

THE
NITTANY PRIDE

Vol. XII No. 6

April 24, 2017



The Next and Last Frontier

And Then It Was Dark

**Women Cannot Climb the Mountain if Society is
Holding the Rope**

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Photo on cover of student Nathan Traini taken by Isabella Bordonaro.

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The Nittany Pride is funded by the Student Activity Fee at Penn State New Kensington.

EDITORIAL

Women Cannot Climb the Mountain If Society is Holding the Rope

By *Monica Fiore*
Copy Editor

Most likely, we've all heard the saying, "boys will be boys," implying that it is ok for boys to act in ways that women cannot. For example, I'm sure in your life, you've heard somewhere that it isn't okay for women to sleep with a lot of men (what number exactly is "a lot"?) because it establishes them as slutty, but it is okay for men to do it because they're men. That's what they do.



My father showed me a prime example of this inequality two Christmases ago. I was telling my dad (Courtesy of The Naked Convos) how I wanted to see the movie *Trainwreck*, starring Amy Schumer and Bill Hader. He said it wasn't appropriate for me (I was 17) and I believe that he said something along the lines that Schumer's character was trashy because she slept with so many guys. Of course, I had to fight this sexist argument that I knew would unravel. I most likely said something along the lines of, "but men do the same thing." And I'll never forget what my dad said back. He stated that women should know better because they're smarter than guys.

Okay, please tell me where you got your information from. Did they say that on ESPN? That is just like Donald Trump's son, Donald Jr. saying that women shouldn't be in the workplace if they can't handle sexual harassment. OR maybe men shouldn't be in the workplace if they are going to sexually harass. However, that's a topic for a different day.

Women should know better than to sleep with so many guys, but it's okay for guys to do it because they're guys? How is it that our society has come up with this irrational and quite frankly, stupid judgment? How is it socially acceptable for men to do this, but for women, it's slutty and trappy and makes them whores? It doesn't add up.

Why has our society made it an okay thing that men can sleep with whomever they want and that not be a problem, but when women do it, they are considered sluts?

"If you have a vagina, chances are someone has called you a slut at least once in your life," according to Jessica Valenti of *Altnet*.

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"There's just no getting around it." She went on to say, "Despite the ubiquity of 'slut,' where you won't hear it is in relation to men. Men can't be sluts. Sure, someone will occasionally call a guy 'a dog,' but men simply aren't judged like women are when it comes to sexuality. (And if they are, they're judged in a positive way!) Men who have a lot of sexual partners are studs, Casanovas, pimps, and players. Never sluts...But it makes sense when you think about what the purpose of the word 'slut' is: controlling women through shame and humiliation. Women's bodies are always the ones that are being vied over for control -- whether it's rape, reproductive rights, or violence against women, it's our bodies that are the battleground, not men's."

I think it's incredibly disturbing in general that society has created a name for women who sleep with a lot of men, and we haven't created one for men who sleep with a lot of women. I'm not saying that we should create names for people who sleep with whoever they want, which is their own business in my opinion, but that there shouldn't even be a name like that in the first place. It's not fair to slut shame women when they sleep with a lot of people, but not bat an eye when men do it. And let's not forget that if a woman doesn't sleep with anyone and wants to respect herself, society calls her a prude. This example can be found in one of my personal favorite movies, 1985's *The Breakfast Club*. "It's kind of a double edged, isn't it?," says character Allison Reynolds. "If you say you haven't, you're a prude. If you say you have, you're a slut. It's a trap."

According to an article by Stephan Labossiere from *StephanSpeaks*, "Too many people use the fact that this woman has slept with a certain number of men that they personally deem too high as validation to dismiss this woman as a potential mate or a future great wife. Why are we so stuck on this? Should the number of men she has slept with really help determine if a man should be with a specific woman?"

I think it's sad that men will dismiss a relationship with a woman if they think she has had too many sex partners, but it is the underlying fact that men think their expectations are more important than a woman's that upsets me. What happens when we turn the tables on the men and say, "Okay, how many women have you slept with?", and it turns out to be more than the woman has slept with.

Society would say it's okay if he slept with more women than she did men. WHY DOES SOCIETY SAY THIS IS OKAY?

