

THE

# NITTANY PRIDE

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Diplomatic Discussion

Penn State New Kensington Welcomes New Faculty

Generations Of Strength

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# CAMPUS LIFE

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## **Penn State New Kensington Welcomes New Faculty Members**

*By Monica Fiore*

*Staff Writer and Reporter*

NEW KENSINGTON, Pa. - Every semester, Penn State New Kensington opens its doors to welcome new students. However, students are not the only new people received at the campus each semester.

The campus also acquires new faculty and staff members. This fall semester, two professors have joined the faculty at Penn State New Kensington; Dr. Penelope Morrison, a professor of Biobehavioral Health, and Professor Nick Petrucci, a professor of Mechanical Engineering.

“It’s a different environment than what I’m used to,” said Dr. Morrison. “I was at Magee-Womens Research Institute for the last three years and prior to that, I was at a post-doc at RAND, and had been teaching part-time in the school of social work at Pitt with master students. I haven’t worked with undergrads since 2010, and I really enjoyed returning to that.”



Dr. Penelope Morrison (Photo Courtesy of Bill Woodard)

Morrison, a 2010 Pitt graduate with a degree in Medical Anthropology and a Masters in Public Health with an emphasis on Behavioral and Community Health Sciences, got connected to Magee-Womens Research Institute a few years ago.

“I worked as a collaborator, a co-investigator, and a methodological expert on a two year study looking at intervention mechanisms that work with men who have been convicted of a domestic crime violence in Allegheny County,” she stated. She also worked as a methodological expert in a study on opioid addiction in pregnancy.

“When I saw the job posting for the Assistant Professor of Biobehavioral Health here, I felt like that was where I was supposed to be. This really gives me the opportunity to teach people about these things and to help people to see the importance of understanding these things in terms of thinking about long term objectives for different populations and different health issues,” Morrison stated.

Dr. Morrison’s classes this semester are classified under and meet the requirements of the Bachelor of Sciences degree in the new Biobehavioral Health major. Morrison stated that Biobehavioral Health is in a discipline that, “examines health from all angles, not just looking for the genetic, hereditary, or biological underpinnings of disease and illness, but also looking at how culture, socioeconomic status, race, gender, and sexual orientation and how all of those things play a role in determining a person’s health outcome.”

She added, “I want my students to come away with a sense of health as being a human right and a matter of social justice, not just a privilege.”

Though it has been a while since Morrison has worked with undergraduates, she stated that she is very excited and is looking forward to it.

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“I think working with undergraduates is vastly more rewarding in a sense because young people are formulating their thoughts and their perceptions about what they want to do with their lives and who they want to be,” said Morrison. “The student body here, to me, seems to be very appreciative that they’re getting an education and I feel like the students value the quality of education that Penn State can offer and I think that’s really great. I feel like there’s a lot of school pride and a lot of pride at being a part of the Greater Penn State system.”

In addition to Dr. Morrison’s arrival, Penn State New Kensington also welcomed back a faculty member, Professor Nick Petrucci. Petrucci previously worked at the campus for 8 years, but left when the program he taught in was closed, therefore eliminating his position.

“I have my own consulting business and I was working as a subcontractor for a company, doing some safety related work and also some engineering,” said Petrucci. “With my consulting business, I do failure analysis.” Petrucci revealed he came back to the campus this fall because he didn’t want to leave to begin with.



Professor Nick Petrucci  
(Photo Courtesy of  
Petrucci Engineering  
Consultants, LLC)

Petrucci currently teaches four classes this semester, including “Mechanics For Technology” and “Mechanical Drives”.

“I have classes here Monday, Tuesday, Thursday, and Friday that start at 8 in the morning,” said Petrucci. “I’m either teaching, prepping for teaching, grading papers, or on Wednesdays, I do some consulting work and fit in the failure analysis.”

Petrucci stated he is most looking forward to his students’ desire to learn. “Ultimately, helping the students to be in the best position, having them learn, and seeing them get excited when they understand something keeps my mind sharp,” Petrucci revealed.

Looking to the Spring 2017 semester, both professors plan to return and teach newer classes being offered to them.

Dr. Morrison plans to teach a Human Sexuality course, “which will look at LGBTQ issues, sexual discrimination, sexual orientation; a wide range of issues and how those issues are related to sexuality also play a role in people’s health and well-being,” she stated.

Morrison will also teach a “Research Strategies for Studying Biobehavioral Health” course, and a “Foundations and Principles of Health Promotions” class. Petrucci plans to return to teach four new courses, including “Measurement Theory and Instrumentation”, “Fluid Mechanics and Heat Transfer”, and “Electro-Mechanical Project Design”, a course he will be teaching with fellow professors Karl Harris and Robert Mueller.

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## Diplomatic Discussion

By Nathan Traini

Staff Writer and Reporter

NEW KENSINGTON, Pa. - Local politicians came to Penn State New Kensington to answer questions, in a panel format, put forth by a group called My Vote Matters on Oct. 4, 2016.

My Vote Matters is a non-partisan student run organization which put the Diplomatic Discussion together. The leader of the group is Millie Brassler, an immigrant from Peru who is passionate for democracy in action.



Photo Courtesy of Nathan Traini

The politicians included State Rep. Joseph Petrarca (Dem.), Mayor of New Kensington Thomas Guzzo (Dem.), candidate for the 12th Congressional District Erin McClelland (Dem.), State Rep. Eli Evankovich (Rep.), candidate for Pennsylvania House District 55 Michael Geiselhart (Rep.), and communications director for congressman Keith Rothfus, Blake Gober (Rep.). The attendees answered questions that ranged from topics like student loan debt to the environment.

