

THE
NITTANY PRIDE

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The “What Were You Wearing?” Exhibit Displayed at PSNK

The THON Before THON

Dear Hate, You Have No Home Here

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EDITOR'S MESSAGE

Message from the Editor:

On Saturday, October 27, the community of Pittsburgh was shaken after a gunman entered the Tree of Life synagogue in Squirrel Hill, killing eleven people and injuring six.

On behalf of the members of the Nittany Pride Newspaper, we extend our prayers and condolences to the families and friends of the victims of this horrific tragedy. We grieve with you, mourn with you, and will stand strong with you through this incredibly difficult time.

We Are...Pittsburgh Strong.



Photo courtesy of *York Daily Record*.

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Penn State New Kensington Hires Full-Time Athletic Trainer

by Janet Surma

Videographer/Contributing Writer

NEW KENSINGTON, Pa. – For the first time ever, Penn State New Kensington has a full-time athletic trainer, and she is humbled by her career.

Larissa Roberts, who was hired in July, said she became intrigued by her athletic trainer when she was in high school. She said she spent a significant amount of time in the Athletic Training room with injuries and that her athletic trainer was the first medical professional to point her in the right direction with an injury that ended up being more significant than expected. Roberts said from that moment she wanted to have the same effect on individuals that her athletic trainer had on her.

Roberts said she was excited to start from scratch, since this is the first year Penn State New Kensington has had a full-time athletic trainer. When Roberts was hired, she mentioned that her athletic training room was still under construction, so she began working from home to develop Policies and Procedures, Emergency Action Plans, Standard Operating Procedures, Rules and Regulations, and creating a supplies budget list for the upcoming school year.

Although she said it was nerve wracking, her excitement outdid the concerns. Roberts exclaimed, “I see my career as a way to serve God by helping others return to full strength, and strive to perfection in their respective sport!”

When a student-athlete has an injury, Roberts said she is the first person that has the opportunity to assess the situation and determine what the best care for the injury may be. She said if the student-athlete needs to see a physician, she will help to get the athlete scheduled to see the respective medical professional as soon as possible. She also said if the injury is less severe, and the athlete is not in need of a referral to a physician, she will demonstrate and perform rehabilitation exercises with the student-athlete on a daily basis.

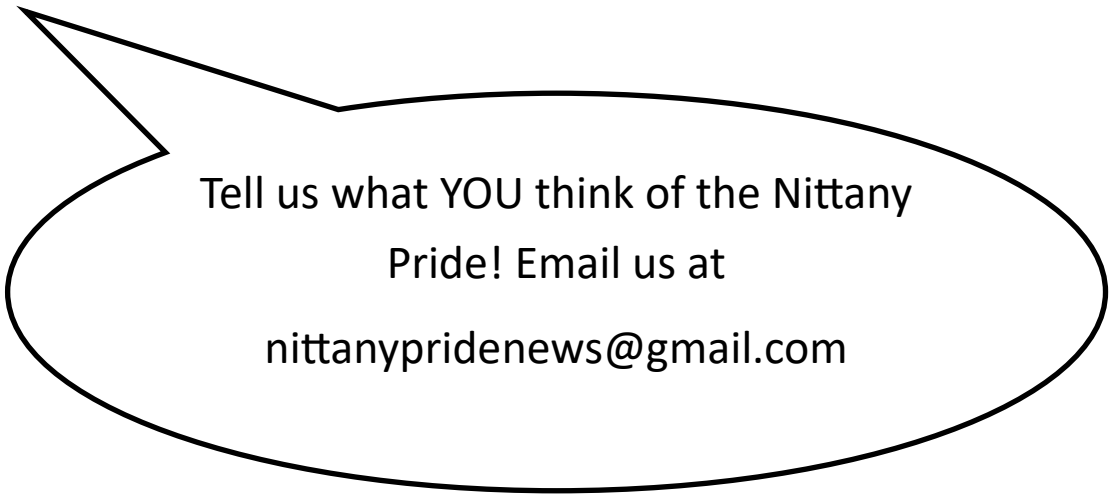
Volleyball season is currently in session, and Roberts has aided many of the girls on the team. In particular, she has helped Lindsey Hessom and Cora Rejniak with their injuries. Hessom, a junior, said, “Larissa helped me rebuild my strength in my ankles, and I’m very happy she’s here as a full-time trainer.”

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Rejniak was also grateful for the help of the athletic trainer and said, “Larissa was able to help me recover from a minor shoulder injury. Before practice 3 times a week, she would show me multiple exercises to stretch out the muscles in my shoulder.” Roberts conducted rehabilitation exercises with both girls in order to get them back to playing with full strength.

Roberts said she works with student-athletes every day and that one of her favorite aspects of athletic training is that she has never had a day that is repetitive. She said every day is a new challenge, a new injury, or a new obstacle to face, and she enjoys working at a fast pace and being productive.

As Penn State New Kensington’s first full-time athletic trainer, Roberts said the experience has been amazing for her. She said she sincerely enjoys the athletes and her fellow colleagues. Roberts has been a great addition to the campus, and she said that beginning at this campus and developing a Sports Medicine program has given her the ability to grow both personally and professionally in her field.



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The THON Before THON: PSNK THON Executive Board Already Focused on February Event

by Scott Sinclair
Director of Visuals

NEW KENSINGTON, Pa.— Penn State New Kensington THON Chairs Jonathan Schofield and Lauren Lizik have an almost daily ritual of sitting in the PSNK Student Life office pouring over calendars, posters and spreadsheets.



The Thon Executive Board (Photo Courtesy of PSNK Student Life.)

This labor of love is done to ensure that Penn State New Kensington is making the most of its time and opportunities to raise as much money for THON as possible. THON, for anyone who is not aware, is Penn State’s annual fundraiser and essentially huge party held every February at the Bryce Jordan Center at University Park. Globally known, it is the largest student run philanthropy in the world.

While the existence of THON may be common knowledge, the fact that most of the funds are raised well before the event is not. Most of the 10 million plus dollars raised overall is done during the school year leading up to the big event in February.

Penn State New Kensington is very much involved in this fundraising effort, with Lizik and Schofield at the helm.

Each of the fundraisers is conceptualized, planned, promoted and carried out by the PSNK students who are involved in THON. This consists of a five-member executive board chaired by Lizik and Schofield, plus any student wishing to join the THON general membership.

Executive meetings are held weekly to discuss the aforementioned fundraisers and general all-member meetings are held monthly to communicate to members where help may be needed for a potential fundraiser, along with team-building exercises and other activities.

“We want to get the word out and make these fundraisers as successful as possible,” Lizik said. “We want to raise the most money we can.”

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There are fundraisers on campus that students can get involved with quite easily as they go about their daily routine. A few of the recent events were Crazy Cans, in which students only needed to place some loose change in cans set up outside the Student Government Office and whichever participant in that week's cans got the most money in his or her can would "win" some form of punishment. Schofield was taped up outside of the IST classrooms for being that week's "winner".