This argument goes along with what we've recently been talking about in Dr. Penelope Morrison's Human Sexuality as a Health Concern class. Lately, we've been talking about this beautiful word called "stigma." "Stigma" is defined as, "a mark of disgrace or infamy; a stain or reproach, as on one's reputation," according to *Dictionary.com*. Stigma can be enforced when STD testing is conducted and stigma is promoted by Christians. If a girl gets tested, it shows she is having sex and that she is a slut because the bad girls get tested and you don't see them in church. The good girls are the ones who you see in church and are the ones who don't get tested. For young men to get tested, it proves that they are having sex and that they are cool because of it. It also shows that this behavior is acceptable because men are supposed to be sexual beings while women are supposed to be less promiscuous than men. When men willingly have sex with a woman with an STD and then are tested, if the result is negative it's their bragging right because they feel they dodged a bullet (Lichenstein 2004).

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According to Holly Leber's article "Sleeping Around: A Look at Gender Stereotypes", stigma may have something to do with this double standard. "It's the way we were raised," said Bruce Griffin, 28. "I think it's a stigma, like a 'Scarlet Letter' sort of thing. (Guys) almost have to tell whenever they score. It's like the way you high-five your kid for taking his first step."

Men and women will never be equal as long as we keep this attitude that it's okay for men to be as sexual as they please, but not okay for women. If I can leave you with anything in this editorial, it would be this quote I saw on Pinterest: "'You're a girl, so act like one.' Oh, I'm sorry. I didn't realize my vagina came with a Terms and Conditions manual."



EDITORIAL

The Next and Last Frontier

*By: Nathan Traini
Copy Editor*

Right now, it seems hard to imagine, but we are on the cusp of a great adventure. By “we,” I mean the 7.3 Billion people that live on this planet. The adventure of space, the final frontier, is more complicated than anyone is prepared for. There are various world problems that need to be solved and there are solutions in the works to solve world thirst/hunger, climate change, and terrorism. There will always be crime, but war between nations must stop before we embark on this adventure to end all adventures.

Space cannot be another prize to be fought over. There are various reasons why the world must go united into space, and it's not only to sing Kumbaya. The first reason we must establish peace in space is because war in space will destroy our species. If we find the energy to traverse our solar system in under 6 months, the raw power could destroy large portions of our planet if used for war.

The second reason we must go peacefully into the unknown is because it's unknown. If we don't want to start a war with ourselves in space we don't want to start one with some vastly advanced beings. There seems to be three options when talking about other intelligent life forms, their intentions, and when/if we will encounter any. The first option is there aren't any intelligent life forms because they didn't evolve or they destroyed themselves. The second option is that they exist but they haven't found a way to go faster than the speed of light to visit any other star systems in a being's lifetime. The third option is that they have found a way to go faster than light and, since we obviously haven't seen any, don't interfere with planets before they enter space. The intelligent life forms could be millions of years ahead of us or hundreds of years. Either way, extraterrestrials would be peaceful for the same reason we must be peaceful, because they'd possess so much raw power that could destroy entire worlds.

This is crazy talk you say, we are hundreds of years away from man leaving our solar system let alone encountering intelligent life. Well, NASA has found it possible to go faster than light if they could find a way to curve spacetime around a craft. The craft wouldn't actually accelerate, it would curve spacetime behind and in front of itself to create a bubble of spacetime, according to NASA. The theory says they'd be accelerating physical space past the speed of light, since it has no mass, and the craft would be along for the ride.

This month has brought another reason why we should heavily fund space travel. NASA has found strong indications that life could exist on Saturn's moon Enceladus by examining molecular hydrogen that the spacecraft Cassini captured from a water jet ejected by the strong pressures the moon is under from Saturn according to CNN. Due to torsion forces, Enceladus has liquid water under the surface because the moon has a molten core. NASA thinks there's life that could exist like the life here on Earth which thrives by hydrothermal vents deep in the ocean.

Right now, commercial space travel companies like SpaceX have made considerable leaps in cost reduction by reusing the booster stages of rockets. They successfully relaunched a reused rocket in late March 2017 which carried a satellite into geosynchronous orbit according to SpaceX's website.