This panel was exciting because there were four people running against each other. Michael Geiselhart is running against Joseph Petrarca, and Erin McClelland is running against Blake Gober's boss Keith Rothfus.

Having three people representing each party and their ideas, added weight to the evening. This balance made everyone feel more comfortable, the politicians, the audience, and the faculty. They were split down the middle with Republicans on the right (Evankovich, Geiselhart, Gober) and the Democrats (Petrarca, Guzzo, McClelland) on the left.

The tension was palpable while each person articulated their answers to the first question of student loan debt. Geiselhart and Gober both expressed the need for cutting extravagant spending to ease the burden of future students.

"Student loan debt is a state issue... the federal government should not be involved in any project that the constitution doesn't already give it express permission to deal with," said Gober.

McClelland had a different perspective saying that the federal government is already involved. "Student loans absolutely have a federal component," said McClelland. She then went on to explain that the interest rates on student loans provide capital to the government and how morally wrong that is.

Evankovich was alone in his perspective on student loan debt. He compared loans for an education with loans for a house or a car. "Lending for student loans must be done based on what the value of an education is," said Evankovich. "An engineering major should be able to borrow more for their degree because that degree is going to bring in more than somebody who goes to school to learn about history."

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“Higher levels of education are associated with a wide range of positive outcomes - including better health and wellbeing, higher social trust, greater political interest, lower political cynicism, and less hostile attitudes towards immigrants.” from the Economic and social research council.

Both parties’ answers did not cover the fact that tuition is increasing and results are going down because of less state funding for education and the substitution of full time professors with adjuncts. The question of protecting the environment was posed and nobody denied that it was a problem.

It was a relief to hear both parties accept basic climate science. Guzzo showed off his city of New Kensington as a environmentally friendly place to live. “New Kensington has five community gardens,” said Guzzo.

Petrarca’s position was that the environment is an important issue and we should consider global warming as real. “We need to do more in terms of recycling,” said Petrarca. “People do want to recycle and I think we need do what we can to make it easier for them to do that. Government needs to reach out and help industries that are getting into alternative energy.”

Geiselhart’s stance was on individuals doing their part like having personal gardens and natural food without additives and things of that nature. “Look at chickens that are three times the size of normal chickens with barely with any bones, and that’s what you're eating,” said Geiselhart.

There were other pressing environmental issues he talked about as well. “Not even 10, 15 miles away in Apollo and Leechburg there’s nuclear waste in the ground...we came in to clean it up and they said wow the problem is worse than we thought and closed it back up.”

Gober says there are needs for environmental regulations, since the current regulations are 70 years old. Citing the massive advancements in technology and building, Gober implied the regulations are out of date.

The Republican stance on the environment was that essentially because of our strict regulations that hurt business, those businesses left, and are now under governments without environmental regulations.

Geiselhart was the only Republican candidate who offered a solution to the complex issue of climate change. “We need to look at this on more of a U.N. resolution” said Geiselhart, referring to the problem of the world’s most carbon using goods being produced in countries without much environmental regulations.



Photo Courtesy of Nathan Traini

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The democratic position on the environment is to invest in easier methods to recycle and new alternative energy sources. Democrats like McClelland addressed the environmental conservation question thinking about our health. “Things happening with the health and wellness of our children, as they grow up based on that amount of toxins they are exposed to now versus what my parents were exposed to or my grandparents,” she said.



Photo Courtesy of Nathan Traini

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## Alle-Kiski Job Fair Welcomes New Opportunities to PSNK!

By Jay Wu

Staff Writer and Reporter

NEW KENSINGTON, Pa. - On October 6<sup>th</sup>, the Alle-Kiski job fair was held at Penn State New Kensington.

The job fair provided students an opportunity to search for jobs or an internship for their majors within the area.

Jessica Logston, a senior in Information Sciences and Technology (IST), stated that job fairs are important.

"They help the students network with potential employers, and help build greeting skills," she explained.

Juan Rodriguez, a senior at Penn State New Kensington, stated that job fairs are important for Individuals who are searching for internships or job options.

"This fair is important for those who are in search of internships or job opportunities and have a hard time getting to some of the other career fairs in the area," Rodriguez explained.

Joelle Cassidy, a Western Family Services of Pennsylvania employee, stated that there is a variety of aspects to the job fair.. According to Cassidy, it provides opportunities for students. "You're going to see many aspects of jobs and opportunities, which is a good thing," said Cassidy.

Felicia Junod, a Community Alternatives employee, stated that by being involved with several events, the job fair can provide options since students are able to attend and interact with potential employers.

"You can ask questions in order to prepare for interviews, receive suggestions for their resumes and can learn about the different jobs that are out there," Junod said.

While attending the job fair, students can have their own opinions about who was their favorite employer.

Logston stated that her favorite employer was the Allegheny Health Network because of their friendly manner.

"They were the only table that I visited that actually took my resume and they planned on giving it to the right person. Their table also had lots of information about potential careers," said Logston.



Students and employers gathering at the Alle-Kiski job fair! Photo Courtesy of Jay Wu



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Rodriguez said that his favorite employer was UPMC because of the information, along with the friendliness that he received.

The students who attended the fair each had a favorite experience from the job fair at Penn State New Kensington. Logston said that her favorite part about the job fair was networking.

"Job fairs give us students the perfect opportunity to network with potential employers and even meet potential Penn State alumni," she said.

Rodriguez explained that his favorite part about the job fair were the benefits that the fair provided to students and guests.