Also, recently the Pittsburgh Pizza Truck visited, and a portion of the sales went to the campus' effort to benefit THON. There are some other events which happen outside of campus or in the evenings on campus. One of these will be a spaghetti dinner in January at a church banquet building owned by PSNK adjunct professor and WTAE news personality Michelle Wright. Another event will be Basket Bingo, where participants can win prizes donated by local businesses, including everything from gifts to gift cards.

And this is where the efforts of the THON before THON are truly on display. It is the efforts of a small group of students working to make all of these arrangements including securing locations for the offsite fundraisers and contacting businesses to ask them to donate money and or items. This is all done while going to class and keeping up on academic responsibilities.

"Great job team!" is a mantra often heard from Michele Marcks, who is the staff advisor for THON. While in an advisory role, Marcks leaves all the heavy lifting for the students to keep in the spirit of a true student run philanthropy.

One of the next big challenges for the THON committee is the process of helping decide who will have the honor of representing Penn State New Kensington as the three campus dancers for this year's THON. Part of earning this privilege is how much involvement the candidate has in this preliminary part of THON.

The work will go on for the THON Executive Board along with the membership at large throughout the rest of this semester and into spring; planning, working, planning again, working again, right up until the time in February, at the Bryce Jordan Center, when the placards get turned over and the final total is revealed. Then the effort of the THON before THON will be given its just due.

If any student on campus would like to join the effort, they are welcome to join the club and assist in the efforts. If you simply wish to just participate in the fundraisers and donate, just look around campus for the posters which announce each event or the "PSNK Benefiting THON" Facebook page.

CAMPUS LIFE

The Success Center is Gearing Up For a New Year

by Ashton Caldwell

Staff Writer and Reporter

NEW KENSINGTON, Pa. - Big things are happening this year at the Penn State New Kensington Academic Career and Success Center thanks to the hard work and dedication from Dr. Sean Bridgen and his fellow staff members.

The “Success Center” as it is known to many, is located on the bottom floor of the Student Union building next to the bookstore. When students come, they have the opportunity to sit down and receive academic advising from Dr. Sean Bridgen or Ruth Herstek, career service assistance from Jim Shields, or if they require help with tutoring or are in need of assistance with a disability related issue, they can speak with Adam Robinson.

The Success Center also employs 10 Success Coaches, student trained workers who work behind the desk. They specialize in many different areas such as having a working knowledge with all the Penn State websites, the ability to help students make their class schedules, assisting with New Student Orientation Day 1, proctoring exams, answering phones, tutoring, and one on one peer mentoring when needed.

To become a Success Coach, a student must take a course called CNED offered every spring. CNED gives an overview of what it means to be a peer mentor and provides students with the philosophies and ideologies that Success Coaches use on a regular basis while performing their job. It also explains to students their roles as Success Coaches. Once you have completed the class, the hiring process begins.

“The Success Center is super important,” said Dr. Bridgen. “The Success Coaches are very helpful to the whole student body. It is very gratifying to see them grow as individuals. Past and present Success Coaches have told me the benefits of working down here.”

Bridgen’s role in the Success Center is overseeing academic advising, NSO, and helping with professional development and training for faculty. Bridgen is currently is working on is “developing an online non credit course for faculty that will be offered on World Campus.”

“Advising is not about checking boxes but how courses connect with each other and how they inform one another,” Bridgen said. “Advisors help students have a cohesive educational experience.”

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There are many important parts of Bridgen's job, but he feels that "helping students, faculty, staff, families, and support networks understand what advising really is and the role it plays in undergraduate education" is most important.

Bridgen hopes to better improve advising on campus this year by getting more input from faculty, staff, and students.

"I'm a resource that's here to help them," said Adam Robinson. "Overall my goal is to help students be more effective college students. That means teaching them how college works and how to learn effectively."

Robinson hopes to expand the tutoring services, develop a software that will allow students to schedule appointments with tutors, and bring more campus awareness and support to students with disabilities.

"We are here to help people reach their dreams," said Robinson. "So I encourage all students to come down to get to know us. Maybe there is a goal you are striving towards and we can help you get there. To be successful in college it's important to make connections with as many students, faculty and staff as you can."

"It is a nice relaxing place to do homework," said Cole Mohny, a freshmen Civil Engineering major. "Everyone down here is just awesome."

"The Success Center is an open place that provides to me an environment of support and helps me to strive to become the best I can be thanks to help from my fellow success coaches and student peers," said Evan Yoder, a Junior Psychology major who works in the Success Center as a Success Coach.

"My role as a student Success Coach has been incredibly helpful to me in my time here at PSNK," said Bria Schneiderlochner, a junior Psych major. "I transferred here after my first semester of college and everyone down here was very helpful in getting me acclimated to the new campus. I was down in the Success Center so much and they recommended for me to take the CNED 200 course. Being able to assist other PSNK students in a peer mentoring position is such a rewarding experience and it has also taught me many valuable skills that I will carry with me when I graduate and pursue a Masters Degree in School Counseling. The Success Center offers great resources that help not only make great Success Coaches, but also makes great Penn State students.

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Local Author and Researcher Speaks on Campus

by Calle Zmenkowski

Videographer/Contributing Writer

NEW KENSINGTON, Pa.— Dr. Olga Kuchinskaya represented Russia on Oct. 22 for the New Kensington campus' Country of Focus Taste & Talk where she further discussed her personal research on an impactful event in history, Chernobyl.

Dr. Kuchinskaya is originally from Belarus and is now an associate professor at the University of Pittsburgh with a PhD obtained from the University of California, San Diego. She has a background in communication, women's studies, and science and technology studies. She teaches multiple communication courses and has great research interest on science communication related to health and the environment.

Over the years of conducting research, she has written her book, *The Politics of Invisibility: Public Knowledge about Radiation Health Effects after Chernobyl*. It goes into depth about how we know what we know from the nuclear accident of 1986.

Dr. Kuchinskaya began her presentation by talking about where Chernobyl originally happened, but she wanted to make sure her audience took away at least one aspect before she continued.

She joked, "If I bore you to death with everything else, here is what you can take for your country of focus message, Belarus, which I will talk about later, is not Russia." She also said the Chernobyl nuclear accident is "by far the largest nuclear accident to date."

While studying for her PhD in San Diego, California, Dr. Kuchinskaya was working on the research topic of Chernobyl and was asked "How many casualties did Chernobyl have?"

She told the audience, "That is a ridiculously simple question, so I went online, asked Dr. Google, which then gave me the link to the report from the United Nations Scientific Committee on atomic radiation. It said Chernobyl was a myth, and that the only effect among the general population is thyroid cancer in children."

She claimed, "The article seemed to be very scientific and subjective which persuaded me greatly and pushed myself to start digging deeper into the research."

