

THE NITTANY PRIDE

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54th Annual Fort Ligonier Days



Penn State New Kensington a Clear Choice for Transfer Students

PSNK to Hold 34th Annual 5k Turkey Trot and 1-Mile Fun Walk or Run

The Most Haunted Places in America

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CAMPUS LIFE

Penn State New Kensington Clear Choice for Transfer Students

By Casey Domski

UPPER BURRELL, Pa.-- Its campus beauty, academics, and great student life make Penn State New Kensington a clear choice for transfer students.

Every year hundreds of students make the decision to transfer universities. Many of these students end up right here at Penn State New Kensington. The campus is a top pick among other universities in the area for its high quality and academic appeal. Penn State New Kensington is one of Penn State University's 24 branch campuses located across Pennsylvania.

The campus itself is conveniently located just a short drive from the city of Pittsburgh and is also located near many major highways, making it a great choice for students looking to commute. This allows students to be close to home, as well as work while furthering their education.

The campus also offers small classes sizes allowing for a more personal learning experience. Students can choose from eight bachelor's degree programs and five associates' degree programs, providing them with a variety of options to choose from. The campus also features next to campus housing for students looking to take part in the full college experience on a smaller scale.

Transfer student Corey Cuadrado said that Penn State New Ken was a clear choice for him due to its convenient location.

"I wanted to be able to earn my bachelor's degree in journalism while still staying close to home and work. I can get from class to work in as little as twenty five minutes, which is nice with my full time schedule," said Cuadrado.

Cuadrado also commented on the class size at Penn State New Ken compared to other universities.



Penn State New Kensington student Sara Colaianne prepares for class.

(Photo by Casey Domski)

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"Classes are much smaller when compared to larger universities," he said. "The small class sizes make it much easier to ask questions and get one-on-one help when you need it."

Sara Colaianne, a transfer student from Pitt, shared why Penn State New Kensington was a clear choice for her when looking to transfer.

"Penn Ken gives you all the luxuries and resources of a big name university on a much smaller scale," Colaianne said. "I feel like I know everyone and always have someone I can turn to when I need help on an assignment."

Colaianne also commented on the beauty of the campus.

"The campus is always so nice and clean, and you never see litter just lying around or people leaving messes," Colaianne shared. "The campus is really well-kept and I feel comfortable using all the facilities here."

Transfer student Andrea Conlon also chose Penn State New Kensington when transferring universities.

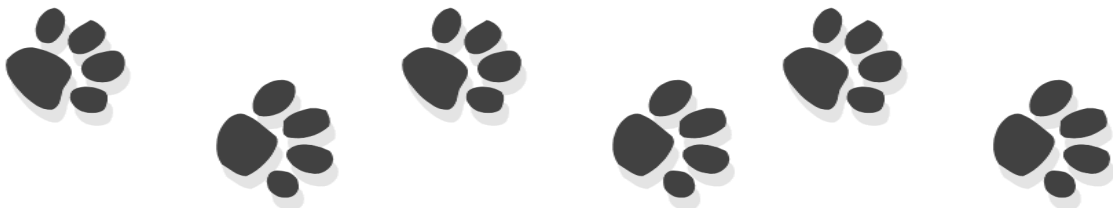
"I really liked that Penn State New Kensington offered eight bachelor's degree programs, it gave me a lot of choices when deciding to transfer, I loved almost every class I have taken here and the teachers," Conlon said. "The smaller classes also really let your professors get to know you and offer help in class and out."

Conlon also commented on the great variety of campus activities and clubs Penn State New Kensington offers to students.

"I was surprised at how many clubs were offered at Penn Ken, for a smaller campus you really have a lot to choose from," Conlon said. "I highly encourage any incoming freshman or transfer student to get involved with a club or activity, it's a great way to meet new people on campus."

Penn State New Kensington offers both fall and spring open houses for any student looking to transfer into the campus. It is encouraged that all students looking to transfer attend these open houses and speak to an admissions officer before applying.

For more information about Penn State New Kensington visit their website at nk.psu.edu or call 724-334- LION.



CAMPUS LIFE

PSNK Plans 34th 5k Turkey Trot and 1-Mile Fun Walk/Run

By Alexandra Smith

UPPER BURRELL, Pa.—Penn State New Kensington is holding its 34th Annual 5k Turkey Trot and 1-Mile Fun Walk or Run on Saturday, Nov. 9, to benefit the Pittsburgh Chapter of the Cystic Fibrosis Foundation.