"I have landed various interviews from this event and many others have landed job positions," he said.

Attending a job fair at Penn State New Kensington is an essential factor for students in order to obtain a job or internship opportunity. Jim Shields, career services advisor at Penn State New Kensington, stated that networking is a main purpose for attending job fairs.

"Most job or internship opportunities develop from some type of personal connection so, you need to make contact with people to develop those connections that might lead to somebody remembering that you are interested in working for their organization," said Shields.

Students can have an optimistic experience attending a job fair, and the opportunity that can assist students on finding jobs or internships.

Shields said that students can have a good experience when they attend the job fair.

"For many students coming to the campus job fair is a chance to get the feeling for what it's like to meet people for the first time, shake people's hands, and give them a resume," Shields explained.

The Alle-Kiski job fair on campus provided a pleasant experience for students who were in search of jobs or internships within the area.



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## Fit For Fall

*By: Aleigha DiDonato  
Staff Writer and Reporter*

It's that time of year again. The leaves are changing, pumpkin flavoring has taken over, and the struggle to fit into your jeans becomes harder by the day.

We all know what it's like to wake up on a rainy fall day and fight the urge to get out of bed. Even more difficult than that is saying no to the constant sweet treats being shoved in our faces every two seconds. We trade in our swimsuits for sweaters and hope for the best at the end of the season.

What if I told you it doesn't have to be that way? Truth be told, it doesn't. However, that doesn't mean it's going to be a walk in the park to achieve what you want. If your goal is to maintain that summer body or continue to improve your condition, it's going to take some work.

As college students, our stress level can oftentimes be through the roof. So the first thing I'm going to ask you to do will be simple. Take a mental health day for yourself. If you're going to be fueling your body with healthy food, it's time to start filling your mind with healthy thoughts. Kick back, relax, and do something you enjoy.

Now that we're all happy people, it's time to take some action. Hopefully you've all heard the phrase, "Abs are made in the kitchen, not the gym," at some point in your life. If not, I'm sorry to break the bad news to you, but it's true. This means you don't get to eat an entire box of cookies, followed by 100 crunches, and think it cancels out. I know, I'm sad too.

The point is, creating fulfilling meals throughout your day is going to be the key to your success. One strategy that works well for me is meal prepping. The goal is to have your meals already made, so that you don't have to think about what you're going to eat. This helps eliminate snacking, as well as settling for unhealthy alternatives that might be easier to access.

Having a nutrient dense diet will also help with the next topic of discussion, which happens to be my favorite part. Get involved in something that gets you moving. It doesn't matter what level of fitness you're at, this is important.

When you exercise, your body releases chemicals called endorphins. This chemical is not only connected to your perception of pain, but it interacts with your brain, creating a positive feeling in your body. It's literally your body's way of saying thank you for taking care of me.

Make exercise something you enjoy. Senior, and fourth year basketball player for Penn State New Kensington, (PSNK) Jordan Williams states, "Basketball and other sports have always been a physical outlet for me to relieve any kind of stress. It always puts me in a good mood to be on the court."

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Not only that, but becoming involved in sports and other activities can help you in other aspects of your life. When asked if basketball helps Williams academically he stated, "Yes, you have to maintain at least a 2.0 to play, plus we meet as a team everyday for 2 hours to study."

Creating goals for yourself is something that can be extremely rewarding for your fitness journey, and life in general. It can be something as simple as having dessert only twice a week, or going the extra mile on your run. Setting a standard for yourself will have you seeing results in no time.

Most importantly, you have to stick with it. This is why finding something you actually like is so important. If you didn't already know, part of your tuition goes towards the gym provided on campus at PSNK. Or if you commute like I do and want a gym closer to home, most gyms like the one I go to offer student discounts.

If the gym isn't for you, then put your interests elsewhere. Get involved in a sports program offered on campus. Williams will tell you, "it's fun, I enjoy my teammates and it keeps me on top of my school." Having a support group helps to keep you motivated when you "just don't feel like it," stated Williams.

Which brings me to my final point. If you haven't already come to this conclusion yet, have fun. Seriously! There are endless healthy recipes online that taste just as good as the ones that make you feel guilty three days after.

Get to experimenting, and have your family members asking you to bring the dessert to every occasion. Before you know it, like me, you'll have your loved ones convinced to dress up like turkeys and run a 5K the day of Thanksgiving.

Don't ever let anyone tell you that eating healthy and being active can't be fun. The key to your success is directly connected to your willingness to try. If you're interested, there will be a great healthy snack recipe to get you started on the back of the paper. Don't wait until January 1st to decide it's time to lose the weight and be happy. Start now.

Don't forget to check us out Online!

[nittanypride.wordpress.com](http://nittanypride.wordpress.com)

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## Old Dog, New Tricks

*By Scott Sinclair*  
*Contributing Writer*

It's 7:30 a.m., I'm sitting at my computer, hot cup of coffee nearby, just scrolling through my email. A typical start to my work day, much like the many years of work days before.

This work day and this workplace are very different however, because at a very non-traditional time in my life, I have joined the ranks of those seeking secondary education at the New Kensington branch of Penn State University.

For any of us that perhaps didn't choose the direct route from high school to college, even getting the process started is an exercise. An exercise in soul searching, weighing pros and cons, trying to even see if you can make the logistics work between keeping the bills paid and keeping the grades up.

Let's face it, I haven't stepped into a classroom since what seems like the days of the Roman Empire— Okay, maybe not that long ago, but given the technology I'm using today, we might as well have been writing on papyrus scrolls then. Mind you there was a time and place for togas, but that's a whole different story. And what of the culture shock? It is said that college is a place where many people from many backgrounds come together.