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Chernobyl occurred in Ukraine where the Soviet Union had been located, but from the winds blowing in all different directions, it caused the radioactive fallout to spread to most of Northern Europe. Dr. Kuchinskaya claimed “about 23% of Belarus was covered with radiation.”

She went on to talk about how radiation is described as a ghost; you can't see, smell, feel, taste, or touch it. She wanted her audience to take away the overall message that these aspects make it very difficult to know what effects the nuclear accident had upon the areas it reached, where it is located now, and who it has affected.

Dr. Penelope Morrison, program coordinator of the Biobehavioral Health programs at Penn State New Kensington, made this event possible for students to attend during common hour on campus. She teaches courses related to the introduction to Biobehavioral Health, human sexuality, criminal justice and health, and research methods for senior students taking the major.

She wanted to set up this event for several reasons stating, “it was an opportunity to bring someone in to talk about the Soviet Union and an iconic time in the world. The public discourse in the United States right now about climate change and global warming connects to the importance of being aware to a degree about how we know what we know and how it was handled. This allows us to learn from it, while thinking about how we look at our own global problems. Overall I believed the learning opportunity about the history of Chernobyl and thinking about environmental issues right now was a great topic for this event.”

Dr. Morrison wanted the students to learn something about the former Soviet Union and have some food for thought about how environmental issues play a big role in political discussion.

She said, “I wanted the students to hear discourse about these issues, hopefully they will do their own research, critically think about it, and that'll help them understand how these things happen.

Emily Dambrosia, a sophomore who majors in Biobehavioral Health at PSNK said, “The main idea I took away from today's event was how radiation can affect multiple things in the long run even though it is basically invisible.”

She added, “I would attend a similar event again and tell others to as well because it was very informative and gave me even more of a background on radiation and health than I already had.”

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Penn State Advisor Wins NACADA Advising Award

by Shauna Potts
Contributing Writer

NEW KENSINGTON, Pa. – A resident of Upper Burrell Township and an advisor at Penn State New Kensington won the Outstanding New Advisor Award Certificate of Merit on Sunday, September 30.

Ruth Herstek, an Assistant Coordinator for Academic and Student Success, won the award through NACADA, which stands for National Academic Advising Association, and is the global professional association for academic advising.

Herstek has been an advisor for over two years. However, she has worked for the university for fifteen years. She also received an Associate’s Degree in Liberal Arts, then a Bachelor’s Degree in Organization Leadership at Penn State. Later, she completed her Master’s Degree in Adult Education through the World Campus. She has been an Upper Burrell resident since 1999.



Awardee Ruth Herstek (Photo courtesy of Shauna Potts)

“Dr. Bridgen told me that he was nominating me along with our Director of Academic Affairs, and I also know that a student and a few coworkers took the time to nominate me,” Herstek said. “I was really honored and touched that they would write letters.”

Dr. Sean Bridgen, an Associate Director for Academic Advising at Penn State New Kensington, is a current member of the association and decided to nominate Herstek.

“Ruth is an exceptional academic advisor, and she deserves to be recognized for her work,” Bridgen said.

Bridgen then asked Adam Robinson, Herstek’s and his coworker and Learning Center Coordinator at Penn State New Kensington to write a letter of recommendation.

“I work really close with Sean and Ruth, and Sean is very active in what is called NACADA, which is obviously related to the award, and he is the one that nominated Ruth for the

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award and he approached me to write a letter in support of the award,” Robinson said.

According to Herstek, she found out that she won the award prior to the dinner and annual conference in Phoenix.

“I was going for the conference, but they had an award ceremony on Sunday, the evening before the conference on Monday. It was a very nice dinner, all of the awardees were recognized and I got my actual physical award there,” Herstek said.

She was allowed to have one guest with her for the dinner and conference, so she chose Bridgen.

“The ceremony in Phoenix was fantastic!” said Bridgen. “It is great to see our colleagues across the globe recognized for the good work that they do... I was elated when I found out that she was selected for the award.”

“Oh I was so excited,” Robinson said. “It’s a huge honor to win an award like that. Winning an award like this is similar to winning an Oscar. NACADA is the biggest and most important organization for academic advising. The fact that this person who you work with won is just so cool, and she’s obviously really deserving.”

As for her family’s reactions, they were positive.

“They were very happy for me,” Herstek said. “That was pretty neat. I can tell them now that I am an award-winning advisor. They do not always listen to my advice, but they were pleased,” she added with a laugh.

As for the impact the award will have on the campus, Robinson hopes that it will bring more awareness to advising on the campus.

“The award acknowledges and applauds Ruth’s efforts, but in a bigger picture, it reminds us that academic advising is happening on this campus, and it’s highly critical that people have relationships with their advisors,” Robinson said. “So maybe seeing that award will get people to pay even more attention to that. Obviously that brings more attention to our campus and maybe there will be more opportunity to draw more heavily on their resources and connect with people in different campuses other than Penn State,” he added.

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The “What Were You Wearing?” Exhibit Displayed at PSNK

by Kelli Grawleski
Contributing Writer

NEW KENSINGTON, Pa.—An exhibit has opened at the Penn State New Kensington Art Gallery this month displaying the clothing and stories of sexual assault victims in an attempt to bring awareness to the issue of victim blaming.

The Biobehavioral Health Club at Penn State New Kensington has sponsored an exhibit called “What Were You Wearing” to be on display in the Art Gallery on campus during the month of October that sheds light and raises awareness for those affected by sexual assault.

The exhibit, which consists of articles of clothing and written accounts of victims’ stories, is meant to relay the message that sexual assault is never the fault of the victim and that one’s clothing does not make them more susceptible to assault. This pertains especially to college students because of the overwhelming amount of sexual assaults taking place at universities.

“We have an epidemic of sexual assault on college campuses,” says Assistant Professor of Biobehavioral Health, Dr. Penelope Morrison. “We have a culture that is not supportive of victims, that still victim-blames and that still asks ‘what were you wearing?’”.

Morrison, who has studied health behaviors and public health, says that sexual assault is an “everybody problem” and needs to be addressed by both men and women in order to change how society perceives rape and assault.

“We have this presumption that women who are raped are somehow asking for it by what they were wearing, and it’s fundamentally untrue”.

Many students who have seen “What Were You Wearing” find it to be impactful and effective.

“I think it’s very effective,” says Thalia Daudier, a junior. “Students relate to this exhibit because the clothing items are the same kinds of clothing us students wear.”

The ordinary articles of clothing on display, such as t-shirts or jeans, reinforce the notion that what victims choose to wear does not make them responsible for what happened to them because it can happen to anyone, no matter what they are wearing.

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“It’s a very common thing on all college campuses,” Penn State sophomore, Jaice Bright said, also acknowledging sexual assault as a widespread issue. “This is everyone’s problem and needs to be addressed. Just because it did not happen to you does not mean you cannot help make a change. We need to help the offender and their behavioral issues.”

Another important takeaway from this exhibit is the importance of the role of the bystander. In a time where sexual assault is such a prevalent issue, we need to be making sure we are all doing our part to help prevent it.