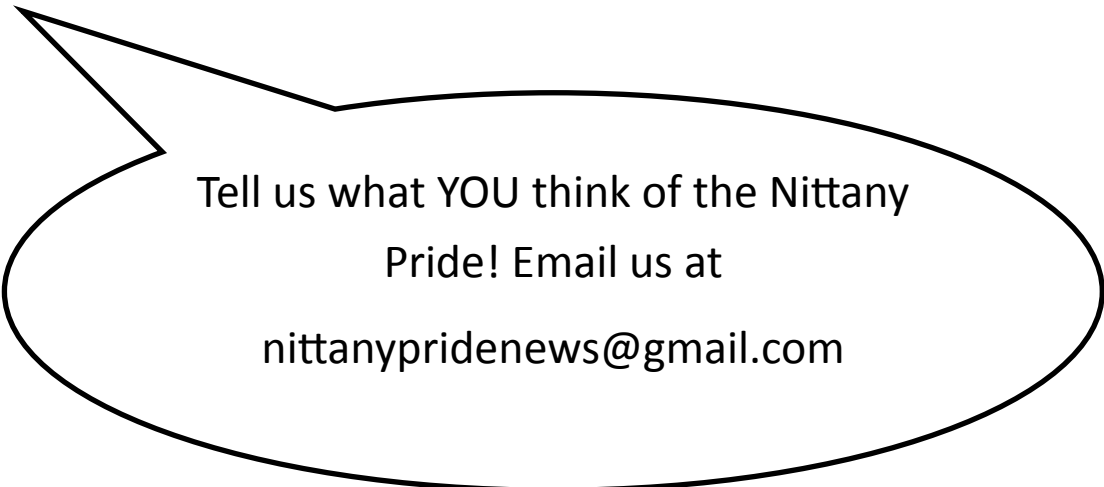
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They will launch their Falcon Heavy rocket in the near future, which would allow manned missions to the Moon and Mars. In late 2018, SpaceX will fly two private citizens around the Moon and back. The possibilities for profits to be made in space are endless when one thinks about mining asteroids and manned space travel. For its entire existence, SpaceX has been dependent on the government for subsidies and NASA is one of the few customers.

As for governments and spaceflight, countries like China, Russia, and the US have been in space for decades and are the only countries capable of manned space flight. For other countries like Israel, India, Nigeria, Iran, Ukraine, Japan and France they have either launched satellites into space or are planning to.

Many of the greatest inventions have started out with government funding. Inventions like GPS, the Internet, bar codes, microchips, touch screens, and wind energy have all been the product of government research. This means that greater funding of science in general, but a focus in space-flight wouldn't only help the aeronautic industry but all of America. Imagine if we spent more money on science than we do on war -- our lives would be greatly improved to say the least.

When a species colonizes an uninhabited planet they increase their ability to survive astronomical disasters by a hundredfold. The amount of equipment and things a colony will need to survive for generations on an uninhabited planet will create a whole industry and orient the human race towards the stars. Instead of resting on old ideas, we will have to innovate and that forced innovation will push us to places we couldn't imagine.



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EDITORIAL

.....And Then It Was Dark

By Scott Sinclair
Staff Writer & Reporter

I can remember my first contribution to *The Nittany Pride*. It was a humorous editorial piece on the perspective of a nontraditional adult student adjusting to life on a college campus and seeking an education. I once again have chosen to write an editorial piece as we wrap up the school year, but I tell this story not so much for fun, but to inform and educate, so other students can be aware.

The first part of my year was going just as planned. I had a strong first semester, grades were good, I felt like my decision to return to school was the perfect choice. Then in March, I chose to move in with a roommate here in Greensburg, knowing that I would be saving money which would allow me to have a smoother transition to University Park in 2018, my junior year. Another good feeling, and another piece of my grand plan falling into place.

Then one Sunday without warning, I simply couldn't get out of bed for work. I didn't know exactly what was happening but it was if I feared everything and didn't know which direction the escape route was. It was something I had never experienced before. Obviously, we all have days where we dread getting out of bed for work, but this was more akin to panic and terror. As I found out later, the word panic was not correct, and in my forties, without warning, I came face to face with Generalized Anxiety Disorder.