I have met many people in my same situation since I've started, but for the most part, I see the faces of people that remind me of my former players from my days as a high school hockey coach. This of course brings back humorous recollections of being corrected very sternly by them when I somehow misspoke about a current social trend happening at that time. How dare I!

Yet here I am, having just gone through a financial aid process that I swear I may have signed over the rights to one of my internal organs, at college. This is where the fun really begins.

Now, it goes without saying that there has been a seismic evolution in technology in the classroom, and I've been well behind the curve. So a typical discussion of how to retrieve information for class sounded something like, "So, you just click on the link marked 'assignment' and you just drag the gghudncfe to the ddinfhbsbde and it just pops up in the jjkhndbrbdmcfu, pretty simple right?" Yeah. Sure. The first time I heard someone say, "Take out your book and open to page x", I almost wept openly.

Fortunately, information is still information and learning is still learning, so I soldiered on. In some cases, this techno boom actually puts me at a competitive advantage in the classroom. Like the time we were told in class about the advantages of storing our information to the cloud because it would keep us from having to "drag around" a flash drive. Really?! That little thing? I guess I'm of the era when a hardbound copy of *Moby Dick* is something you "drag around".

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A flash drive is something you lose with your car keys, or leave in your pocket on laundry day, or drop between the couch cushions, but I don't feel it needs "dragged" anywhere. Call me old fashioned. Or Ishmael. Whichever.

Then there is the social tightrope walk known as student life. Let's face it, as a long time working adult who lived in the "full price" social and entertainment world, it's certainly a breath of fresh air to find out that part of my tuition goes toward a great number of cool things to do either totally free or on the cheap. The Pirate game for example was a very cool way to spend a Friday night.

I love getting involved in stuff like this, but I am just as confused and overwhelmed at times with my place in the social dynamic as I am with all the classroom technology. One funny conversation to illustrate this point happened when I was talking to a young man and fellow musician about music, and some of the rock clubs in Pittsburgh where I used to play in the 90s.

"Do you remember the club 'Graffiti' in Oakland?" he asked. "Absolutely!", I responded, feeling some common ground developing. "My dad played there in the 90s," he replied. "Well that's really cool," I responded, very much feeling like a fossil that had been unearthed from the aforementioned common ground.

Overall however, this has been a very positive experience. I've had the opportunity to meet some great people, faculty and students, fresh out of high school or further along in life, and I see everyone working hard to achieve what they came here for.

As I observe these things and all of the other sights and sounds happening around me, it stirs up a lot of positive energy, not only in myself and the things I'm working toward, but in the people I see every day.

Because one of the greatest things about going back to school a little further along in life, especially having been a coach and mentor in the past, is that you want nothing but the best for the young people you see around you who are diving into the adult pool for the first time. I can say also, based on conversations I've had and with relative certainty, that we "non-traditional" students are always willing to lend a hand to our "traditional" peers.

That is probably one of the biggest legacies of the older student; part teacher, part student. Confident in meeting life's challenges, yet fearful about starting over, and wise on a number of subjects except maybe the one you need for question three on your exam.

So there you have it, a brief look inside the life of a guy that maybe took a few years off after high school. I'd tell you more but at this point I think I need a nap.



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## Tick Tock, There Goes the Clock

*By Nicole Ruffner*  
*Contributing Writer*

As college students, time management is one of the most important things we can learn. Time management is not something that can just be done; it is a process learned over time. It is better to learn a few skills early than later down the line.

One of the most important aspects of time management is getting organized and balancing your time. A lot of people use an agenda or their phone calendar. It honestly depends on the person you are. I personally like the paper agendas. I pay close attention to the agenda, how it is set, and it's something I enjoy using.

Once you have found the best way for you to get organized, start to use it every day for homework and scheduling in the most important priorities so you are more likely to get those done first. This will also help you stay on track with assignments and other activities you may have going on.

With social media right at our fingertips, minimizing distractions can be one of the hardest things a person can do. Often I'll find myself checking Twitter and other social medias, which cause me to procrastinate. When completing homework or studying, try to put your phone somewhere else or turn it off. I find it easier if I put my phone somewhere else.

Give yourself breaks between the assignments, and do not touch your phone in between that time. This will also help time management. This takes a lot of self-control and practice, but once it becomes something you do to eliminate a bad use of time, it will get easier and easier.

Wasting time can be another easy fix to time management. If you happen to get a few extra seconds of downtime, figure out what is most important to do. Sometimes it is catching up on sleep, but other times it is buckling down and study a little longer for an exam on a Friday night.

When I have only a short amount of time, I will catch up on homework or studying. If I happen to have more than an hour, I will try to take a quick nap. A huge part of time management is deciding which is the right move; going out with your friends or hanging back to finish homework or study.

As college students, sleep is one of the most important things to us. Sleeping at least 8 hours a night can be almost impossible for many reasons. Sleeping can help with time management hugely.

If you get seven to eight hour of sleep you are less likely to take a nap, and that time can be used to do other things that need to be done. Along with this, rising early may also be a key part of time management.

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Getting up early gives you more time in the day to get the things we need to do accomplished. This gives you more time to complete tasks by the deadline you have set for yourself.

Set yourself a deadline for the assignments that you have to do. Giving yourself a deadline will help you stay organized and finish assignments. If you think you need two hours to do an assignment, give yourself two and a half and try to complete it before that time is over.