Students, faculty, staff, and community members of all ages and athletic ability are encouraged to participate in the 5k or 1-Mile Fun Walk or Run, and may bring their dog as well.

The race begins at 10 a.m., and is followed by an awards ceremony that includes free food, vendors and raffles, and concludes at noon.

Pepsi Umberger, race director and kinesiology instructor at Penn State New Kensington, said that proceeds from the event will benefit the Pittsburgh Chapter of the Cystic Fibrosis Foundation. “The really cool thing about the CF Foundation is that 90 cents of every dollar goes to actual research,” she said. “They’ve almost cured CF. They’ve isolated a gene that they’ve basically cured. It’s cool to know that some of the money we’ve raised for the Turkey Trot went to actually finding a cure.”

Umberger said that she is offering a special price for the race this year. “Since we had so many people register the morning of in the past, we decided to do an early bird price,” she said. “The early bird price is \$15 if you register before Oct. 24, and after that the fees go up by five dollars. It’s \$15 for Penn State students, high school students, and students from other universities.”



Race participants begin the 31st Annual 5k Turkey Trot and 1-Mile Fun Walk or Run at Penn State New Kensington in Nov. 2010.

(Photo by Alexandra Smith)

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“We’re not limiting it to just Penn State students,” Umberger added. “If students want to participate and want to bring a family member or friend, they’ll get the same rate as the student. For faculty and staff, it’s \$20. For community members, it’s \$25, and the cool thing is that you get a t-shirt to remember it.”

Brianna Williams, a senior at Penn State New Kensington and team leader at the university’s athletic center, said she will be helping Umberger coordinate the Turkey Trot for the third year in a row.

“One of the new things we’re doing this year is that we’re giving high school track and cross country teams a group rate,” Williams said. “If 25 people or more sign up, the cost is \$100, so teams get a flat rate and everyone gets a t-shirt.”

Umberger said that dogs are welcome to participate in the race. “In the past we haven’t had a ton of people bring dogs, but it’s always nice for people to bring their pets,” she said.

According to Umberger, about 100 people participate in the Turkey Trot each year. “Last year we had a little over 100 participants,” she said. “We’re hoping to have more this year. We’re going to have vendors here in the gym the day of the race. We have had companies that sell beauty products, candles, and lotions come.”

Williams said the race begins near the athletic center on campus. “Everyone meets at the athletic center and then the starting

line for the Turkey Trot 5k race is at the stop sign by the athletic center,” she said. “It goes through the top parking lot, and down Myers Drive a mile and a half. Then there’s turnaround, and you run back to the start, and finish by the stop sign.”

Penn State New Kensington senior Abe Strapac said he enjoyed the race when he ran it during his freshman year. “I thought it was pretty fun,” he said. “After the race we came into the gym for raffles, and prizes were given away for the top winners.”

“We got food and it was a good time,” Strapac added. “I helped with the race last year and I’m doing it again this year. It’s pretty fun.”

Williams said the fastest runners and others who are lucky enough to win a raffle may win a wide variety of prizes. “Some of the sponsors are Giant Eagle, Sam’s Club, Wal-Mart, Starbucks, and Dunkin’ Donuts, so we have a lot of prizes and items to give away,” she said. “Usually some of the prizes include gift certificates for a turkey, gas gift cards, and gift certificates for pizza.”

“I think we’re going to have a great turnout with sponsorships and products this year,” Williams added.

To register for the 5k or 1-Mile Walk or Run, participants can pick up a registration form at the athletic center or contact Pepsi Umberger at 724-334-6747. Cash or checks are accepted, and checks should be made payable to Penn State New Kensington.

CAMPUS LIFE

Penn State New Kensington Science Club Visits Pittsburgh Zoo

By Michael O Daly



This male lion is one of a pair of brothers that live at the Pittsburgh Zoo & Aquarium.

(Photo by Ava Witter)

PITTSBURGH, Pa.—On Saturday, Oct. 5, the Penn State New Kensington Science Club hosted a trip to the Pittsburgh Zoo & Aquarium. The trip was open to all students, and was attended by 25 students, guests and faculty. The weather was continually threatening of showers, but attendees always seemed to be indoors when the rain fell. The trip included general admission to the park, as well as a behind the scenes tour of the facilities at the zoo, with a chance to get close to some of the animals.

