hobbit and 13 dwarfs or 24 Hunger Games tributes. But once the credit for the awards show roll, we are so broken up with 2013. We are finally ready to move on from our past movie watching days and mingle with the other films in our future. There are so many eligible movies out there just waiting to capture our hearts in 2014 and here are just some of our options. So grab your tissues and popcorn and let's find your perfect 2014 movie match.

'Captain America: The Winter Soldier' (April 4)

Marvel Studios is showing no signs of slowing. With "Thor: The Dark World" successfully out of the way, it is time to move onto to another Avenger's team member, Captain America. Steve Rogers (Chris Evans) returns as America's favorite red, white, and blue hero, only this time in the modern world, and this world is a whole lot darker. I'm sensing a dark sequel theme with Marvel here, but the sequel should have just the right amount of humor and action to make its Godfather ("The Avengers") proud.

'Maleficent' (May 30)

The beloved tale of the 1959 classic "Sleep Beauty" is getting revamped and in an evil way. Rather than have the film be about the title character, this film, directed by Robert Stromberg, is a tale of the villainous Maleficent. Played by Angelina Jolie, Maleficent should get all of the positive attention the Disney villain deserves. The trailer is enough to send shivers down the spine, and the film itself is sure to be a hit.



Courtesy of Walt Disney Pictures

Contd. On Page 10

ENTERTAINMENT

'How to Train Your Dragon 2' (June 13)

The journey continues with Hiccup (Jay Baruchel) and his dragon companion Toothless in the sequel to the highly popular animated film, "How to Train Your Dragon". The first film is hilarious, heartwarming and fun, and the sequel appears to have the same charms. Plus, wouldn't we all want a pet dragon?

'22 Jump Street' (June 13)

Channing Tatum and Jonah Hill team up again to kind-of, sort-of fight crime, only this time in college. Everyone who enjoyed the first hysterical movie will surely enjoy its sequel.

'Transformers: Age of Extinction' (June 27)

Mark Wahlberg takes over for Shia Labeouf in this highly anticipated fourth installment to the massively money hungry "Transformers" films. All of our favorite transformers return and with Wahlberg at the helm, the film should garner some moments to be taken seriously—you know, when alien robots are fighting each other of course.

'Dawn of the Planet of the Apes' (July 11)

This sequel may be missing its past star power in James Franco, but the true talent on screen is the individual whose true face is never seen, the ape Caesar played by Andy Serkis (Gollum in the Lord of the Rings Trilogy). The film takes place a decade after the first installment and the humans have waged war on the increasingly powerful army of apes. If the surprisingly excellent first film, "The Rise of the Planet of the Apes" (2011), is any indication of how entertaining the sequel may be, then this will certainly be a fun ride.



Courtesy of Chernin Entertainment

ENTERTAINMENT

'Interstellar' (Nov. 7)

This will be the best film of the year. I am calling it now. Never has so much attention been formed around a film that no one really knows about. Coming off of his massively popular "Dark Knight Trilogy", Christopher Nolan directs the sci-fi film starring the now Academy Award winner Matthew McConaughey. Nolan creates thought provoking, beautiful films and Interstellar will certainly be a masterpiece.

'The Hunger Games: Mockingjay Part I' (Nov. 21)

Do I have to say more? If you haven't seen the first two films in the "Hunger Games" trilogy, you are truly missing out. The third installment is based on the first half of the final book, and it will no doubt be as incredible as its first two predecessors. Jennifer Lawrence, Josh Hutcherson, and Liam Hemsworth return, along with some new character additions, in the darkest installment of the three films yet.

'The Hobbit: There and Back Again' (Dec. 17)

Though this trilogy should not have been a trilogy, there is no taking away from the charms that the films possess. The final installment in "The Hobbit" trilogy will be the best of the three with even more action and heart.

'Into the Woods' (Dec. 25)

In a year full of sequels and prequels, it's nice to see a film that stands on its own. The film, based off of the popular stage musical by Stephen Sondheim, is about a witch (Meryl Streep) who wreaks havoc on beloved fairytale characters like Cinderella, Prince Charming, Red Riding Hood and so many more. This film will not only be a treat for children and musical lovers, but everyone else as well. With an incredible all-star cast that includes Johnny Depp, Meryl Streep, and Anna Kendrick this will be one of the most entertaining films of the year.