One of the hardest things about setting deadlines is procrastination. When a professor gives you a deadline, try to stick to it, so that procrastination does not win.

Most college students have jobs and go to school at the same time. Finding the right balance between work, school, and having a social life is key. It all depends on the person, and how much they can do.

The important thing is not to pick up too much before you get burned out. If your job is giving you too many hours and school is being put on the back burner, ask if you can cut back on the hours they give you. The most important thing is your education.

Sometimes studying on a Friday night has to be done instead of going out with your friends. It sucks, but it all comes down to what you decide what is important and prioritize.



Photo Courtesy of Google Images

## Editor's Note:

In our September 30 edition, "PSNK is on Par with New Disc Golf Course" news report did not adequately explain the funding for the disc golf course. The student facility fee committee reviewed and approved funding for the course.

# ENTERTAINMENT

## Harry Potter and the 15 Year Anniversary

By Kierstin Flickinger  
Staff Writer & Reporter

On October 13<sup>th</sup>, 2011, *Harry Potter and the Sorcerer's Stone* debuted in theatres all around the United States, meaning that this month marks the 15 year anniversary of the beginning of the very successful franchise that is the Harry Potter series. Harry Potter follows the protagonist of the same name after the magical discovery that he is a wizard.

At the famous Wizarding-school called Hogwarts, Harry Potter meets his best friends, Ron and Hermione, and goes many adventures. Sometimes they are exciting, but most of the time, they are due to the unfortunate prophecy placed upon Harry Potter as a young child by Lord Voldemort, also known as the darkest wizard of all time.

The story has dark themes of loss, tremendous times of happiness, and is considered nearly around the world to be one of the best series of books around the globe. All seven of the novels in the series are in the top ten best sellers ever in Great Britain, even though the original novel had been denied by nine publishers before being taken on by Bloomsbury, according to a tweet sent out by JK Rowling on March 23<sup>rd</sup>, 2015.

Within four years of writing the first novel, JK Rowling had been in the process of casting the actors and actresses who would help bring her Wizarding World to life. Daniel Radcliffe was chosen to play Harry Potter and is now the richest person under 30 years old in Great Britain. The series is one that many people across the world have grown up with and are very invested in.

Alex Heyer, a sophomore and Administration of Justice major, is one of these people. "I don't recall if I saw the movie in theatres, but I do remember watching it on VHS tape," he said when asked about the 15 year anniversary of the first movie in the series. He also said that he is from the Gryffindor House of the Harry Potter world, the same house which Harry Potter himself was in.

The similarities with the magical hero do not stop there. Heyer stated that throughout his school years, he was reminded of the series as he was compared to the protagonist time and time again. "My grandmother also loved the series, and it brought us very closely together." This is not unlike the stories of others.

Personally, my younger brother and I watch the series together often. At holidays, it is not untypical of us to exchange gifts that are Harry Potter themed.

"The world is truly magical," Heyer said, when speaking about how immersed he would get when reading or watching the series. "It [Harry Potter] has always been a major part of my life. There's a lot of different meanings that can be taken from the series that have helped me through hard times." Like many others, Heyer has known the series ever since he was a young child, growing up with the story as a guidance through the years.

Rowling has not been slowed down, even with seven novels and eight movie adaptations under her belt, she announced last year that she would be publishing the play *Harry Potter and the Cursed Child* which was released on July 31<sup>st</sup> (Harry Potter's birthday) this year. She is also behind the story for Comic Relief, *Fantastic Beasts and Where to Find Them*, which is being released as a movie on November 18<sup>th</sup>, starring Academy Award winner Eddie Redmayne as Newt Scamander.





# ENTERTAINMENT

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## The Vibe

By Sam Elliott

Contributing Writer

So I was perusing my Twitter feed, reading all the normal ranting tweets that college students tweet about, when I came across a tweet that peaked my interest. It was relating to the lead singer of the “Zac Brown Band.”

The tweet was talking about how the lead singer, Zac Brown, was releasing a new single from his side project band dubbed “Sir Rosevelt.” This side project band was created to explore new genres other than country.

After reading the tweet, I discovered that a single released by Sir Rosevelt, with a song titled “Sunday Finest.” With me being a music junky, I went straight to YouTube to look it up. I found the song, and I liked it. My head was bobbing to rhythm, and my ears were taken to another place.

When the lyrics began to play, I at first didn’t care. Then, the lyrics of, “ Don’t matter what day it is, put on your Sunday finest, and party like it’s Saturday night” played, and I was dancing.

My feet were moving and grooving all over the place, as I danced alone in my room. It was a party for one, and I envisioned myself wearing my best duds and dancing. In my opinion, I killed it!

I then found the music video, and began to watch it. It starts of with a girl walking into a room wearing a jumpsuit, and then begins to change when the music comes on. After that a bunch of other girls appear and goods times ensue.

Upon reviewing comments via iTunes about the band and their style, they have a pretty solid four out of five star rating. Since the band is fairly new to the music scene, their rating is bound to change in the coming months. The band members, other than Zac Brown, still remain a mystery to the public outside of their music video.

People can pre-order their EP album entitled *Sir Rosevelt* on iTunes now, and the album is expected to fully come out by October 28, 2016. With the current attitudes towards Brown’s new sound being fairly positive, I would suspect the band will have a highly successful future.



Photo Courtesy of Google Images

# COMMUNITY

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## Generations of Strength

By: *Isabella Bordonaro*  
*Managing and Online Editor*

NEW KENSINGTON, P.a. - Three women of the same family represent the hard reality that breast cancer does not discriminate against generations.