“We have to all be brave” said Dr. Morrison. “If you see somebody harassing someone, stand in—don’t say no, don’t be quiet, don’t turn away, don’t act like it’s someone else’s problem. We all have a responsibility to make sure we’re safe.”



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Penn State New Kensington Chancellor Celebrates Eleven Years

by Luke Musco
Contributing Writer

NEW KENSINGTON, Pa.— Penn State New Kensington chancellor Dr. Kevin Snider has just celebrated his 11th year at the University.

Over the past 11 years, Dr. Snider has been able to bring great change to the campus and the surrounding area. Some of those changes are unnoticed by students that attend the campus until the time that graduation is coming. Dr. Snider works with the youth a lot of the time because he loves to hear their stories and see them succeed through their trials and tribulations along the way to getting through college and finding their career jobs.



Chancellor Kevin Snider (Photo courtesy of Snider's Facebook).

“The 11 years that I have been here have flown,” Dr. Snider said. “There has been a lot of positive changes, a lot has been accomplished so far, and I really enjoy it.”

Dr. Snider takes pride in the campus as well as the community and he loves to see the students and the outside community members succeed in their dreams.

“Dr. Snider definitely makes students’ success one of his top priorities,” said Penn State New Kensington student, Mitchell Stapleton.

One of the biggest accomplishments that Dr. Snider liked to discuss was the entrepreneurial center located in New Kensington, PA. The entrepreneurial center has helped a lot of students in finding a solution to getting their ideas up and running. The engineering aspect helps students get their idea off of paper and into a workable design so they can start advertising and making a profit.

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Another great achievement that Dr. Snider has done was introducing the program, “Industry 4.0”. This program teaches students about the ever-changing work environment that will occur in the future. The program gives students an outlook on how to adapt for the future and what their degree may help them with. It also lists some of the possible challenges that employers may present them with so when it does come time to adapt, they will be ready. Technology is being integrated into a lot of jobs in the near future, and career jobs are decreasing.

“The future of many students will involve more than just a few career jobs, and jumping from company to company will most likely be something that will occur throughout a student’s career,” Dr. Snider said.

The next aspect that Dr. Snider discussed was more and more companies are willing to help in the community. The local companies surrounding the New Kensington area would like to see New Kensington turn into a better community that has more job availability and opportunities for the youth. Dr. Snyder goes to a lot of these companies and discusses possible ideas for how they can help.

“Dr. Snider is a very interesting man with big plans for the community and campus,” said Alison Plasencia, a Penn State New Kensington alum.

Dr. Snider also looks for internship opportunities that will help students find a career and get into a position where they can learn and better themselves. At the end of the day, the most important thing to Dr. Snider is to have students succeed and overcome the challenges that they may have faced along the way.

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Saying Goodbye to Sean Bridgen

by Rachel Queck

Staff Writer and Reporter

UPPER BURRELL, Pa.— Students all around Penn State New Kensington are beginning to feel sad as Friday, November 2nd comes closer. November 2nd will unfortunately be the last day that faculty member Dr. Sean Bridgen will be working at Penn State New Kensington.

Bridgen has been working at Penn State New Kensington as Associate Director for Academic Advising in the Success Center for 11 years. During this time, he has done much to help the students of Penn State New Kensington, whether it be advising them on what classes to take or helping to introduce the Success Coaches program.

When Bridgen was asked how he felt about working at Penn State New Kensington, he said “getting to work with the students here was an amazing experience.”

After Dr. Bridgen’s last day on PSNK’s campus, he will continue his advising career at Pitt by helping to build their new advising center from the ground up.

Many students are very upset with the idea of his absence, but are very happy with the new opportunities that Dr. Bridgen will have.

Natalie George, a sophomore BBH major, stated “I am sad that he is leaving, but I am also happy for him. He will do good at Pitt.”

Shaune Madden, a junior IST major, stated that “Sean is a great person and will certainly be missed.”

Sean will be missed by his coworkers as well. Laurie Durzo, instructor in English at Penn State New Kensington, will be one of these people who will miss Bridgen. Durzo met Sean while she worked as the Learning Center Coordinator. Her office was located across from his. Bridgen went on to teach her about advising.

“Sean poured his heart and soul into the students and into the advising program at this campus,” Durzo said.

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She also stated, “Sean’s relationship with the students was unique. He had a way of drawing out their interests and their skill sets. When they weren’t doing well, he was able to talk to them about it without being judgmental and I think they knew that and they felt that he cared. I think that we faculty, staff, and students will all miss him.”

Sean’s absence at PSNK will certainly be felt since he has been such wonderful advisor and faculty member in general. He will be missed by many of the people on campus, but is wished the best by all.



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PSNK Student Committed to Creating Internet TV For Campus

by Calle Zmenkowski

Videographer/Contributing Writer

NEW KENSINGTON, Pa.— A junior at Penn State New Kensington dedicated his entire summer of 2018 to visualizing and creating the campus' first ever internet TV.



Scott Sinclair, President of Nittany Pride TV, with only few of the many items used to create a broadcast. (Courtesy of Calle

Scott Sinclair, 50, has had the idea of creating Penn State New Kensington's first ever TV station for a while and now plans to make it happen. Sinclair majors in Journalism Communications and is in his junior year at the university.

As an adult learner at the university, Sinclair wanted to bring a TV station to life. He was first enrolled in the 2+2 program at PSNK that would allow him to have two years at the branch campus, and two years at Penn State main campus.

He stated, "I'm trying to run my own household and Main is a more expensive university and I would have to uproot and move".

Sinclair then decided he would bring the major of his interest to New Kensington instead.

The first semester of his sophomore year, faculty from University Park came to visit and he was asked to be a part of a student discussion panel. At the discussion, he raised his hand and said, "It's hard for me to pick up my roots here and move there for this major. What can we do about it?"

Sinclair was then introduced to the Dean of all Penn State communication majors, Marie Hardin, who attended the discussion. He was then told by the Dean to stay in touch with one of PSNK's communications professor, Abhinav Aima, and see if the campus could build a program that would allow Sinclair to work on journalism at Penn State New Kensington.

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Sinclair began to gather equipment at the beginning of the summer while completing an internship under the wing of PSNK's manager of Strategic Communications and Marketing, Corinne Coulson. He first was very interested in broadcasting and later saw that he would find a love for journalism.

Sinclair said, "I could've gone and been given an education where it's already set up for me, or on the other hand, this is rewarding too, doing it myself, and doing it in the Pittsburgh market".

He would like to cover any and all of campus related news, but he specifically has a passion for the college sports on campus.

He stated, "I want to be the hype man for our college athletes and have PSNK's sports stories be just as exciting as those playing for in the pro leagues".

Back in the day during his early twenties, Sinclair was a drummer in his band "Highway 13" for two years and was a signed rock 'n' roll musician that was getting paid to produce music. He believes that producing music is very similar to producing news and that is why it is so natural to him. He also used to take acting classes and was used to being on camera, but knew acting was not what he was meant to do in life.