I as would come to find out, the combination of my activities, classes, working, my recent move, an unfortunate flood in my new home, plus a trip to UP for Linked Up, all lead to my brain deciding that enough was enough now, and it was time to take a break. I really wish it had chosen a better method, like going out for coffee or something, but no, fear of the entire world was what it opted for.

Another factor that lent to this situation was the fact that this condition is hereditary. It does in fact run in my family. It is a medical condition, much like my need to wear glasses, it is not just having a "rough day", or "feeling down", it is the act of the brain not functioning right and causing random and unreasonable thoughts. In my case, my sense of time was all confused.

For example, I would see a friend and enjoy their company and have a good time. The next day, or even a few hours later though, it was if I hadn't seen them in months, and I was in a rush to text or visit or make contact in some way. This was contrary to the obvious look at the calendar, which clearly showed it was only a day later.

So why tell this story in such a public forum? That's easy, as an adult student I feel like I should help take the lead as it pertains to the well-being of my more traditional peers. I am well past the socially awkward feelings that is sometimes associated with young people, and don't mind telling my story to help bring awareness to a potential situation that may develop in someone else in the high-stress environment of a college campus.

I did some research and found an association dedicated to this condition specifically. It is aptly named The Anxiety and Depression Association of America (ADAA.org), and it revealed some interesting facts. The first of these is that there is no specific time in life that this condition could potentially show itself, it can come on strong at any point in life.

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Secondly, there are 40 million adults in America, or approximately 18% of the population who suffer from some form of clinical anxiety. Another fact is that about half of all those who suffer from anxiety also suffer from clinical depression and vice versa.

Some of the different types of anxiety are commonly known, these include General Anxiety Disorder, Panic Disorder, Social Anxiety, Obsessive Compulsive Disorder (OCD), and Post Traumatic Stress Disorder (PTSD).

So, I will now bring this story full circle, and the main reason why I share it. From that fateful Sunday mentioned above all the way until Tuesday, I was unable to function and I figured I was done with school. But I got the help I needed and I am starting to climb back. Please, please if you or a friend on campus start to feel different than normal, or feel like things are spinning out of control, or like you can't sit still or focus, just talk to somebody to get your bearings and see what's going on. My "eureka" moment came when a friend of mine noticed I was being "too intense" as it pertained to our friendship. Although this friend would never want credit, this observation may have save an education and career, and potentially a life.



EDITORIAL

The Don.

By Sam Elliot

Staff Writer & Reporter

LOS ANGELES, Ca. – Born out of the darkness and into the light, an insult comic to brighten up life, has passed away at the age of 90, will be forever missed, that is true, therefore Don this one's for you.

Don Rickles was born an only child to the Jewish parents Max (an insurance salesman) and Etta (a housewife), on May 8, 1926 in New York City. He was a normal kid. He attended Newton High School and eventually enlisted in the navy during WWII after graduation. He was a motor torpedo boat tender on the USS Cyrene as a seaman first class for two years, until he was honorably discharged in 1946 (American Military News). Upon his return home, he began to indulge his aspirations of becoming a serious actor and enrolled in the American Academy of Dramatic Arts. One of his classmates was the Grace Kelly, otherwise known as Princess Grace of Monaco.



Photo Courtesy of Google Images

While looking for work as an actor, he sold cars, and life insurance. When the acting roles didn't come, he turned to stand-up comedy. Most people he encountered during these early years were hostile towards him, heckling his performance; therefore, he began firing back at those hecklers. To his surprise those firebacks garnered the most laughs, causing him to find his staple as an "insult comic." During one of his shows, Frank Sinatra's mother was in attendance and urged her son to help the budding comedian out. By the end of the 1950's, he was playing Las Vegas.

He made his TV debut in 1965 on *The Tonight Show*, starring Johnny Carson. From there his career was further launched, with his appearing on other shows like *The Dean Martin Show*, *Gilligan's Island*, and *Get Smart*, as well as movies like *Kelly's Heroes*, *Toy Story*, and *Casino*. He even knew Ronald Reagan, and was forced to perform at his inauguration by Sinatra. Rickles was a Democrat (USA Today).