Jane DiDonato, of Lower Burrell, was the beginning of the breast cancer journey for the DiDonato women. The matriarch of the DiDonato family was born in November 12, 1932 and grew up in Ambridge. She married Frank DiDonato in 1954, and had three children; Frank Jr., Billy, and Gina. She worked as a secretary. DiDonato began her fight against breast cancer in 1987, when she was diagnosed with an ER positive invasive ductal carcinoma. She went through chemotherapy, and had a mastectomy to remove the cancer and regain her health.



Bordonaro doing what she does best. Photo courtesy of Isabella Bordonaro

According to her daughter Gina Bordonaro, “she missed her appointment for a mammogram twice, if she had gone to those appointments, she could have caught the cancer earlier and could possibly still be alive today.” Unfortunately, her first round of chemo was not successful, and the cancer metastasized in her lungs. She went through another round of chemo, but once again the efforts were not successful. After fighting for 5 long years, she lost her battle in 1992, at the age of 59.

DiDonato’s only daughter Gina Bordonaro, born December 10, 1962, was not aware that her mother’s cancer was genetic. She had to face that reality when she, too was diagnosed with breast cancer in 2008.

Bordonaro grew up in Lower Burrell, and graduated from Burrell High School in 1980. After High School, she attended Pittsburgh Beauty Academy where she got her beauty license. She married Michael Bordonaro, of Tarentum, in 1983. Together, they had three daughters; Francesca, Isabella, and Sofia. Bordonaro was diagnosed with Stage 1 breast cancer in May of 2008. She had an estrogen positive invasive ductal carcinoma.

Bordonaro went through several tests after her initial diagnosis, and it was decided that her best plan of action would be to have a double bilateral mastectomy with reconstruction. She also decided to go through 4 rounds of chemotherapy, to ensure that her cancer would have an even lesser chance of returning. She had her surgery in July of 2008, and chemo shortly after.

“My motivation through diagnosis and treatment was 1.) To be an example for my daughters on how to handle a bump in the road,” said Bordonaro, “and 2.) To keep riding my bike.”

Bordonaro is an avid cyclist, doing many recreational rides around the New Kensington/Pittsburgh area. She does several rides for charities, like the MS 150, every year. She used those two motivating factors to keep going through chemo, and fighting this disease.

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“She never showed a sign of even being sick,” states her youngest daughter, Sofia. “I was young at the time, and she continued to care for me and my sisters, while also working. I didn’t realize it at the time, but the strength she showed was really amazing and inspiring.”

After finishing chemo and fully recovering from her surgery, Bordonaro decided to have her ovaries removed, since high levels of estrogen can lead to a reoccurrence of the cancer. She had the ovary removal surgery in December of 2009, and her catch phrase at the time was that she was going to be, “all fine in ’09.”

It has now been almost nine years since Bordonaro was diagnosed, and she is healthy as ever. She continues to ride her bike, and care for her family and dogs. She can be found riding around New Kensington, probably listening to Hamilton.

Having lived through the disease and seeing how many other women are affected by it, she stated that, “the sisterhood that exists of women who have been diagnosed with this disease is amazing. It has affected to many lives, and it is truly wonderful to see how women can come together and support each other through these hard times.”

After finding out that her cancer was genetic, Bordonaro knew that it would affect not only her now, but her daughters as well. Her eldest daughter, Francesca Traini, was the first to be tested for the gene. Traini was born on February 17, 1988. She grew up in New Kensington, and graduated from Valley High School in 2006. She went to Penn State New Kensington, and graduated with a business degree in marketing and management in 2010. She works as an Assistant Controller at Troy Allan Buick. She married Joe Traini in 2014.

When Traini turned 21, she went to her doctors to get tested to see if she carried the gene. The results came back positive, but according to Francesca, the doctors were very reassuring and told her that all she really needed to do was to begin getting yearly mammograms when she turned 25, so that if anything occurred, they could catch it quickly.

Traini went for her first mammogram when she turned 25. She recalls being very nervous about it, and when they finished, the doctors came back saying they had already found something. “The doctor took forever to come back into the room to discuss the results,” recalls Traini, “which made the wait even harder, because I had no idea what to expect.”

The results came back negative for any sign of cancer, but after realizing how long the process was of getting the mammogram, and realizing the fact that this would be her reality every 6 months, Traini decided to have a preventative double mastectomy with reconstruction. Doing this has cut her chances of getting breast cancer immensely, and now she only has to have an MRI every year to make sure everything is ok. Today, Traini is healthy and happy, living in Dover, Delaware with her husband and two dogs Frank and Valentine.



Bordonaro and Traini on Traini’s Wedding day, months after her surgery. Photo courtesy of Francesca Traini.

# POLITICS

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## **Decision 2016: Why I'm With Jill**

*By Nico Regoli*  
*Editor-in-Chief*

To those of you who quit Facebook or stopped watching CNN because you couldn't handle politics anymore, the 2016 Presidential Election will be one week away by the time of this article's publication. November 8 is almost upon us, and after what has been a long, ugly, divisive, controversial, and reality show-esque race to the White House, I've just about had enough.

Believe it or not, there was a time in which the issues were actually at the focus of this election, and Independent U.S. Senator from Vermont, Bernie Sanders was the people's champion of those issues. During the primary season, Sanders pushed his opponents into discussing campaign finance reform, student loan debt, narrowing the wage gap, corporate corruption, ending the drug war, reforming our justice system, and (at least in my opinion) the real biggest threat to America and the world (not ISIS): climate change. Issues that normally took a backseat to our inability to leave the Middle East alone were finally getting the attention they deserved, and millions of Americans finally felt like they were being listened to, myself included.