Sinclair said, "I was never a great actor and could not cry or laugh on cue, but I had a lot of energy to speak. I like sports, I've been an athlete my whole life, I have acted and have been in front of a camera so why not take what I have knowledge about, what I believe I'm good at, and put them together with broadcasting?"

Sinclair also completed a six-month long internship this past summer with the Tribune Review where he gains a lot of his background knowledge about technology and the daily life of a journalist.

For Sinclair to create one TV package he says, "It is about a week-long process, you must figure out what you're making the story about, you must film everything, so you can capture everything. It all starts with filming, then review, editing/cutting video, write a vocal script, read the vocal script, review the script again, and ends with putting voice over your video. His first story featured on the Nittany Pride website was the Washington Wild Things' baseball game back in July 2018.

Being the leader of a new club, Sinclair doesn't let it overwhelm his lifestyle of going to

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school and working.

He said, “Being at home and cutting film is like a hobby, and basically like a sixth class with my schedule. It’s useful to have professors that I can use as resources, and my weekends can be filled with work, but still fun”.

Sinclair hopes that the community of PSNK is happy with the creation of the new online TV station and the content that they will be covering.

One of Sinclair’s peers at the university, Shauna Potts, 24, is from Upper Burrell right near the campus, and is a senior studying Communications. She has had several classes with Sinclair.

“I think Scott is really friendly”, she said. “He can talk to pretty much anyone and he’s a funny guy. He’s helpful when it comes to the One Button Studio and anything video related. I think he’s more than qualified to run a broadcasting club. He’s really knowledgeable on that type of stuff, and I think it shows in his editing and videos on the newspaper website”.

As for the members of the club, there are currently six students on campus who take part in the writing and video aspects of the club. Their roles vary from finding stories that they want to cover, video and film, and speaking in front of the camera.

One member of the club, James Binnix, 23, is a junior and is also studying Communications. He said he has a great interest in video.

Binnix said as he described his role in the club and why he joined, “I help with recording the home games for Penn State New Kensington, whether it'd be volleyball, soccer, or basketball. Sometimes I'll take the reins of editing highlights. I just love talking sports, and that caught my interest. I am getting to know a few of the members in the club, yet it is still a small group.”

Sinclair is always looking for new members to join Nittany Pride Online TV team and claimed, “Any help is good, it’ll allow the club to continue to grow”. The club meets every Wednesday at 12:15 p.m. in the Communications Lab Room 044D and Blissell Library and welcomes anyone and everyone to get involved. For more information or questions about Nittany Pride Online TV, you can contact Scott Sinclair directly by email at sws6054@psu.edu.

CAMPUS VOICES

Metz Replaces AVI as Penn State's Food Service Vendor

*by Mitchell Stapleton
Contributing Writer*

NEW KENSINGTON, Pa.— This year there has been a major change at Penn State branch campuses in the area.

The university elected to replace several food vendors at branch campus cafeterias with one single vendor for all campuses. The university chose Metz to come in and fulfill the campuses food needs.

Our campus in New Kensington switched over from AVI to Metz in July of this year. The campus used to have Starbucks in the lobby; now it is Peet's, which left a lot of students confused and upset. In addition to the coffee change, the food also became more expensive. I have heard several students bring this up in addition to some faculty members.

The acclaimed reason for this more expensive food is "better ingredients" according to various Metz pieces of signage around the café. I set out to find out what the truth was, and inform students of the actual details behind the changes, whether they be positive or negative.

I sat down with Ann Trimble, the head of café operations, and employee of Metz. Trimble has not worked for Metz prior to their takeover of our campus, so her information on corporate operations was limited, however she had some very interesting information on day to day operations.

Trimble stated that Metz does not use the same food supplier that AVI used, and this is one reason why the food is completely different. When I asked her what the reasoning for the higher prices across the board were, she had several points to make that the average campus goer is most likely not aware of.

She stated that the majority of the price increase is due to increased staffing over the previous vendor. The reason that these additional staff members are needed is because Metz employees in the kitchen are actually preparing the food items by hand, not just reheating pre-made items. For example, if you order a burger at the café, the patty is hand shaped from a package of ground beef right in the kitchen.

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As far as the operations of the café, the biggest change people notice is the lack of Starbucks. Metz uses Peet's coffee, which is largely unknown in our region.

Peet's is primarily a west coast brand and is actually known as a higher quality coffee than Starbucks. The problem is people here are unfamiliar with the name so they assume Peet's is some off brand coffee name, which is not the case.

The food items also run on a corporate Metz four week menu cycle, so be prepared to see new items on the menu every few weeks.

The most interesting thing Trimble had to talk about was the move in process that occurred this summer. She said she, and her crew spent a considerable amount of time cleaning the kitchen facilities after moving in.

According to Trimble, cleanliness is very important to her, and the AVI run kitchen was not clean whatsoever. Students will be happy to know that their food is being prepared in a more sanitary environment. In addition to significant cleaning efforts, the Metz crew has spent considerable time fixing things such as freezers, refrigerators, and other various pieces of equipment left broken by the former vendor.

Looking into the future, Trimble stated that right now there is nothing she can think of that she would do differently, and Metz is very accommodating to suggestions. In the coming weeks we can expect some five dollar value platters in the café. This idea was purely put into action due to the student concerns about the higher prices. Trimble, her crew, and corporate Metz are focused on the well-being and happiness of their customers.

Check out our new archives, Nittany Pride TV!

<https://nittanypride.wordpress.com/nittany-pride-tv/>

CAMPUS VOICES

Music in My Mother's House

by Ryan Fiore
Editor-in-Chief



The only photo I have of me and Mrs. Wilson
(Photo courtesy of Ryan Fiore).

During my 21 years on this Earth, I have been very blessed. I have a roof over my head, a warm bed to sleep in, food to eat, a great family, and great friends. I could go on and on, but I want to focus specifically on one of the things in my life I've been blessed with: schooling.

Before Penn State New Kensington, I was a Burrell School District student and I'm proud of that for many reasons. When I was in 6th grade, I met a teacher named Karen Wilson and over the course of six years, she changed my life.

If I had to describe Mrs. Wilson with one word, I would choose "passionate". She was passionate about her students, teaching, life, but more than anything, music.

She retired at the end of my junior year in high school. One of the songs we sang at the last concert for her was called "Music in My Mother's House". Mrs. Wilson was like a mother to me, along with the hundreds of students who had the privilege of not only being her student, but had the privilege of knowing her.

I was sad that she was retiring, but I was excited for all that retirement would bring her. She talked about traveling and spending time with her husband. I wasn't prepared for what came three years after retirement.

On October 22, 2017, Mrs. Wilson passed away of natural causes. She was 58.