The behind the scenes tour began with a large male tiger in his holding pen, as the female and their cub played in the exhibit enclosure. The guide discussed the reasons and methods for using the separation pens, explaining how in the wild, these solitary creatures would only tolerate each other during breeding season. She described how breeding programs of endangered species are dictated to the zoos by the Species Survival Plan (SSP), based on genetic diversity. Finally she discussed some of the details of the care and feeding of the largest of the big cats. The massive scale of the cat was juxtaposed with the familiar tomcat behavior he displayed.

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The cats needed to be kept separate, due to the incompatibility of their personalities caused by this generational gap. The guide explained the differences between the tiger pens and the lion pens, and related these differences to the natural habitat of each cat. While the tigers, native to the subarctic forests of northern Russia, winter happily in their outdoor pens, and cool off in pools during the summer, the lions of the tropical African Savanna have an indoor holding pen, and an electrically heated rock in their display that gives them a patch of summer, even during the cold Pittsburgh winters.

Taking a path utilizing back corridors and service elevators, the group made it's way to the PPG Aquarium. While waiting for the next part of our tour, the group encountered a researcher who worked at the zoo and specialized in the rehabilitation of sea turtles. She gave an impromptu speech on reintroducing sea turtles into the wild after rehabilitation, and the high tech way that they are tracked by satellite after being released. You can follow the path that the rehabilitated turtles take after release by tracking their progress on <http://www.seaturtle.org/>.

The group's final encounter of the guided tour was with a Macaroni Penguin, named Fleury. The animal is the ambassador for the zoo, and is one of a few select animals that is accustomed to direct human interaction. The tour group gathered tightly around her as she attempted to escape the cart she was on, but was repeatedly stopped by her keeper. The keeper explained the difference between the three breeds of penguins that are housed at the zoo: Macaroni, King, and Gentoo Penguins. As the tour concluded, everyone in the group was allowed to pet Fleury on their way out. Penguins feel warmer and fluffier than they look.



Students gather close to see and take pictures of Fleury, a Macaroni Penguin.

(Photo by Michael O Daly)

It was a beautiful day, filled with information and

experiences. By participating in club activities, students gain access to people, places, and animals that are usually kept behind closed doors.

ENTERTAINMENT

Upcoming Concerts

By Sarah Steighner

Less Than Jake/ Anti-Flag

The 2013 “Fat Tour” will make its rounds to Pittsburgh Nov. 13 at Stage AE. Less Than Jake will be headlining while Pittsburgh punk native band, Anti-Flag, will also perform. Masked Intruder and Get Dead will also be part of the Fat Tour.

Josh Groban

The “In the Round” tour will be bringing Josh Groban to the Consol Energy Center, Nov. 2. The audience will no doubt appreciate Groban’s 360 stage that will allow everyone in the venue to get a glimpse of this iconic singer.

The Werks

Jam band fans will not want to miss The Werks performing at Mr. Smalls on Nov. 3. For anyone who has not witnessed any of their memorable festival performances, this is definitely a worthwhile opportunity to appreciate The Werks live.

Macklemore and Ryan Lewis

Singers of the catchy “Thrift Shop” and powerful “Same Love” songs, Macklemore and Ryan Lewis will perform at University Park Nov. 7th.

Flux Pavilion

Dubstep producer and DJ, Joshua Steele, more prominently known as Flux Pavilion will be at Stage AE on Nov. 8 for all his fans

who just “can’t stop” craving the bass.

Keith Urban

Country fans will no doubt want to catch Keith Urban as his 2013 “Light the Fuse” Tour makes its way to University Park on Nov. 22. Also accompanying to perform on tour will be Little Big Town and Dustin Lynch.

MGMT

The band, MGMT, that produced such classic hits such as “Electric Feel”, “Kids” and “Time to Pretend” will be performing at Stage AE on Dec. 2.

Vanessa Carlton

Singer/Songwriter Vanessa Carlton will be at Club Café November 29. Many may recognize her from her hit “A Thousand Miles.” For others, her talented piano playing, lovely vocal timbre, and meaningful lyrics will most definitely provide a magnificent performance.

August Burns Red

After the recent release of their album “Rescue and Restore” made it to No. 9 on the Billboard Top 200, fans will have the chance to see August Burns Red at the Altar Bar on Nov. 2. The Pennsylvania originating band will be joined by Blessthefall, Defeater, and Beartooth.

Martina McBride

American country singer Martina McBride will be performing on Nov. 4 at Station Square. McBride is most recognizably known for her songs such as “Concrete Angel” and “Independence Day.”