For the first time since then-Senator Barack Obama in 2008, I felt like there was an alternative candidate out there with my best interests at heart who also had a shot at winning. In fact, most if not all of the primary polling projected Bernie Sanders to be the most electable Democratic candidate versus Republican Donald Trump in the generals.

Unfortunately, "President Bernie Sanders" was not meant to be, and now we find ourselves discussing which of the remaining candidates has the worse collection of skeletons in their closet. What are those skeletons you ask? Buckle up, because it's about to get bumpy.

First up is Donald Trump, a presumed joke candidate that South Park accurately warned us (through the art of parody) to take more seriously than we did, who then became the Republican nominee when those warnings went ignored. A serial failure of a businessman, Trump has filed for bankruptcy four times, has openly admitted to not paying income taxes, and has been banned by banks from taking out new loans after not paying back any of his prior loans.

Trump's people skills aren't that great either, having insulted humans of literally every demographic, from Muslims, to Mexicans, African-Americans, the press, the disabled, war veterans and their families, and especially women, throughout his campaign.

In a 2005 audio clip (in which he was mic'd for an interview, but didn't know it was on at the time), Trump stated that he could get away with touching women sexually without consent because of his wealth and fame, and even went into detail of a past event in which he attempted to seduce a married woman. Following the release of that audio clip, at least 10 women have come forward, accusing Trump of sexual misconduct.

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In a Gettysburg address on October 22, Trump stated that he would sue his accusers within his first hundred days in office. Those lawsuits, along with an upcoming December hearing for alleged misconduct with a 13-year-old girl in the 1990s, and the numerous fraud allegations he's facing for Trump University, can all be added to the list of 3,500-plus lawsuits that Trump has been involved in throughout his career.

Threatening to sue (and silence) his accusers is also not the first time Trump has attacked the First Amendment, as he has previously stated that he would "open up" libel laws if elected, which could discourage the press from doing their jobs without fear of being sued for critical news reporting.

Having actively denied comments he has made on record, losing his cool and resorting to childish tactics in all three presidential debates (none of which he actually prepared for), and being unable to tell a single self-inflicted joke during a recent charity roast, Donald Trump has proven himself to be a greedy, ill-tempered, ignorant, egotistic narcissist, unworthy of the Presidency. However, out of all of the outlandish things Trump has said and done, his insane claims of a "rigged" election may surprisingly hold more weight than you would think. Which brings us to our next candidate.

Following his concession at the Democratic National Convention, Bernie Sanders endorsed his primary rival and Democratic nominee, Hillary Clinton, under the reasoning that we must come together to stop Donald Trump from becoming President. While I greatly sympathize with that sentiment, Clinton has her own unique baggage that has made her one of the most disliked candidates in recent history.

Ignoring the sexual escapades of her husband, Clinton has seen her fair share of controversy throughout her career as a lawyer, First Lady, New York U.S. Senator, and Secretary of State. In a 1996 New Hampshire speech, First Lady Clinton uttered the infamous term, "superpredators," while speaking in support of the 1994 Violent Crime Control and Law Enforcement Act. She used this term to describe kids involved in gang activity, but because gang activity was usually associated with young African-American males, the term itself also became associated with young African-American males.

Clinton also has a reputation for being a warhawk. Following intelligence reports of Iraq possessing weapons of mass destruction (which turned out to be false), Senator Clinton was among the many legislators who supported the American war effort in Iraq. And as Secretary of State, she pressured President Obama to keep a solid troop presence in Iraq, send more troops into Afghanistan, and to arm and train more Syrian rebels.

Then there's the issue of trustworthiness, or lack thereof. Recently, Wikileaks has released several more sets of the Clinton campaign's private emails. The content within those emails not only supports the notion that Clinton is untrustworthy, but also validates Donald Trump's whinings of a "rigged" election.

According to excerpts from the leaked Podesta emails, Clinton spoke to the National Multi-Housing Council in 2013 about the importance of having "both a public and a private position" on policy in order to survive in the political world. Then in another email from late 2015, her director of speechwriting, Dan Schwerin, implies that Clinton is still (privately) against gay marriage, and that her public talk of evolving on that issue was simply to save face. Considering how quickly she adopted some of Senator Sanders' policies to her own platform during the primaries, how am I supposed to trust her to follow through on those policies and do what she says she will do when evidence suggests otherwise?

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Then there's the issue of potential election fraud, as throughout this campaign, there have been several incidents and occurrences that suggest this election hasn't been as fair as advertised. In multiple states during the primaries, numerous (potential) Sanders supporters were left unable to cast their ballots after the party affiliations on their voter registrations were mysteriously changed post-deadline. Sanders supporters also found themselves on the losing end of an unprecedented six consecutive tie-breaking coin tosses, as well as some fishy hand-counts of votes in the Iowa Caucus.

Sanders supporters had (and still have) even more reason to be suspicious following the Wikileaks Summer hack and release of DNC emails, which revealed what appeared to be a coordinated plot by DNC Chairwoman Debbie Wasserman Schultz and the rest of the DNC to help Clinton get the nomination at the other candidates' expenses.

Schultz's replacement, Donna Brazile later found herself in her own controversy. According to another Podesta email excerpt, then-CNN correspondent Brazile fed the Clinton campaign a debate question in advance back in March, that was later used in October's Town Hall Debate. The more stories and evidence that come to light, the harder it becomes to ignore the possibility that maybe this election actually has been rigged in Clinton's favor.