When I found out, I kept saying, "It's a mistake. It's a mistake." I was mad. I wanted answers. To this day, I still haven't comprehended that she isn't walking the Earth. We students would always joke that she would sing at our weddings and it still feels like when I get engaged, I could call her and ask her to sing at my wedding, but I don't get that.

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The other students don't get that. She doesn't get that privilege.

Mrs. Wilson was loved by her students. She was generous, loving, and caring. She was irreplaceable.

She touched my heart, encouraged me to keep singing, and I never stopped and never will. She's up there with Mrs. Genito and Mrs. Ciferno, two other Burrell teachers that passed away too soon.

At the beginning of every middle school concert, we would sing, "Siyahamba ekukanyen kwenkhos." It meant "we are marching in the light of God." I'm sad that she's not here, but it's comforting to know that she is marching in the light of God.

She always gave us advice because she wanted what was best for us.

When it came for fear: "Worrying is like praying for something you don't want."

When it came to love: "Sometimes, your knight in shining armor turns out to be a fool in tin foil."

When it came to appreciating life: "The most precious gift you have is the 24 hours directly in front of you."

When it came to the beautiful things in life: "If there is anything better than music and chocolate, God kept it for himself."

I cannot begin to say how much I miss her, especially since I hadn't gotten to see her since she retired.

Mrs. Wilson gave me five things in my time of knowing her.

The first was an appreciation for singing and for music that I didn't know you could have. When I sing, most times I think of her. When I sing, it is for her.

The second, something the other students received as well, was a full stomach on some mornings when she just felt like showing us how much she loved us. We would walk in some mornings and there would be food for us because she just adored her students and wanted to make us feel like her children. I remember one time, I wasn't feeling very well,

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so she gave me some cough drops. Another time, she asked if I had had breakfast. I had said "no", so she gave me the rest of the crackers she was eating for breakfast.

The third was an angel pin. When Mrs. Wilson was retiring, she set out things that were in her office that she didn't want anymore that she thought maybe her students would want. I chose an angel pin and never knew that it would have such a symbolic meaning behind it one day. I keep it on my bookshelf where it can watch over me, much like the angel she is that watches over me.

The fourth was the memories. I'll never forget the time when I arm wrestled her and I lost and I'll be completely honest when I say I didn't let her win.

The fifth thing she gave me was the best six years of my life.



The angel pin she gave me (Photo courtesy of Ryan Fiore)

CAMPUS VOICES

Being a Cat Mom

by Rachel Queck
Staff Writer and Reporter

Most people probably think when they adopt a kitten that it will be an easy experience and a walk in the park because that little face could do absolutely no harm right?



Nittany, the Cat (Photo courtesy of Rachel Queck).

Well, this assumption would be absolutely incorrect. However, owning a cat is totally worth it.

I'll never forget the day that my roommate screamed from outside for me to open up the door and I saw in her hands an animal crate and cat food. My roommate told me that we had a little kitten and her name was Nittany.

I remember my roommate ran to the store while I stayed at home with the little kitten. She probably was not any bigger than my forearm when she was spread out. She was a perfect little devil. She ran around like a mad woman and did not want to stay in my arms until she was sleepy and fell asleep on all of my roommates and I. At this time she seemed like a little angel.

We then watched her grow little by little and as she grew we found a surprise that she had been keeping from us the entire time: She was actually not a little girl, but she was a little boy kitten.

While this threw us for a loop, we decided to accept this surprise as a good one. He still continues to grow and become more playful and adventurous. Even though he is a little bit of a daredevil; an annoying little being sometimes; it is all worth it when he does something funny, cuddles me when I am sad, and sleeps with me at night.

To anybody who is looking to adopt a kitten or a cat in general from the shelter or anywhere for that matter, there are some important things to consider and to do. Some things to consider would be "do I have the time, money, ability, and energy to care for this animal?"

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This is important to think of because an animal is not a possession that can be given up easily. It is a living thing that will become attached to you and need you to take care of it.

Now, if it is decided that these things are had, then what should be done once the kitten or cat has been brought home, according to *The Spruce Pets* is to check for parasites, diseases, and to do a physical exam on the cat for anything that might not be right.

Also, keep in mind that bringing the animal home is stressful on the animal because it has been brought to a new place and is more than likely scared until it realizes that this new home is safe and comfortable.

From experience, give the animal a bath and check for fleas especially once it is brought home. If the cat does in fact have fleas, then wet the cat down and make sure to use dish soap to kill the eggs and comb through the hair with a flea comb and tweezers and set the fleas in a small container of liquid and dish soap. This will kill the fleas.

Also, make sure that the animal is checked by a veterinarian. This is important to make sure that nothing is wrong with the animal.

Other than this, so long as its litter box is clean, it has food, and it has water, the cat will soon become a wonderful addition to the house and family. It is a joy to watch the kitten grow bigger each and every day and to fall in love with such a cute little being.

<https://www.thesprucepets.com/bringing-home-a-shelter-cat-554254>

COMMUNITY

Tarentum Celebrates Annual “Boo Festival”

by Ryan Pawloski
Staff Writer and Reporter

TARENTUM, Pa.— The Boo Festival was a community event held at Riverview Park on Oct. 20.

The Boo Festival was geared towards families and their kids in the local community. The event provided multiple activities throughout the event. Some activities were hay rides, a magician, a storyteller, and train rides. There was also a hay maze, concession stand and other local vendors.



Storyteller Alan Irvine performing at the “Boo Festival” at Riverview Park (Photo courtesy of Ryan Pawloski).

This event picks up where Tarentum’s previous fall festivals left off in the past. In past years, their fall festivals included handing out candy throughout the park while the children were dressed up in their costumes. The kids would walk around with their parents and stop at different areas to trick or treat in the park. Tarentum has now moved onto the Boo Festival this year.

There was also a small costume parade for the kids in attendance. Some costumes present were superheroes, princesses, animals, and some horror movie characters as well. The parade went around a block of downtown Tarentum and allowed for the families to show off their costumes for Halloween.

The rides cost money to go on but provided a fun time for the families in attendance. Bob Hirtz Sr. attended the event with his family. He lives nearby in the Tarentum area.

“It’s a nice setup they have here for the kids and their families,” he said.

The event was set up between the stage and the fountain of the park. It was a cramped area but large enough for the event to run smoothly.

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Another local community member attending the event was Bob Hirtz Jr. He went with his dad and nieces.

“They really liked the story teller and he kept them entertained for a while.”

The storyteller was Alan Irvine and he performed from 4-5. Irvine told stories about ghosts and other Halloween themed creatures with a rather humorous tone.

“Seeing the kids’ reaction to the stories is what makes it worthwhile,” Irvine said.

He explained how much he enjoys his job. His performance was enjoyable and provided more joy to the event. Irvine was meant to tell his stories on stage, but the microphone was not working for Irvine so he decided to speak directly to the audience. He jumped down off the stage and spoke to the crowd directly.