ENTERTAINMENT

Movie Review: Gravity

By Krista Murray



Photo Courtesy of Warner Brothers Studios

Remember that one time in your life you wanted to become an astronaut? The thought of gliding around in space and watching the Earth spin below sounded like a great idea. Well, you will be very glad you crushed those dreams after watching *Gravity*, and I mean very glad.

Gravity, directed by Alfonso Cuarón and starring the small cast of George Clooney and Sandra Bullock, is fictionally based on two astronauts trying to survive in space after becoming disconnected from their space shuttle. The direction by Cuarón captivates the audience with long sequences that are cut-free (the opening scene is 20 minutes long with no cuts) and incredible slow pans of space that provide equal amounts of intensity and beauty. However, the true draw to this outstanding film is the acting done by Academy Award winner, Sandra Bullock. She is simply amazing.

Everyone should see this film for not only entertainment, but the learning value as well. If your future children tell you they want to become an astronaut don't show them *WALL-E*, pop in *Gravity* and watch as that dream quickly fades. The only downside? They could want to become a politician next, but that discussion is for later.

So I will leave you with this- Go see *Gravity*. Now.

ENTERTAINMENT

The Most Haunted Places in America

By Krista Murray

With Halloween just around the corner, many people may be making plans to go to costume parties, scare houses, or even to go trick or treating (You're never too old). But what about actually going to an acclaimed haunted house, hotel, or asylum? Here's a list of some of the so-called most haunted places in America, and some of them are just a few hours away. Go to them if you dare, but if you don't want to get your scare on in that way, I suppose watching a 24-hour marathon of Hocus Pocus is not a bad way to celebrate the holiday either.

The Trans Allegheny Lunatic Asylum in Weston, WV- (Travel time: 2 hours) Built in the year 1858, this Lunatic Asylum was home to the mentally ill until it was abandoned in 1994. With its rich history and tragedy, the large building is a haunted tourist attraction with midnight ghost hunts, flashlight tours, and even an annual Halloween Asylum Ball.



Photo courtesy of forum.org

The Gettysburg Battlefield in Gettysburg, PA - (Travel time: 3 hours and 30 mins.)

Seven score and ten years ago both Union and Confederate soldiers fought on this infamous battlefield, but in 2013 the many that died in 1863 are said to still walk amongst the living where the battle took place.

The West Virginia State Penitentiary in Moundsville, WV- (Travel time: 1 hour and 45 mins.) In 1986 this gothic-like prison was closed due to accusations of cruel and unusual punishment to the inmates, but since its opening in 1876 the penitentiary has provided many chills for visitors throughout the years, and has been plagued with apparent residual hauntings (paranormal replays of incidents from the past). Creepy.

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ENTERTAINMENT

The Haunted Whaley House in San Diego, CA- (Travel time: 36 hours) Good luck traveling all the way across America, but the Whaley House has been placed as number one on the Travel Channel's America's Most Haunted house list. As for that being true or not, it's up to you to find out.

The Stanley Hotel in Estes Park, CO- (Travel time: 22 hours) The popular horror film *The Shining*, produced from the novel by Stephen King, was based off of this very old hotel in the mountains of Colorado. With ghosts in every room, the hotel is open to the public all year round, and individuals can stay the night in room 217 (Stephen King claimed it was the most haunted) or possibly experience a piano playing by itself every now and then.



Photo courtesy of smashinglists.com

The Moon River Brewing Co. in Savannah, GA- (Travel time: 10 hours) Savannah was named the most haunted city in America in 2003 and the Moon River Brewing Co. was one of the reasons for this paranormal title. The pub, once a hotel, has experienced multiple bottles being thrown across the bar and has been declared haunted by both Ghost Hunters and Ghost Adventures.

The Waverly Hills Sanitarium in Louisville, KY- (Travel time: 6 hours) Used as a tuberculosis hospital during the early 1900's, this large structure has been given the title "The Most Haunted Place in the World" by multiple paranormal investigative sites. The sanitarium is open all year long, but is especially eventful during Halloween with history tours, ghost hunts, and even its own scare house.

The Franklin Castle in Cleveland, OH- (Travel time: 2 hours and 25 mins.) This home has been on the realty market since the mid- 1800's when it was constructed. There have been a large number of unexplained tragedies inside the stone walls that have lead to speculation of ghostly activity. No one is currently residing in this four-story, boarded-up, dark castle. I wonder why?

ENTERTAINMENT

The RMS Queen Mary on the coast of Long Beach, CA- (Travel time: 35 hours) If you don't mind the road trip or spending a lot of money on gas, this notorious ocean liner is home to many so-called ghosts that have apparently haunted every level of the RMS Queen Mary since 1934. The ship is now a floating hotel and frequently has paranormal sightings of ghostly sailors from the residents on board.