The fact that these incidents have received very little media coverage should also raise eyebrows. According to a May 2015 Politico article, various companies, media organizations, and personalities, such as Comcast, NBCUniversal, News Corporation, Turner Broadcasting, Carlos Slim (the largest shareholder of The New York Times Company at that time), and Judy Woodruff (co-anchor and managing editor of the PBS NewsHour) have all donated money to the Clinton Foundation.

Donations to a candidate translates into candidate access, which is maintained by doing what you can to avoid displeasing said candidate. The mainstream media didn't have the heart to take down a fellow establishment member, like Clinton, so her controversies received minimal coverage compared to Donald Trump's being a horrible person.

It's the job of the press to question the government and be its watchdog, not its lap dog, and it seems that one of the only few outlets who are actively trying to get to the truth is WikiLeaks, the organization responsible for the Clinton campaign's email leaks.

Clinton has tried to attack the validity of the leaked emails, claiming the emails have been tampered with, and repeatedly stating that 17 intelligence agencies have confirmed the leaks to be cyber attacks from Russian hackers who are trying to influence the election. However, as I said before, intelligence agencies also falsely claimed that there were WMDs in Iraq, so why should I believe these intelligence agencies now?

I just can't find it in my heart to vote for someone like Hillary Clinton, who has given me multiple reasons not to trust her, and who the media has been helping be deceitful rather than challenging her for the truth. I've had enough of the B.S. that comes with the two-party system, and I feel like it's time for a change.

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Hence why this year, for the first time in my life, I will be voting for a third party candidate, specifically the Green Party's Dr. Jill Stein.

Now, for the Libertarians out there, Gary Johnson seems like a nice guy, but I don't agree with some of his policies, nor do I agree with Libertarianism as a whole. I believe that government has its place, and instead of just cutting things because they aren't working properly, we should try to fix them so they do work. Regarding his platform, I don't like Johnson's idea of completely abolishing minimum wages, and his unwillingness to overturn Citizens United doesn't appeal to me either.

Where Johnson truly lost me though was through a video I saw of him speaking at a 2011 National Press Club luncheon. At that luncheon, Johnson recognized the existence of manmade climate change, but then stated that we "should be building new coal-fired plants," arguing that the money needed to fight climate change isn't worth spending because according to him, "In billions of years, the sun is going to actually grow and encompass the Earth, right? So global warming is in our future."

As previously stated, I consider climate change to be the biggest threat facing our existence today (worse than ISIS). It's a threat that does not discriminate, impacting our friends, families, allies, and foes alike, including ISIS. The time we still have to properly fight it and keep this planet inhabitable is running short, and if we don't make a serious effort to combat climate change now, scientists predict that half a million people will die from the resulting ruined agriculture by 2050. I can't vote for someone who will willfully ignore that because of Libertarianism's emphasis on the freedom of the free market.

I need someone who will make fighting climate change the top of their top priorities, and that person is Jill Stein. I'm willing to overlook her willingness to question the safety of vaccines (which is okay to do because medical science is always changing, so long as she's not actively telling people not to vaccinate their kids, which would be bad) if it means a quicker transition from fossil fuels to clean energy, and a faster fix for our Earth.

It's time we stopped looking at the Green Party, and third parties as a whole, as "spoilers." They are not spoilers, they are real choices, and if Jill Stein receives five percent of the vote in this election, the Green Party will receive federal matching funds which will allow them to grow as a real party, and be seen as a real choice. That's change we need, that's change I can get behind, and that's why I'm with Jill.

Editor's Note: The online edition of this opinion-editorial will feature links to related articles, validating the information.

## Autumn Apple and Pear Sangria

This Autumn sangria will be the next big hit at your next Halloween party or gathering. Although it's very quick and easy, the flavor profiles are truly autumn in a glass. Let your taste buds enjoy the sweet and crisp apple taste, with notes of cinnamon and a hint of sweet caramel. Enjoy!

### Ingredients

- 3 Honey Crisp Apples (or just any apples), Chopped
- 2 Pears, Chopped
- 2 Cinnamon Sticks
- 5 Cups of Apple Cider
- 2 Cups of Ginger Ale
- 2 Bottles (Standard Size) White Sweet Wine, (Riesling or Moscato)
- 2 Cups of Caramel Vodka

### Directions

1. Start by chopping the apples and pears and then putting them into your beverage dispenser
2. After that, (if desired) add the wine and caramel vodka so the fruit will soak up the alcohol.
3. Add the cinnamon sticks and add the apple cider and ginger ale
4. For best results, let the sangria sit for 2 hours before serving

(recipe by Chris Lucidi)



Photo Courtesy by Christopher Lucidi

## Cinnamon Apple Chips

Try this delicious and nutritious snack that pairs excellent with the flavor profile of Christopher's Autumn Sangria.

### Ingredients

- 4 Apples, cored and sliced 1/8" thick
- 1-2 tsp. Ground Cinnamon
- 1-2 tsp. Granulated Sugar, if needed
- Cooking Spray

### Instructions

1. Preheat oven to 200 degrees Fahrenheit.
2. Add the sliced apples to a large bowl; then coat the apples with the cinnamon and/or sugar.
3. Spray a baking sheet with cooking spray and line the apples flat on the pan. You may need to use two pans so that they are not overlapping.
4. Bake 2-3 hours until the chips are dry yet still soft. Allow to cool completely before placing them in an air tight container for up to 4 days (if they last that long!).

(recipe by Aleigha DiDonato)



Photo Courtesy of Pinterest