The day itself was ugly with dark clouds and very cold winds but that did not stop the local community from coming out. Many families showed up ready to get into the fall mood with some Halloween spirit. Everyone brought a good attitude with them and it created a very fun event for the community. The event itself lasted from 4 p.m.-7p.m. with many things to do.

The hay rides had a very big line throughout the day. It was a flatbed trailer with hay bail seats in it. The trailer was pulled by a big blue tractor. The tractor ride took passengers down the road a few blocks then circled back to where it came from. The train rides were only for kids and provided a fun experience. The blue train pulled the black cars behind it around the back half of the park.

There was a concession stand open and food and drinks were for sale, like pasta, nachos, pretzels, and some other foods. The drinks were the usual suspects of pop and water. There was however a food truck called “Main Squeeze” there. They provided smoothies and other blended drinks for sale.

The magician was good and had many volunteers and good tricks up his sleeve. He had many different twists and turns throughout his performance which lasted from an hour between 5 and 6 p.m. He was engaged with his audience as many helped him with his magic during the event.

COMMUNITY

Westmoreland County Holds Diversity Panel at Penn State

by Shauna Potts
Contributing Writer

UPPER BURRELL, Pa. —Six youths from Westmoreland County came to Penn State New Kensington on Tuesday to discuss diversity within the county.

According to their website, the Westmoreland Diversity Coalition “is a young community based nonprofit membership organization that is poised to bring people together to promote diversity from all walks of life, generate greater understanding and acceptance, and to help create through advocacy and education an atmosphere in Westmoreland County where all people feel welcome.”



The diversity panel (Photo courtesy of Shauna Potts)

The Coalition presented the Hearts and Minds of Our Youth: How to Build Strong, Inclusive and Welcoming Communities, through a town hall series with panelists of young students from high school to college. The first of the series was at St. Vincent College on Oct. 2 and the last was at Penn State New Kensington on Tuesday.

The moderator of the panel was Penn State New Kensington’s Records Specialist, Yasmin Ray, an Arnold resident, who graduated in 2016 with a bachelor degree in Psychology and is currently attaining a Master’s Degree in Higher Education with a concentration in Academic Advising from the World Campus.

“I was convinced into being the moderator,” Ray said. “The first moderator was not able to do it, and it then it was suggested that I do it, and I said no because I have stage fright but then, I said I’d do it for the community. I was born and raised in New Kensington. I’m raising my family here, so nerves and all, I feel like it is the right thing to do.”

Ray mentioned that Penn State New Kensington is a new member of the Westmoreland Diversity Coalition.

“I’ve only been to one meeting,” Ray said. “I jumped in head first and so far I like what I see.”

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The meeting then started with questions such as, “what can Westmoreland County do to be more inclusive?”

“I think it starts with education,” panelist Rachel Sloneker, a 20-year-old Public Policy major at Pitt-Greensburg said. “It starts at a young age, so promoting diversity in elementary schools or educating young students on various cultures and different countries, even just different communities, can go a long way.”

Lori Thomas, a Penn Township resident and Juvenile Probation Officer for Westmoreland County was an audience member for the panel and seemed to agree.

“I think that Westmoreland County definitely needs to be more talk,” Thomas said. “There’s a lot of different areas that are not as diverse as certain areas in this county, and I agree that we as individuals can start having more of a positive attitude in educating people. That is a big thing.”

Commentary about what Westmoreland County needs to do to become more inclusive and promote more diversity within the county was the main topic of the panel.

“It is so important to recognize that there is a lot of work to be done for people to feel like the place where they live is more than where they live; it is their home,” Ray said.

Ray currently lives in Westmoreland County with her family.

“I wanted to be part of this panel because diversity is something I have always been very passionate about, and I am appreciative of the initiative Westmoreland County is taking,” Sloneker said.

“Part of the problem is job growth,” Thomas added. “I think that is why many young people tend to leave because there is not a lot of jobs here. However, if young people are willing to stay and make changes and there’s more of a demand in job growth, I think that could be the future of Westmoreland County. I was extremely, extremely impressed with these young kids. If these kids are the future of America, we are in good hands.”

After the panel, the overall feeling was hope that there could be change in the future.

“Maybe the crowds weren’t particularly large, but it is the spark that makes a fire and it only takes one person to be that spark,” Sloneker said.

EDITORIAL

It's 2018, So Why Are We Still Banning Books in The U.S.?

by Kierstin Flickinger
Managing Editor

A few weeks ago, I went into my favorite store, “Half-Price Books”. Since the last week of September is banned books week, an “annual event celebrating the freedom to read” (Banned Books Week), the book store had a station showing some of the books that have been banned in various places around the world.

I perused the station and saw the usual suspects there. *The Book Thief* by Markus Zusak, *Catcher in the Rye* by J.D. Salinger, and *1984* by George Orwell. But then I saw some books that I thought were a bit stranger to be there.

I saw *The Fault in Our Stars* by John Green and then noticed that four of his books were placed in this banned books station. I was a bit confused, so when I was checking out, I asked the cashier if he knew where those specific John Green books were banned at. He told me that he didn't know, so I decided to look it up before I started my drive home.

I was shocked to find out that these books had all been banned in high schools across the United States. According to bannedlibrary.com, *Looking For Alaska* by John Green has been banned or challenged in eight high schools in the United States due to sexual content, alcohol use, and inappropriate language.

This may seem like a lot, but it is nothing compared to the highest banned book series in the United States, which is the *Harry Potter* series. Between 1999 and 2010, I counted 25 instances (of 31) where *Harry Potter and the Sorcerer's Stone* by JK Rowling was banned in the United States, as of October 2015 (bannedlibrary.com). The book managed to rank in the top 50 most challenged and banned books of the decade from 1990-1999, despite the fact that the book was published in 1999. The rest of the series was published by 2007 and the series as a whole ranks as the number one most challenged and banned books for the decade 2000-2009 (ala.org). The most cited reason for this series being banned is because of “magic and occult” being against religious values.

The top ten most challenged books in the United States in 2017 were, in order, *Thirteen Reasons Why* by Jay Asher, *The Absolutely True Diary of a Part-Time Indian* by Sherman Alexie, *Drama* by Raina Telgemeier, *The Kite Runner* by Khaled Hosseini, *George* by Alex

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Gino, *Sex is a Funny Word* by Cory Silverberg, *To Kill a Mockingbird* by Harper Lee, *The Hate U Give* by Angie Thomas, *And Tango Makes Three* by Peter Parnell and Justin Richardson, and *I am Jazz* by Jessica Herthel and Jazz Jennings.

Four of these books were challenged due to transgender or gay characters, two were banned due to sexual content, two were banned due to language used in the book, one was banned because it was thought to “promote Islam”, and one was banned because it talks about suicide. Three of these books were also in the top ten most challenged books of 2016 (bookbub.com). *And Tango Makes Three* has been in the top ten most challenged books of the year seven times since 2006 (ala.org).