Sinatra and Rickles became good friends. An example of this is whenever Rickles was out on a date and the girl he was with noticed that Sinatra had walked in. She couldn't believe that he knew him. Rickles secretly went over to Sinatra and asked him to pop over and say "hello" to impress her. Whenever Sinatra came over to say hello, Rickles looked up at Sinatra and said, "Not now, Frank. Can't you see I'm with somebody?" Sinatra fell down laughing.

In 1965, Rickles married Barbara Sklar and eventually had two children, Larry and Mindy. He loved his wife and children. Johnny Carson even gave him the nickname of Mr. Warmth for how loving of a person he was. He showed no signs of slowing down with age, even getting ready to reprise his role as Mr. Potato in the reported 2019 release of *Toy Story 4*. Unfortunately, Rickles never got a chance to record the audio for the role. Instead, he celebrated his 52 year wedding anniversary with his wife Barbara and sent out what would be his final tweet, a tribute to his wife. It read, "We are celebrating our 52nd Wedding Anniversary March 14th. Happy Anniversary my dear wife, Barbara. You are my life. ❑XO Pussycat (Me)." He died April 6, 2017 at his home as a result of kidney failure (Biography).

Thank you, Don, for all you've done. You will be forever missed.

POLITICS

Journalism Ethics During the 2016 Presidential Election

By: *Isabella Bordonaro*
Managing and Online Editor

Each year Penn State New Kensington holds a Research and Creative Expo where students have the opportunity to do research on things they find interesting, and share them with faculty, students, and members of the community.

As an honors student, I am required to submit a project based on one of my classes, and share it at the Expo.

This year, I am taking a media ethics class with Abhinav Aima, Instructor of Communications at PSNK. In the class, we talked about how elections are covered, and how sometimes the practices that journalists use are not what would be considered ethical, according to the SPJ codes, which is basically the 10 Commandments for journalists.

This discussion prompted my interest in the most recent election which was, in a way, a media circus. I decided to do my research project on the journalism ethics for this past election, because I figured there were a lot of examples I could pull upon.

Not only did I find a plethora of examples I could use for my research, each one I found was more surprising than the last. What was most surprising was that when I shared my research at the Expo on Tuesday April 11th, everyone who stopped to read my poster and learn about my finding was as surprised as I was.

This, I decided, is exactly why I felt I needed to share my findings also through *The Nittany Pride*, because information like this shouldn't be news to people like it was to me. The election was decided in November, and many of the examples I gave people had not heard of or realized, and months have past since we cast our votes. I know if I had known the things I know now, I may have voted differently.

So, I decided I should try to spread my newfound knowledge a little more, in the hopes that I make others realize we can't always trust what the news corporations are giving us.

My first example of unethical journalism has to do with CNN, and how they covered candidate Hillary Clinton.

Right before she announced her decision to run for President, CNN anchor Chris Cuomo stated, on live air, "we couldn't help her any more than we already have, we're the biggest ones promoting her campaign." This is considered unethical because a news corporation should not be favoring one candidate over another. Journalists are supposed to be the fourth estate, and should be covering the candidates based on their policies and actual plans for the country. They shouldn't be blatantly supporting one candidate, even before she announced she was running.

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It also turns out that, according to OpenSecrets, Time Warner which owns CNN donated the most money to the Clinton Campaign over any other candidate. So now they not only had an anchor blatantly state that CNN favors Clinton, but they created their own conflict of interest by giving her over half a million dollars.

Another example of unethical journalism deals with Senator Bernie Sanders and the Washington Post.

The Post, according to Democracy Now!, published a whopping 16 stories in just 16 hours painting Senator Sanders in a negative light after the Democratic Debate in Flint, Michigan on March 6th, 2016.

The stories are clearly attacking Sanders, which would be ok in a sense if the Washington Post was critical on a reasonable scale, but when you take it to the level of 16 stories in just 16 hours, it is considered unfair coverage. No news corporation should be able sleep at night knowing they are being that unfair to one candidate.

Lastly, I research examples of unethical journalism when it came to covering the now elected President, Donald Trump.

I was led to one example by Professor Aima, which was the fact that CNN's CEO Jeff Zucker made a deal with Anheuser-Busch InBev, who makes Budweiser and Bud Light, to show a Budweiser ad every time Trump was covered on CNN, according to an article by NPR.