Photo courtesy of clydesite.co.uk

The Eastern State Penitentiary in Philadelphia, PA- (Travel time: 4 hours and 45 mins.) It's only fitting to end this list with a haunted Pennsylvania prison. Nowadays this penitentiary is one enormous haunted house where individuals in need of a scare on Halloween can roam the prison at night. But don't be fooled, the rich history has provided numerous "real" ghost sightings as well.

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OPINION

'Fifty Shades' of a Bad Relationship

By Alexandra Smith

Recently, many news outlets have been discussing "Fifty Shades of Grey," an erotic romance novel by British author E.L. James. According to a June 2013 article on usatoday.com, the novel "follows the steamy sexual relationship of 27-year-old billionaire Christian Grey and college student Anastasia Steele," and the film adaptation of the book will be released on Aug. 1, 2014.

Author E.L. James published two subsequent novels, "Fifty Shades Darker," and "Fifty Shades Freed." According to usatoday.com, the Fifty Shades trilogy has sold over 70 million copies "worldwide in e-book and print." The trilogy is famous for its depiction of Christian and Anastasia's sexual practices, which include a "BDSM" relationship. "BDSM" is known as a variety of erotic practices that involve bondage and discipline, dominance and submission, and sadism and masochism.

In March 2012, nytimes.com reported that "in the cities and suburbs of New York, Denver and Minneapolis, the women who have devoured the books say they are feeling the happy effects at home." I find the interest in the Fifty Shades trilogy to be distressing, especially for women. I fear that Christian and Anastasia's relationship will be viewed as the romantic ideal for women. There are four issues throughout the trilogy that bother me, and make me question how women perceive personal relationships as they read these novels: Anastasia's insecurity, Christian's controlling nature, Anastasia's refusal to eat enough, and the couple's marriage.

Throughout each book in the Fifty Shades trilogy, I noticed that the author portrayed Anastasia as a character with very little self-esteem. Christian stalks, intimidates, and isolates Anastasia. What does she do in response? She manages her behavior to keep peace in her relationship with Christian. This is a habit often used by women who are being abused.

Why does Anastasia stay in a relationship with a man who doesn't view her as an independent person? Because she has low self-esteem. The author also makes it clear that Anastasia only feels attractive when Christian says she is, and when he patronizes her, she internalizes everything he says as truth. E.L. James makes it apparent that Anastasia's home, job, and everything she owns comes from Christian's influence in her life. Is this the way women should want their partner to influence their life?

OPINION

Christian constantly urges Anastasia to eat more throughout their relationship, and the author depicts Anastasia as someone who frequently skips meals because of the control her emotions have on her life. What troubles me behind Anastasia's constant refusal to eat is that the author shows how co-dependent Anastasia is upon Christian. At the end of the first book, Anastasia and Christian break up. At the beginning of the second book, the reader finds out that Anastasia essentially starves herself until she and Christian later reconcile. I believe that starving oneself isn't a valuable way to cope with emotional stress.

Christian and Anastasia's marriage seems to be based on desperation and insecurity—not the first attributes that come to one's mind when thinking about a healthy marriage. Christian storms out of the house with anger when he finds out Anastasia is unexpectedly pregnant. A woman shouldn't fear her husband when finding out she's pregnant, even in the worst life circumstances. Christian and Anastasia's marriage make it seem like emotional abuse from a spouse is acceptable as long as he or she is great in bed. That's not exactly my definition of romance.

It's undeniable that the E.L. James' Fifty Shades of Grey has been successful—theguardian.com reported in December 2012 that it was voted the “most popular book of 2012” in the United Kingdom. I understand that many people are perfectly happy in “BDSM” relationships, but I question why E.L. James wrote a trilogy of books that seem to make these types of relationships seem so unsettling, but also appealing to many. Mostly, I worry that women reading these books will think it's normal to base their wellbeing and self-esteem on another person's opinion of them. In my opinion, having a relationship based on love and equality is much sexier than one based on co-dependency and fear.



Photo credit eljamesauthor.com

OPINION

Reevaluating Importance of Social Media

By Alexandra Smith

There's no denying that social media is a large part of many people's lives as well as American culture. According to an Aug. 2011 article on nytimes.com, "one in every four -and-a-half minutes spent on the Web is spent on a social networking site or blog." Colleges are even catching on to this trend. A Sept. 9, 2013 article on usatoday.com noted that "Southern New Hampshire University offers a social media marketing M.B.A, and Excelsior College in Albany, N.Y. offers an M.B.A in social media management."