Courtesy of Walt Disney Pictures

HEALTHY LIVING

Five Ways to Celebrate Spring

By Alexandra Smith

The March Equinox, which heralds the beginning of spring in the northern hemisphere, officially begins on Thursday March 20 this year. After a particularly cold winter in Pennsylvania, including polar vortexes and above average amounts of snow, it is likely that many will welcome spring with open arms.

Below are five ways to celebrate spring.

1. Plant or build something

The emergence of spring brings with it the sounds of birds chirping and the growth of fresh grass. A great way to celebrate the reemergence of birds is to build a bird house or feeder. A bird house can provide a home for birds looking to nest, and a feeder will attract a variety of beautiful birds right to your backyard. Planting a garden is also a great spring activity. Your favorite flowers, vegetables, and herbs can be planted, and you can enjoy the fresh spring air while you garden.



Planting a garden with your favorite flowers, plants, or herbs is a great way to enjoy the outdoors during spring.

(Photo by Alexandra Smith)

2. Spring clean

Spring is a great time to get organized and clean. Opening up doors and windows allows dust to escape your house instead of stagnating in the room you're cleaning. Hosting a garage sale is also a great way to get rid of unwanted clutter while making money at the same time. Garage sales can also be a fun activity and build a sense of community when neighbors participate as well.

HEALTHY LIVING

3. Eat seasonal food

Try visiting a local farmers market to pick up some spring produce. Supporting local farms strengthens your community's economy and is great for the environment because the food doesn't have to be shipped across the country, thus reducing carbon emissions released into the air. Apricots, asparagus, arugula, carrots, peas, rhubarb, and strawberries are just a few fruits and vegetables that are in season during the spring months in Pennsylvania. One way to enjoy your seasonal produce is to have a picnic in a local park.

4. Be a tourist in your town

When the weather is nice, it can be fun to do outdoor activities and be a tourist in your own community. Some outdoor activities can include fishing (the opening day of trout season is April 12), camping, and golfing. Pittsburgh also hosts a variety of places and events that are outdoors like Pirates games, the Pittsburgh Zoo and PPG Aquarium, and Phipps Conservatory. If you're up for traveling, the National Cherry Blossom Festival, which features a variety of spring events and cherry blossom trees in full bloom, is being held from March 20 through April 13 in Washington, DC.



Watching a Pirates game at PNC Park in downtown Pittsburgh is one way to get outside and spectate at a community event.

(Photo by Alexandra Smith)

5. Enjoy the little things

With the sun setting later and the days getting warmer, spring is a great time to read outside, drink iced coffee, fly a kite, wash your car, take walks on nature trails, or ride a bike. Other little ways to celebrate spring include listening to rain, spotting a rainbow, and bird watching.

NATIONAL

Boston Marathon Participants Reflect on Tragic 2013 Race

By Alexandra Smith

UPPER BURRELL, Pa.—With the one year anniversary of the Boston Marathon bombings approaching, 2013 participants throughout the country say they have emotional memories about the race, but don't fear running in it again.

Two pressure cooker bombs exploded around 13 seconds and 210 yards apart during the 2013 Boston Marathon. The bombs exploded near the finish line on Boylston Street, killing three people and injuring over 250 others, according to an April 2013 article from bostonglobe.com.

Scott Dunlap, a 44-year-old technology entrepreneur from Woodside, Calif. said in an email interview that he was running the Boston Marathon for the ninth time in 2013, and was a few blocks away from the finish line when the first bomb exploded.

"I was having a beer with some new friends, and when the first one went off, we all cheered since we thought it was some sort of celebratory cannon," Dunlap said. "When the second one went off, we all knew something wasn't right. Then thousands of people started running and the fear was palpable."

Dunlap said he thought the explosions were from a gas pipe, and that his first instinct was to run to the scene with his friends to try and help.



Runner Scott Dunlap at the start of the 2013 Boston Marathon.
(Photo by Scott Dunlap)

NATIONAL

“When we saw the blood on the ground and heard what eyewitnesses said, it was clearly a terrorist act,” Dunlap said. “At that point I just wanted to get out of there and touch base with family.”

James Whipple, a 36-year-old salesman from Norwalk, Conn., said in an email interview that he ran the Boston Marathon for the first time in 2013, and that he was with his family when the bombs exploded.

“I was a few blocks away from the finish line at a restaurant with my wife, parents, and two young daughters ages seven and four at the time,” Whipple said. “After we placed our



Runner James Whipple with his daughters Mia and Paige the day before the 2013 Boston Marathon, yards away from where the first bomb exploded.