This means that CNN obviously had a huge incentive to cover Trump as much as they could, because they'd make millions of dollars off of him. In those 10 Commandments they call the SPJ codes, it's made abundantly clear that journalists should not be taking special favors. While Jeff Zucker is not a journalist, he is basically forcing all of the journalists that work for CNN to cover Trump more, if they want to bring in the bucks.

Zucker is not the only CEO who covered Trump for reasons other than his policy and plans. Les Moonves was quoted by Politico, saying, "it may not be good for America, but it's Damn good for CBS." What is unethical about this statement is the fact that it makes it seem like CBS is covering Trump just to get the views, since he does such "entertaining" things. Again, candidates should not be covered just because they are entertaining. In order to inform the public, candidates should be covered based on how they are going to help/hurt the country, not on who they made fun of during an interview.

Hopefully, these examples shed some light on how news corporations are conducting themselves when it comes to elections, and will make you think twice before you take their coverage at face value.

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www.facebook.com/nittany.pride.1

COMMUNITY

“Anything But a Statistic”: Remembering Laura Hoover

By Monica Fiore
Copy Editor

NEW KENSINGTON, Pa. - “She was a free spirit. She just loved life” is how Steve Hoover described his daughter, Laura.

In 2016, Laura Elizabeth Hoover was a Burrell High School student, but she wasn’t any ordinary student.

“She got it,” said Burrell High School World Cultures teacher, Adam Rossi. “She understood what life was about. She was an extremely old soul. She was mature beyond her years. She saw the big picture with everything. She was a force, a quiet force. She was the embodiment of everything that is good about humanity and that can’t be lost. We talked about everything; environment, politics, music, art, religion, spirituality. You name the big topic and we discussed it at length. You can tiptoe around those topics with other students her age, but she really had an understanding of those because she was well-read and she was well-versed; she knew what she was talking about.”

Hoover was preparing to graduate that May when tragedy struck. Hoover tragically passed away May 26, 2016. She was found dead in her car the early hours of that morning.

“We’re not sure what happened and we’ll probably never know,” said Laura’s father, Steve Hoover. “I’m still in shock. That’s the only word, but it doesn’t do it justice. It’s taken me a long time to cope.”

What was even more tragic was Hoover was to graduate along with the rest of her graduating class at Burrell High School later on that day.

“I was already awake so I knew I wasn’t dreaming,” said Rossi. “It was sort of a ‘holy hell’ moment.”

During the graduation ceremony, Hoover’s seat was decorated with flowers, an afghan, and pictures of her and family and friends. The calling of Hoover’s name during the graduation ceremony was not met with a moment of silence, but with a standing and clapping ovation. Following the graduation ceremony, the graduates stood around the flagpole with candles to remember Hoover.

The autopsy report revealed Laura died as a result of a prescription drug overdose.



Laura Hoover (Photo Courtesy of TribLive)

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“She took Prozac for depression and she had somehow gotten Tramadol from her aunt's house and that combination caused her heart to stop beating,” said Hoover. “The doctor said if she had taken anything else but Prozac, this probably wouldn't have happened.”

“The story is being mistold time and time again to the point where if you hear it so many times, you just believe it, which isn't the case,” Rossi said. “Laura was mixing two prescription medications. It's as simple as that. It wasn't like she was in a back alley somewhere, shooting up.”



Classmates of Hoover's gathered around Burrell High School's flagpole to remember her. (Photo Courtesy of TribLive.)

Rossi went on to say, “This is something that can and does happen to anybody. I'm hopeful that the stigma and the stereotypes and finger-pointing at people who are impacted by this is going to subside and that our society is going to become more open to the fact that this can and does happen anywhere to anyone and you'll see a collective push by our society to do something about this.”

In honor of Hoover's memory, “her family has started the ‘Laura Hoover It's All Good Foundation’, which is going to be a multi-faceted approach towards remembering her life and continuing on with things that were important to her,” said Rossi. “One of the aspects is they are looking to procure land somewhere in the area so they can build a dog park. That was important to Laura; her dogs. The second aspect is a travel scholarship for students either at Burrell or applicants in the immediate area if there are none at Burrell. They are looking to pick a non-traditional student to award with a scholarship to travel abroad in the summertime to pretty much where anywhere they want to go. A third aspect is looking to involve students at Burrell and Penn State New Kensington in hands-on learning experiences that are going to hopefully clue them in as to the reality and dangers of climate change.”