Here’s the thing about banning books in high schools in the United States: I simply think that it’s wrong. My high school is where I learned about Banned Books Week. My eleventh grade English teacher taught us about books that had been banned throughout the world, which is why I expected to see certain books in that display, but I hadn’t realized that we were still banning books in the United States, especially banning young adult novels in high schools.

Looking at some of these lists, I realize that I read some of these books as young as when I was in elementary school, and for the majority of these books, I don’t see what the challengers are saying about them.

I read *Harry Potter and the Sorcerer’s Stone* by JK Rowling when I was in the first grade. My family went to church and it never made me feel like I should no longer go to church.

I read *The Earth, My Butt, and Other, Big Round Things* by Carolyn Mackler in the seventh grade and I did not find myself any more inclined to engage in sexual activity than I had before reading it.

As someone who takes medication for anxiety and depression, I am the exact kind of person that challengers are worried about reading *Thirteen Reasons Why* by Jay Asher, but the story did not encourage me to harm myself in any way when I read it in high school.

To me, reading is an integral way to learn more about subjects that you don’t understand and gain a new perspective on things that you maybe don’t understand entirely. Reading is a way to understand other cultures, sexualities, religions, and political stances without having to engage in a conversation about a topic that you do not understand.

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Teens and young adults are among the people who are most likely still trying to figure themselves out. When I was a teenager, and still now as an adult, I learned new stuff about myself every day. I didn't recognize that I might have OCD until after I read a book where the main character suffered from OCD and I recognized myself in the character. Why do high schools feel as though students who are confused sexually should not get to experience that same "finding yourself" feeling that I got to do? High schools are challenging and banning books that show homosexuality, which is not okay, because any member of the LGBT+ community deserves to have representation in books that they can read at school.

<https://qz.com/508524/top-10-books-challenged-in-the-us-this-year/>

<http://www.ala.org/advocacy/bbooks/frequentlychallengedbooks/top10>

<https://www.bookbub.com/blog/2018/04/10/ala-most-challenged-books-2017>

<http://www.ala.org/advocacy/bbooks/100-most-frequently-challenged-books-1990%E2%80%931999>

<https://bannedbookweek.org/about/>

<https://www.oif.ala.org/oif/?p=10636>

EDITORIAL

Dear Hate, You Have No Home Here

by Ryan Fiore
Editor-in-Chief

2018 is coming to an end and there have been at least 347 mass shootings. On average, that is more than one a day.

On October 27, 2018, the Tree of Life synagogue in Squirrel Hill became #346. A gunman entered the synagogue and killed eleven people and injured six; all because they were practicing their religion.



(Photo courtesy of *The Times of Israel*).

It seemed that with every hour that passed, the body count seemed to increase by at least three. When I first heard, it was four victims. I came home from work around two and my dad was watching the news and the body count was up to eight. I went to take a nap and got up around five and the body count was eleven.

At this point, it doesn't matter if you're a Democrat or Republican. It doesn't matter if you are pro or anti gun laws. This isn't even about stricter gun laws. The man went into this synagogue and shouted, "All Jews must die!" He was determined to kill, gun in hand or not.

It's about that fact that we live in a world of hate and we have to recognize that.

One of the victims of the shooting was a 97-year-old Holocaust survivor; a woman that survived the horrific nature of Hitler's punishment toward the Jewish population, only to be killed in 2018 by a gunman who harbored a hatred for that population.

President Trump stated that if armed guards had been in the synagogue, the outcome would've been different. I was very upset at this statement. At first, it was because I believed he was saying it to be a jerk. But after thinking about it for a while, I understand why he said it, but I was still upset because if you look at the big picture, you'll see:

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We should not have to have armed guards in a synagogue; a place that is a symbol of prayer and peace.

I'm upset that it has come to the point where we even have to consider putting armed forces in holy places. Does it not frighten anyone else that it is 2018 and people are still being killed for who they are and what their beliefs are?

When we think about mass shootings, it's common to think, "It's such a shame." But you know what's even more of a shame? The fact that we've grown accustomed to it. It doesn't shock anyone anymore. You turn on the television, you see a mass shooting, and you think to yourself, "Another one." Isn't that sad? Isn't that depressing?

It's 2018, mass violence is at its highest, and all we care about is fighting on Facebook about politics. If we care enough to fight **about** it, then we should care enough to fight **for** it.

We can express our sorrows and our remorse, but when will we actually do anything about it?

If I have to live the next two years and another possible four with Trump as President, I don't want to hear him wishing Alec Baldwin good luck after getting arrested for allegedly assaulting someone over a parking spot. I want to know what he's going to do about these mass shootings because thoughts and prayers are not enough and they never will be.

It's funny because I'm at a young age but when you're young like me, you think about your future, like getting married and having kids and I swear almost every time I think about having kids, I get scared, but for a different reason than most people would guess. It's not because I'm scared at what kind of parent I would be or that I would have to provide for someone else. Honest to God, the reason I'm most terrified to have kids is because of the world of hate we live in. I could be the best parent in the whole entire world, but with all the hate and evil this world has to offer, I still couldn't protect a child from all of it. If I'm going to bring a child into the world, I want to know that that child is going to be safe.

Speaking of children, I have reason to believe that this hatred could possibly stem from childhood bullying. Schools promote anti-bullying policies, but when it actually happens, no one bats an eye. So isn't it possible that because of that negligence, that person being bullied grows up to have a hatred, maybe a hatred for a certain race or population because maybe that's what the bully was? When schools turn their back on you, that's when you know you're not safe.

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It's a legitimate theory even if you flip it. A person gets bullied and they report it, only to have the school avoid the situation. When this happens, a bully assumes it's okay to treat a person with no respect and they grow up thinking that because the place that is supposed to teach them otherwise, failed.

I don't know what is going to be done and I honestly don't know if there's any hope for our country, but I CAN tell you what Pittsburgh is going to do after this tragedy. We will stand strong through this tragedy. We will stand strong for the families and friends of:

- Joyce Fienberg, 75
- Rich Gottfried, 65
- Rose Mallinger, 97
- Jerry Rabinowitz, 66
- Cecil Rosenthal, 59
- David Rosenthal, 54
- Bernice Simon, 84
- Sylvan Simon, 86
- Daniel Stein, 71
- Melvin Wax, 88
- Irving Younger, 69

Why?

Because "hatred cannot weaken a city of steel."



Caramel Apple Cider Cocktail Recipe

Ingredients:

- Smirnoff Kissed Caramel Vodka
- Apple cider
- Rumchata (optional)
- Caramel sauce
- Cinnamon and sugar mixture
- Sliced Apples



Caramel Apple Cider Cocktail
(Photo Courtesy of Google)

Directions:

- Line rim of glass with caramel sauce and dip in cinnamon and sugar mixture
- Pour 1.5 ounces of caramel vodka, 4 ounces of apple cider, and 1.5 ounces of rumchata into a cocktail shaker filled with ice
- Shake for 15-30 seconds and pour drink into caramel rimmed drink
- Add a slice of apple to the rim of the cup