

The Student Voice of Penn State Harrisburg

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## Professor Spotlight

Education Prof has hands full of children's books

By Patricia Grick  
Staff Reporter  
pmg148@psu.edu

I was asked to interview a professor who I feel deserves to be in the spotlight. I choose Dr. Mary Napoli, an Assistant Professor of Education, because we were only into the third week of school and she already had a huge impact on my education at Penn State Harrisburg. She is one of the most enthusiastic teachers I have ever had. She teaches college courses in a very different way than many other professors, in fact, she started out the very first class by reading us a children's storybook. This would usually sound strange, but the class is a children's literature course for undergraduate students. Although Dr. Napoli gives tests in her class, she also assigns interesting projects that will be of use to many of her students when they begin student teaching or get jobs as teachers.

"I always knew that I wanted to be a teacher," was the answer Dr. Napoli responded with when I asked her why she decided to become an elementary school teacher. Dr. Napoli explained that as a child she played "school" all the time. She says that she just wanted to touch the lives of her stu-

Please see NAPOLI on 2



**What's on 7**  
Penn State butts helmets with Purdue but comes up short. Game story and commentary inside.



**What's on 9**  
The Capital Times visits Kokomo's downtown Harrisburg. A review of the bar and festivities inside.

# Hey you kids! Get out of my yard!



By Bill Howe  
Staff Reporter  
wah148@psu.edu

How to juggle your family, work, classes and fun from an adult PSH student

By the time this article hits the newstands, I will have celebrated a milestone in my life, my fortieth birthday, the big 4-0, joined the Over the Hill Gang, Poppycock!

Why people are so obsessed with the perceived backlash of turning forty is strange to me. Those of you who know anything about me are probably surprised at my age, for I do not act middle-aged. In fact, some have even accused me of being rather immature to which I say, "Oh Yeah? You Are!"

When I was in my early twen-

ties, it was hard to imagine how old forty must be. Back then, my only experience with forty came from a brown bottle that had a big red cobra on the label. But I am indeed forty now, so I thought it might be interesting to share some of my experiences as an adult student here, and perhaps lay a little knowledge down for some of you young whippersnappers. So pay attention or I'll smack you in the ankles with my cane.

Like many of you more traditional students, when I graduated from high school in the year of our Lord, nineteen-hundred and eighty-three, I went straight away to college. Free from my controlling parents at last! Let's just say,

I had a busy social calendar that conflicted with my academic schedule. (If you want details, see me when the grown-ups aren't around.) Things have a way of working out for the best though. When I could not have sunk any deeper into a life of debauchery, I fell in love and have since been married for over fifteen years and have a beautiful ten-year-old daughter.

This is why I came back to school. Those guys, you know the ones--the guys who tell you that college is a waste of time, and that they never went to college and look at them, as they lean on their shovels. They're liars, man! Trying to make it out there without a degree, with a

wife and kid, a mortgage, car payments and everything else is a pain in the ass!

A Penn State degree is GOLD, trust me on this. Don't drop a class thinking you can make it up next semester, tough it out! Don't skip a class in secession; before you know it, it's a habit that'll ruin you. Once you dig yourself that low G.P.A. pit, you'll find you can't climb out. This is a great campus with some incredibly talented instructors and professors, outstanding clubs and organizations, and so-so students (just seeing if you're paying attention) that will become great friends.

When I first set foot back in the classroom, I just let me be me. I figured that these students were young adults and that they would either accept my peculiar ways, or ostracize me completely leaving me naked and alone. I have come to realize that there is a limit to what I should offer during class discussions. Any mention of Rudolph Valentino as a point of reference invokes stark silence. Don't indicate that you know anything about the history of quilts (that still comes back to bite me in the ass), and NEVER quote anything that you heard on T.V. Land. Obey these simple rules and you'll blend right in.

What's really bizarre is that there are times when my daughter Lauryn's classes and mine intersect. We both have biology classes and we're both studying cells and atoms, although her homework tends to utilize more crayons. She has been a real angel for me when I need help with the computer too. My wife will even let us have a study snack if we leave her alone while she watches E!. I'm not fat! I'm smart! Graduation is in December, which will make all the collective sacrifices well worth it and it will be a celebration we can all take pride in.

Get involved! You don't want to look back someday and wonder, if I had joined the photo club, how might my station in life been

Please see BILL on 6



Photo courtesy of Bill Howe

Bill Howe is one of many adult students who attend classes at PSH. Howe and his daughter Lauryn work together on their respective Biology homework assignments. Although the content is the same, Howe has found that the level of difficulty between his assignments and his daughter's varies greatly.

## Beware of the 'Freshmen 15'

By Beth Mozeleski  
Staff Reporter  
lxm916@psu.edu

Each year, many new students come to Penn State Harrisburg excited about starting something new in their lives. Along with the excitement come a few worries. Classes, professors, friends, and the "freshman fifteen" are just a few things that can cause a student to worry.

Most students are leaving home for the first time, so it's up to them to eat right and exercise. When students are just starting college or returning to school, most do not really think about

what they eat or if they are exercising enough. Students focus more about convenience; getting something quick that is not too expensive.

According to CNN.com, gaining about fifteen pounds your first year of college is not uncommon or a myth. Dave Levitsky, a nutritional sciences and psychology professor at Cornell University, conducted a study on the freshman fifteen three years ago. His study followed eighty students from the beginning of their first semester to the end. An average of five pounds was gained during the semester for both the men and women. This would add up to about fifteen pounds within a year if the person continued to gain weight at the same rate.

Many things can cause a student to gain weight when they first go away to school. Eating large portions, eating foods with high fat and calorie content, snacking late at night, eating fast food, and drinking soda, alcohol, and coffee are some major causes

of gaining weight. Also, students' lack of exercise also causes problems.

Stack's Market in the Olmsted Building is where students can go to get something quick to eat at PSH. With items such as coffee, pizza, pre-packed meals, sandwiches and hamburgers, it is easy to find something you would enjoy. Joann Coleman, director of Housing and Food Services, said that hamburgers and pizza are still the best sellers even with all the diets that are out right now. They choose foods that are healthy but don't really follow the rules for any specific diet such as the Atkins Diet or the South Beach Diet.

Gregory Schiavoni, assistant director of Housing and Food Services, said it has been busier since freshmen arrived on campus, especially on Fridays when the campus itself is really not busy.

If you want to work out or are just looking for something to do, it is easy to get the exercise you



Photos by Jennifer Kauffman

need right here on campus. The Capital Union Building, also known as the CUB, has a gym, fitness room, and swimming pool that can be used by PSH students and faculty. It is open during the day as well as at night. Unlike other Penn State campuses, which require a membership to use the gym's services, the CUB at PSH is free of charge to students.



### Contents

Professor Spotlight.....	1-2
SGA Election Results.....	2
Sudan Civil War.....	3
Penn State Football.....	7
NHL Lockout.....	7
Hot Spot.....	9
CD Review.....	9
Movie Review.....	10
Campus Calander.....	11