“The kids are going to build a solar-based air conditioner for Adam's room,” said [Steve] Hoover. “It was extremely hot and miserable last year. The point is to teach these kids how to recognize a problem and solve it.”

“She doesn't want us to mourn, she doesn't want us to be sad,” Rossi said. “She wants us to take the work that she was doing and carry the torch and move on with it. The best way that you can remember someone and keep someone's memory alive is to not only follow in their footsteps, but continue on with the path that they were taking.”

And carrying the torch, we will do to remember Laura Hoover and the beautiful person she truly was.

“You don't want her story to be lumped in with everybody else's because if it's lumped in with everybody else's, then she becomes a statistic and she's anything but a statistic,” said Rossi. “She's anything but a number on a page or on a stat sheet.”

For more information on how to get involved with the "Laura Hoover It's All Good Foundation", please go to lhiagf.org.

EDITORIAL

Post-Semester Pride Preview

By Nico Regoli
Staffwriter and Editor-in-Chief

I realize this edition of *The Nittany Pride* already has numerous meta writings in the first and second-person points of view, but I need to include one more. I would have liked to have had a third-person news story ready for our final print edition of the semester, but as I stated in my February editorial, "Wrestling with Fate," not everything in journalism turns out how you plan it to. Sometimes, other happenings in life throw us for a loop, and we can only complete four out of whatever five tasks we've been assigned in that particular timeframe.

Thankfully, our newspaper has a website (nittanypride.wordpress.com) where we can put online whatever stories are not ready in time for print. This is a preview of a few online-exclusive pieces that you can expect from *The Nittany Pride* following the semester's end and over the course of Summer vacation:

~Recently, the Valley High School Drama Club held its annual Spring musical production, Broadway's *Anything Goes*. I have interviewed and photographed several of the students and staff involved in the play to get their thoughts on the importance of performance art in a child's personal and educational upbringings. To any of those Valley students reading this, you have not been forgotten, and your story will be uploaded to our website very soon.

~May 13th, the American Grappling Challenge will be holding a submission grappling tournament within Penn State New Kensington's athletic center. Photos will be taken at the event, and competitors will be talked to.

~Coming up in June, Cho's Tae Kwon Do Center - New Kensington, owned and operated by Grandmaster Philip Ameris Sr. and his family, will be celebrating its 40th anniversary with a Spar-A-Thon event. *The Nittany Pride* will be covering the festivities, including the Spar-A-Thon, as well as interviewing the Ameris family, and past and present students whose lives have been impacted by Tae Kwon Do, the Ameris family and their teachings.

Lastly, on a more personal note, being the editor-in-chief of *The Nittany Pride* has been fun, but it has also been a challenge. In the year I have been in charge, I have noticed that there are others on our staff who are more prepared and empowered to take on that challenge than I am. So, I am pleased to announce that as we transition into the Fall semester, our current managing editor, Isabella Bordonaro will be taking over my position as editor-in-chief. She has done an amazing job already, and I believe that the Pride will continue to run smoothly in her capable hands.

Starbuck's Medicine Ball Tea

With the end of the semester coming quicker than we'd all probably like to realize, there is (I'm sure) a lot of students who are finding themselves as a tightly bound ball of stress, only me? Oh. Well— for those of you who may be in the same boat as me (ready to tear hair and cry rivers) here's a herbal drink off Starbuck's secret menu that may help you feel better. Not only is tea a good stress reliever, this "Medicine Ball" recipe contains several ingredients that also help to relieve the common cold.



(Photo courtesy of Flickr)

You can order the drink at Starbucks, or try making your own. Here's the ingredients, or what to ask for when you order:

- ◇ Venti (30 oz.) Cup with a bag of Jade Citrus Mint Tea and a bag of Peach Tranquility Tea
- ◇ Add Half hot water and half steamed lemonade
- ◇ Add a little honey
- ◇ Optional: add a pump of peppermint

(recipe via: <http://starbuckssecretmenu.net/starbucks-secret-menu-the-coldbuster/>)