The presence, and even importance, of social media in American culture today may be undeniable, but is it always good?

An April 2011 article on nytimes.com noted an interesting problem commonly occurring in this digital era. The author, Jenna Wortham, claims "It's known as FOMO, or 'fear of missing out,' and refers to the blend of anxiety, inadequacy and irritation that can flare up while skimming social media like Facebook, Twitter, Foursquare and Instagram."

I can definitely relate to the concept of "FOMO." On a Friday night in July, I spent the evening by myself. I read a few chapters of a novel, and cooked dinner for myself. Content, I settled onto my couch with my phone, and scanned my Facebook feed. One friend posted pictures of her and a group of friends at a restaurant. Another updated his status, posting about a bonfire he was having that night. Yet another posted pictures of her and another friend grinning while holding up shopping bags at a local mall.

I was suddenly restless. Did I spend my Friday the wrong way? Should I have gone out to eat with a few friends? Maybe I should have gone shopping. Sitting in front of a warm bonfire would have been fun, too. When I began asking myself those questions, I knew it was time to take a break and reevaluate my relationship with social media.

I deactivated my Facebook, Instagram, and Twitter accounts for two weeks. What happened? I suddenly had more free time. I became a better listener, and I was more present in every moment because I wasn't constantly scanning my various social media feeds.

I came to realize that social media shouldn't impact me the way it did that Friday night in July. I should never feel as though I've made the wrong decision about how to spend my time based on what others are posting on social media.

OPINION

What most people post on social media is only part of their lives, anyways. Usually the most fun parts of their lives. People can totally control their image on these sites, and when I allowed what I perceived of someone's life impact me, I knew social media had too much control over my life.

A Nov. 2012 article on naturalnews.com noted that "the more social circles people have represented among their Facebook friends, the more stressful they find Facebook to use." Reading articles about social media and its sometimes negative impact on users makes me wonder how people can find a balance between using social media and not letting it control their emotions.

The lesson I learned from my social media hiatus is fairly simple. Before using social media, I question if it will enhance my life, and if my time could be spent in a more productive way. I'm still working on not allowing social media to impact my emotions, but figuring out how to limit its influence on my life has been extremely beneficial.



Photo courtesy of www.seogon.com

OPINION

The Importance of Recycling

By: Sarah Steighner

The motto “Reduce, Reuse, Recycle” was attempted to stay drilled into our heads since elementary school and every Earth Day since. Today, more recycling bins are presented than ever before. While in some communities, there is not a direct pick up for recycling available, there are also places where you can take your recycling. Many businesses and public places, including the Penn State New Kensington campus, provide numerous recycling bins beside each trash can. However, some people still continue to throw away things that can be recycled, or not put in the small effort that it would take to recycle. In this case, maybe it is time to reevaluate the extreme importance of recycling and just how far a little effort will impact the Earth for the better.

To begin, there are many items that people use on a daily or weekly basis that can be recycled. For example, newspapers, magazines, plastic bottles, steel and aluminum cans, hdpe plastic bottles, and glass containers. These are all things that are recyclable. In fact, according to the National Recycling Coalition, it takes 95 percent less energy to turn recycled cans into new cans versus making brand new ones. Furthermore, the Environmental Protection Agency has stated that one third of all the municipal waste stream in the U.S. comes from paper.



Clipart image
provided by Microsoft

Reducing the energy it takes to produce an item, plus reducing the trash sent to landfills both help the environment. Sometimes trash that goes to a landfill is burned, thus resulting in pollution, and chemicals and particles being emitted into the environment. The EPA outlined the effects waste prevention and recycling have on the environment which includes the reduction of emissions from energy consumption, an increase of storage of carbon in forests, and a reduction in emissions from incinerators and landfills.

Some trash that does not get recycled ends up getting dumped in the ocean. In fact, about 10 percent of plastic gets thrown into the ocean. The Great Pacific Garbage Patch, one of five major garbage patches in the world, is bigger than twice the size of Texas. In some spots it is even as deep as 90 feet. This is harmful to the environment in more ways than imaginable.

OPINION

About 80% of the garbage floating around is plastic. Considering plastic can never be fully bio gradable, particles from the plastic break down, while polluting the ocean and endangering sea life. These pollution particles can be ingested by the animals swimming around and transferred to animals that eat the originally toxic animals. Thus begins the chain reaction of endangering animal species due to people's lack of being resourceful and recycling.