(Photo Courtesy of James Whipple)

orders, we heard an announcement on the PA system which stated to remain inside since there was criminal activity outside.”

Whipple said that when he found out the second bomb had exploded, he began to feel very uneasy because his family was so close to the finish line.

“My emotions at this time were just to stay calm and not alarm our kids, Whipple said. “Thankfully we were in a back room in the restaurant which had no television, so my daughters had no idea what was going on.”

Dunlap and Whipple both noted that people around them were fearful. Dunlap described the scene around him in two words: panic and fear. Whipple said that he was very concerned about getting his family out of danger, and that others in the restaurant were anxious as well.

Contd. On Page 16

NATIONAL

Jamie Rose, a 19-year-old student who was studying at Simmons College in Boston, said in an email interview that she was a volunteer at the 2013 Boston Marathon and provided cups of water to the runners at mile 14 with her rugby team. Rose said that she had just arrived at her dorm after volunteering when she found out about the bombings, and that her teammates were upset when they learned what happened.

“When my teammates and I got dropped off to walk to our dorms, everyone was just really quiet and in shock,” Rose said. “People were hugging each other and crying and calling their families. As we were trying to absorb all this information, three girls I knew came into the dorm lounge hysterical. They had been at the finish line when the bombs went off. I had never seen anyone as traumatized as they were at that moment.”

Rose said the event was hard for her to comprehend, and that the atmosphere of Boston changed dramatically over the next few days.



Jamie Rose (left), student and mile 14 water station volunteer at the 2013 Boston Marathon.
(Photo courtesy of Jamie Rose)

“Everything seemed sort of surreal,” she said. “It was hard to comprehend. School was cancelled for a couple days; in fact, all of Boston was shut down as they searched for suspects. That was so creepy—a normally bustling city was completely silent and empty. Nobody went outside.”

In the aftermath of the bombings, Dunlap said he had a hard time feeling normal again.

“I didn’t sleep for days after the bombing, likely some mild post-traumatic stress disorder,” Dunlap said. It wasn’t until I raced again the following week that my head cleared. In that sense, the running community was very helpful in the healing.”

Rose said that she tried to avoid getting trapped in the panic around her, and that she focused on her normal routine of schoolwork and casual conversations not revolving around the marathon to cope.

NATIONAL

Whipple said that the 2013 Boston marathon changed his life forever.

“My family and I were so close to tragedy,” Whipple said. “What was supposed to be a day to celebrate all the hard work and time that us runners put into our training turned into so much more. I will never look at that medal without having a ton of different emotions go through me.”

Each person interviewed said that they would participate in the Boston Marathon again. Dunlap, Whipple, and Whipple’s wife, Shannon will be running the marathon this year on April 21.

Shannon said in an email interview that that she does not fear any violence at the race this year, and that she feels the bombings brought the running community together more than ever.

“I think Boston is a big reason why runners now pull together more even more for a cause,” she said. “Runners come in all shapes, sizes, colors, and speed, but there is one constant—our love of funning. I’d like to think, in the end, love always wins!”



Blackberry Lemon Thumbprint Cookies

By Alexandra Smith

These cookies scream spring, with their bright flavor and crumbly texture. They pair well with a steaming cup of tea, and can also be made with raspberry or blueberry jam as well.

Ingredients:

- 1 cup (2 sticks) butter, softened
- 2/3 cup granulated sugar
- 2 large egg yolks
- 1 tablespoon lemon juice
- 1 teaspoon lemon extract
- 2 ¼ cups all purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ½ cup blackberry jam



Photo By: Alexandra Smith

Directions:

1. Preheat oven to 350 degrees Fahrenheit. Line two large baking sheets with parchment paper.
2. In a large bowl, beat butter and sugar with an electric mixer until creamy. Beat in the egg yolks, lemon juice, and lemon extract.
3. In a medium bowl, combine flour, baking powder, and salt. Whisk until well blended.
4. Add the dry mixture to the wet mixture and stir with a large spoon until dough is moist. Gather dough into a ball.
5. Make 1-inch balls of dough and place on the baking sheets about 1-inch apart. Use a ½ teaspoon to make an indentation in the center of each cookie. Fill each indentation with a little less than ½ teaspoon of the jam.
6. Bake for 15 minutes, or until lightly golden brown. Cool the cookies on wire racks and enjoy. Recipe makes about 4 dozen cookies.