

BEHREND BEACON YEAR IN REVIEW

A look back at the stories that define the 2009-2010 academic year at Penn State Behrend

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MEN'S SOCCER

Kiefer suffers career threatening injury

RACHELLE THOMPSON
assistant news editor
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When freshman Kory Kiefer looks at the soccer field, he can't remember the last game he played.

In the second half of a game against La Roche College in mid-October, Kiefer jumped into the air to attempt a header. On the way up he had a head-to-head collision with La Roche's Maranol Azavedo.

Kiefer's temple took the full blow. "I was knocked out before I even hit the ground," Kiefer said. "I couldn't remember anything. I didn't know the date, who I was or where I was."

Behrend athletic trainers rushed to Kiefer as he lay motionless and began to check his condition.

"Teammates and the athletic trainer had to tell me how they even tested me," Kiefer said. "I was told the left side of my body was unresponsive, practically paralyzed. My pupils wouldn't dilate or anything."

The severity of the injury progressed and Kiefer remained unresponsive. An ambulance was called to be take him to Erie's Hamot Hospital.

Kiefer said, "the worst part began," when he was placed on a stretcher with a neck brace.

At Hamot Hospital, doctors diagnosed Kiefer's injury as a severe concussion. After being told his short term memory may or may not come back, he was advised to go home for a week to let his head heal.

While at home, Kiefer and his family looked to seek further opinions on his injury and consulted with a top doctor at UPMC. They found Dr. Mark R. Lovell, an internationally recognized sports concussion expert and founding director of the UPMC Sports Medicine Concussion Program. Lovell is also the doctor of the Pittsburgh Penguins and Steelers athletes.

At the hospital, Dr. Lovell gave Kiefer the typical tests for a concussion injury. One of which was a half-hour computer memorization test.

"I had to retake the computer concussion test, like the one I took in ninth grade of high school," Kiefer said. "While taking the test I was getting sick and could barely read any longer. The room was spinning. I just wanted to lie down."

Another test given to Kiefer was a balance test. His objective: to sit on a pillow and to keep his balance for 30 seconds.

"I could only keep my balance for three seconds," Kiefer said. "My mom told me I was swaying back and forth and couldn't hold myself up."

Kiefer and his family received the news that

his soccer career was possibly over. Dr. Lovell considered his concussion to be so severe that it was one of the worst they had ever seen.

"When Dr. Lovell told my parents and I about the results, he said my memorization test was not even close to the one I took four years ago," Kiefer said. "His prognosis of everything was that they didn't know when my short term memory will come back or if it ever will. He told me that soccer and any type of physical activity are all out of the question, for a long time."

Kiefer was sent home for another week by Dr. Lovell to continue resting. While at home he was to work on school work and try to relax as much as possible.

"Behrend professors have been really nice about it and understanding," Kiefer said. "I am just on a time schedule and it is a day-by-day process."

As the Behrend men's soccer team plays out the rest of the season, Kiefer still attends the games when he can.

"Right after my injury I wasn't even allowed out of my bed," Kiefer said. "I could eat, sleep and drink, and that was all. I'm glad I'm progressing enough to watch the guys play. I may not be able to be on the field, but at least I can still cheer them on."



Jon Klein / The Behrend Beacon
Freshman Kory Kiefer receives major concussion after colliding with opponent from La Roche.

WOMEN'S SOCCER



Morgan Rapo/ The Perspective

The Lady Lions are in first place in the AMCC after beating Medaille in their home turf with a 3-0 win.

Behrend Lady Lions defeat Medaille, 3-0

JUMP TO FIRST PLACE IN THE AMCC

RACHELLE THOMPSON
news editor
October 23, 2009

The Behrend women's soccer team continued their seven-game winning streak, defeating the Medaille Mavericks 3-0 in a vital AMCC matchup.

Lions freshman Valerie Wagner scored the first two goals of the game, assisted by Kourtney Gasparovic.

"I knew this was an important game for my team and my adrenaline was just rushing through me," Wagner said. "I was so pumped up once I got the first goal in the last 10 minutes of the first half. I wanted to give us another victory."

The last goal of the game was chipped off the goal post by sophomore Glennis Robash, deflecting past the Medaille goalkeeper.

Behrend took control early in the game and would continue to manage the Mavericks' zone for most of the game.

Behrend had a total of 13 shots on net with several close saves by Maverick goalie Brittany DeBole. Medaille only had five shots on net, two of which came from

junior midfielder Chelsea Buzyniski.