So, rethink your decision to throw something in the trash versus recycling next time. After all, just because we might not directly see piles of garbage in our homes or think we don't feel the effects of pollution doesn't mean that animals and the earth can ignore the consequences of our apathy and ignorance.



COMMUNITY

54th Fort Ligonier Days Attracts Large Crowds

By Alexandra Smith

LIGONIER, Pa.—The Ligonier Chamber of Commerce hosted its 54th annual Fort Ligonier Days festival on Oct. 11-13 in downtown Ligonier.



A sign advertising the 54th annual Fort Ligonier Days hangs in downtown Ligonier on Saturday, Oct. 12. (Photo by Alexandra Smith)

The festival commemorated the Battle of Fort Ligonier, fought during the French and Indian War in 1758. Fort Ligonier Days featured battle reenactments at Fort Ligonier, food and craft vendors, non-stop free musical entertainment, and a parade on Saturday.

According to Kayla Tamer, executive assis-

tant of the Ligonier Chamber of Commerce, the festival attracted large crowds. “We had a good turnout,” she said. “I’ve heard for Saturday we had maybe 40,000 to 50,000.”

Tamer said she has attended Fort Ligonier Days for as long as she can remember. “Well, I’m 26,” she said. “I was born and raised in Ligonier, so I think I’ve come almost every year since I was little. This is my second year working on staff at Fort Ligonier Days, though.”

Tamer also said she believes the festival gets better every year, and enjoys the community aspect of the event.

“I think that it’s such a high quality event,” Tamer added. “Each year the crafters get better, the food gets better, even the entertainment gets better, and I think we just keep trying to set the bar higher. My favorite thing here is probably working with the



Bill and Arlene Lowry work at the information center on Saturday, Oct. 12 during the 54th annual Fort Ligonier Days in Ligonier, Pa. (Photo by Alexandra Smith)

COMMUNITY

Lowry said his favorite part of the festival is the parade. "It's just an atmosphere with a lot of good bands and the parade seems to get better every year," Lowry added. "It evolved from when I was a kid. It seemed like it was 90 percent fire trucks and a few bands, and now it has become a lot more diversified."

Though many people attend Fort Ligonier Days year after year, the festival also attracts people who have never attended the event before.

Mindy Moran, a Pittsburgh-based wood worker and Fort Ligonier Days craft vendor, said this year was her first year attending the event.

"It has been great from the beginning," Moran said. "The chamber of commerce has

been very nice to work with and the process has run very smoothly and it's been very well organized. Everyone has been very accommodating and very nice."

Moran said she heard the festival would be a great opportunity to sell her handmade wood items. "My husband and I don't do many shows, but we were told we should do this, that it would be great, and it's been a success so far," Moran added. "We're selling cheese trays, serving trays, wooden spoons, and unique items for your home."

Jon Fechter, Fort Ligonier Days festival attendee, said he's visited the Ligonier area for a long time. "I'm from Columbus, Ohio, and I've been coming here since I was 10, and I'm about to be 53," he said. "We've been coming up to see the fort for about 40 years, and when this started, it wasn't big like this. It was more about the French and Indian War and they had some crafts. Now, the parade is two hours long. It was a big parade."

Fechter said he enjoys all aspects of Fort Ligonier Days, especially visiting Fort Ligonier. "I like to watch all the people, and I like to see all the things for sale, and I like the parade," he said.

"I like to go to the fort because it's pretty accurate for what it was and it's very well preserved," Fechter added. "They've got a very good movie explaining the history of the French and Indian War and why the fort was here and it's really good."



The U.S. flag waves on Saturday, Oct. 12 near the bandstand on Saturday, Oct. 12 during the 54th annual Fort Ligonier Days in Ligonier, Pa. (Photo by Alexandra Smith)

PET CORNER

Protect Your Pets During the Holidays

By Jennifer Phillips

The holiday season is upon us. Many of us are probably looking forward to spending time with family and friends, and enjoying good food and drinks. Some of us may have company come stay at our homes, while others might be doing the traveling. Although it is a time of fun and celebration, it can also be stressful. It is important to remember that our pets may also experience stress during these hectic times. They might also be exposed to harmful situations that even the most caring owner may overlook.

With Halloween just around the corner, many people are ready to put on their costumes and have a good time. Pet costumes have even become an increasingly popular way for people to have fun with their pets. It is important to choose a costume that is safe and appropriate for your pet. When choosing a costume, make sure that you avoid any costume that could become tight around their neck. Also try to select one that does not hang on the ground, so they are not getting caught on or tripping over it. Try to find a costume that your pet is comfortable in, and if that is not possible, it may be best to let him go as himself. There is no reason why you can't have a great time dressing up your pet as long as you stick with a safe, comfortable costume.

As with Halloween, and most other holiday events, food and drinks are an important part of the celebration, but pet owners must remember that what is safe for us is not always safe for them. Chocolate, especially dark or baking chocolate, can be very dangerous for dogs and cats. Chocolate contains caffeine and theobromine, which can affect the nervous and urinary system, and can cause damage to the muscles of the heart. Xylitol is a commonly used sugar substitute in candies, mints, and sugar-free chewing gum that is toxic to cats and dogs, and may cause hypoglycemia very quickly.

Grapes and raisins may also be harmful to pets because they contain toxins that can cause kidney failure. Although it might be tempting to share the holiday dinner, rich, fatty foods, such as turkey skins or gravy should be very limited if given at all because they can cause pancreatitis. Bones from the bird can be a danger also, because they can tear or obstruct your pet's intestinal tract. Onions and onion powder, part of many stuffing recipes, may cause anemia should be avoided. The string that is often used to tie around turkey legs, as well as the included "pop-up" timers, may be tempting for dogs and cats to eat, potentially causing intestinal blockage. Any alcoholic beverages that are enjoyed during the holiday celebrations should be kept away from pets.

PET CORNER

Christmas trees can be a challenge for pet owners for a variety of reasons. Excited tails wagging into the tree, or curious pets that may attempt to climb it, can make it difficult to manage, so be sure to securely secure the tree into position. Hang breakable, glass ornaments, tinsel, ribbons and garland well out of pets reach, or avoid them completely. These could be knocked down and stepped on or even swallowed by your pet. Make sure to keep pine needles, which are toxic, cleaned up regularly to prevent ingestion.

Plants are another commonly used decoration for the home during the holiday seasons. Some common houseplants are poisonous and, depending on the type, can cause symptoms ranging from stomach upset to death if eaten by pets. Mistletoe, especially its berries, is another highly toxic plant that can cause stomach upset and can even lead to fatal heart issues. Other plants that can cause problems in the digestive system are holly, amaryllis and hibiscus. If flowers and plants are a must have in your home decoration, consider safer alternatives such as roses, marigolds, orchids, or daisies. You might also consider silk or plastic flower arrangements.

Animals are sometimes given as gifts to our loved ones, and while it may be tempting to give animals as gifts, it is a big decision that should be made by the person who will be responsible for caring for the animal. It is also important to consider the consequences for the animal in the event that their new owners are not prepared to take care of them. If you are still thinking about getting a pet as gift, whether it is for yourself or someone else, consider adopting from a shelter.



A dog prepares to Trick or Treat!
Courtesy of petsadviser.com

Although it may seem like maintaining pet safety during the holidays is a daunting task, it is simply a matter of being aware of the needs and behaviors of your pet, and adjusting your celebrations accordingly. As long as you and your guests are mindful of these needs and behaviors throughout the holiday, you, your guests, and even your pets will have a better time. Happy Holidays!

Honey Cinnamon Dog Treats

By Alexandra Smith



Photo by Alexandra Smith

It's the time of year when many people begin to bake more often. The air outside is chilly, and a warm treat helps combat the cold. While baking your favorite holiday treats, try whipping up these honey cinnamon dog treats for your furry friend.

They're made with ingredients almost anyone has in their kitchen, and they're a lot healthier than most dog treats sold in stores. This recipe makes about two dozen biscuits your pup will love, and they can be stored in an airtight container for up to six months.

Honey Cinnamon Dog Treats

Ingredients:

- 2 cups whole wheat flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1 large egg
- 2 tablespoons honey
- 1 teaspoon ground cinnamon

Directions:

1. Preheat oven to 350°F and grease a cookie sheet with cooking spray.
2. In a large bowl, combine flour, baking powder and salt. In a small bowl stir together milk, oil and egg. Add the wet ingredients to the dry, and stir until just combined.
3. On a lightly floured surface, roll or pat the dough into a rectangle that measures roughly 8×14-inches. Cut the dough into small shapes with a cookie cutter, biscuit cutter, or with the rim of a glass.
4. Place treats about 1/4 inch apart on baking sheet and bake for 10-15 minutes. Remember to let the treats cool completely before serving your dog.



Photo by Alexandra Smith