Behrend senior goalkeeper Kayla Frost earned a shut-out win.

"The game went really well," Frost said. "Personally, I think it's the best we have played all year, which is encouraging because we haven't hit our peak yet."

In order to clinch their first place rank, Behrend must continue to win throughout conference play, but they are taking it one step at a time.

"With a conference game left we aren't really thinking about playoffs too much," Frost said. "We are taking it one game at a time, but we are continuing to practice hard and maintain our focus of our goal, which is to get the top spot in the AMCC."

If Behrend continues their winning streak they will also be granted home field advantage throughout the playoffs.

The win put the Lions in first place for AMCC, with a conference record of 7-0-1.

The team will travel to Mount Aloysius (0-6) in conference play, Oct. 24 and have one conference game remaining.



Shawn Annarelli / The Behrend Beacon
Freshman Anna Zelina is a hunter by day and a figure skater by night.

ANNA ZELINA

GOING FOR THE GOLDEN KILL

SHAWN ANNARELLI
managing editor
February 19, 2010

It is uncommon for a teenage girl to clinch a .36 caliber Remington Rifle and hunt white-tail deer. Later that day, the same young lady is a beauty queen landing axles and flying camels on ice.

Freshman Anna Zelina can fire her rifle accurately for 300 yards, and she can stick a double lutz. You might call her a bit out of the ordinary, but she just says, "I'm a tomboy at heart."

Waking up to her father's voice at four in the morning on the first day of deer season, Anna has a 20-hour day ahead of her, from hunting bucks to pursuing perfection as a figure skater.

She and her father Francis Zelina will pick their post by 6:30a.m. at their favorite region to hunt, Allegheny National Forest.

"Anna broke new ground in the family," her father says.

She is the first woman in her family to fully embrace the hunting experience, a Zelina tradition for generations.

"It is something special my dad and I have," Anna says, "because he doesn't have a son to hunt with."

On a regular outing, the Zelinas will patiently wait nearly eight hours for a deer to linger into clear shooting range, but

game does not come by easy.

"I had one chance to get a deer this season," Anna said. "I did not get it, but sticking with it was worth it."

"We go out there and we learn about persistence, dedication and hard work," her father says. "She uses it on the skating rink, too."

For Anna, hunting and figure skating is all about precision.

"You have to be completely focused for both," she says.

"Once you lose it, a deer will pass by or you will miss the most basic move while skating."

She's been there before. In a competition at Jamestown she caught her blade on the ice while performing a line a r step-sequence and face-planted.

"The crowd gasped then went silent," her mother Beth Zelina said. "She had some tears, maybe more from shock than anything, but she was fine. It was one of the hardest things I've watched Anna go through."

Anna's tribulations on blades pale in comparison to her litany of triumphs.

"I don't know if I have a

defining moment skating," she says. "I guess it was when I medaled in a competition. I was like 'holy crap I can actually do this.'"

At twelve years old, Anna competed and placed second in her first regional contest. It was in that same year Anna found herself building unique bonds with each of her parents. She gained her junior hunting license with her dad's guidance and decided to take a serious

"My mom told me 'you are not a quitter.' I had come a long way, so I decided I needed to keep putting my skates back on."

Anna Zelina
freshman, kinesiology

journey into competitive figure skating with her mother's support behind the scenes.

"My mom did all of those little things that only we know

about," Anna said. "She was in the dressing room with me for every competition perfecting my costume and make-up. She was always there to get me ready to do my best."

Her mother was also there to give Anna the extra nudge she needed when the going got tough.

"As I got older I realized how

much skating took away from my social life and other things like soccer," she said. "My mom told me 'you are not a quitter.' I had come a long way, so I decided I needed to keep putting my skates back on."

Her mother, looking out for Anna's best interests, said, "I wanted to see her follow through. I would be disappointed if she let go of something she loved, and now she's still doing it."

Sort of. Anna stopped competing a year ago, but she hasn't left the ice in the least.

"I'm testing my own limits and literally being tested," Anna said. "I'm also coaching younger skaters. The other day it caught me off-guard to hear a young girl call me Coach."

She's being tested to pass the two senior levels of figure skating. She has passed and obtained her gold medal in one of the two fields: moves. She is still trying to capture gold in the field of freestyle to move up in status as a skater and coach.

"Passing the senior levels allows me to earn more money and responsibility as a coach," Anna said. "Coaching is something I want to do for life as a part-time career."

She believes she will pass the second test, but she has more goals in mind.

"By this time next year, I will be landing double axles cleanly, and I will get that buck."