

CUB offers escape from studies

By Andrea Bierly
Staff Reporter
andreabierly@aol.com

Grades, money, family, deadlines. These are just a few things college students are plagued with on a daily basis. How does one cope with the stress of college life? The answer is right here on campus in the Capital Union Building.

Non-degree student Sherry

Berger, who by the way is getting married very soon, said, "Exercising is a great way to relieve stress and clear your mind."

With all types of exercise equipment, the CUB is just the place to burn off stress and calories. The CUB houses treadmills to run off those leftover holiday pounds, Stairmasters to keep our bums in shape so we can endure sitting in those long classes, and weights to keep us

buff and tough.

For other students, it is not all about relieving stress; it is about fitness. Sheila Hansen, an American Studies graduate student, said, "I feel it's important to get regular exercise since we live in a nation where we have to drive everywhere."

Besides exercise equipment, the CUB also offers 4 racquetball courts, ping-pong tables, a swimming pool and areas to play basketball, badminton, indoor soccer, and volleyball. The CUB will even supply everything you need to play, including safety equipment. When playing racquetball, players are required to wear goggles that are provided by the CUB. The goggles may not make much of a fashion statement, but they are necessary. Based on first hand experience, this reporter can assure you that a fast moving racquetball stings quite a bit and you shouldn't jeopardize your eyesight for fashion. So basically, all you have to bring is a friend. Heck, it does not even have to be a friend.

The CUB not only watches out for our health; it also watches out for our financial well-being. American Studies graduate student Amanda Lasley said she utilizes the CUB because "it's free and convenient." Why pay for a gym membership when you have free admission to the CUB?

Something many students may not know about the CUB is that it has a quiet study area, a perfect alternative to the library or the noisy food court. And hey, if you need a break from studying, the punching bags aren't too far away. There is also a game room in the CUB with a pool table, foosball table, darts, speed hockey table and tables you can use for board games.

There is something for everyone at the CUB.

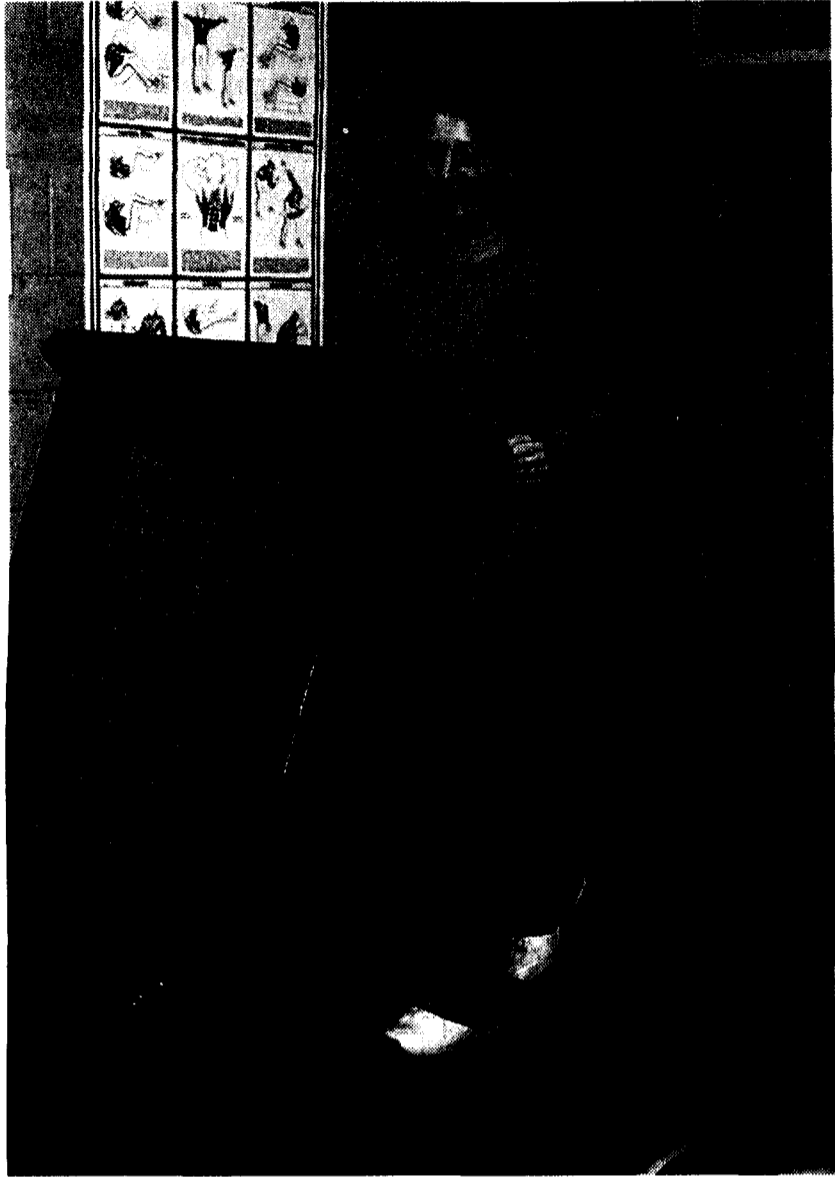


Photo by Supat Kanichanasakul/Capital Times

Andrea Bierly tries out running on the treadmill, one of the many athletic opportunities available at the Capital Union Building on the Penn State Harrisburg campus.

Multiculturalism important to area churches

CHURCH cont'd from 1

of God; not just a few. He also explained that while God is beyond human definition, the act of human dignity is perhaps the only valid image of God. Several panelists nodded in agreement.

"Multiculturalism is . . . an ongoing struggle to relate to people that are different than us," said minister Nancy Gable, of the Lutheran Theological Seminary at Gettysburg. The only female panelist, Gable has seen a great struggle in the church between races and genders. "We've had a terrible time dealing with difference."

"We have a lot of work to do," said Gable, "We need to see that differences are blessings, not enslavements."

Dr. Abdul Quadri Adeseun, of the Islamic Center Masjid-As-Saberen, said that Islamic gender issues are often misunderstood. "Women are segregated during services, but it is out of a great respect," said Adeseun. He explained that the separation is to prevent the occurrence of any indecent acts or gestures toward the women.

"Women are our primary teachers - our children depend on their wisdom, on how they are raised in the home," said Adeseun.

Adeseun said the largest obstacle to embracing multiculturalism has been the Taliban. "Religious fanatics can create an inaccurate portrayal of a religion," he said, and also explained that every religion has fanatics and cults that deviate from the core beliefs of the majority.

Father Srboljub Jockovich, of St. Nicholas Serbian Orthodox Church, told a vast history of the religion, and said that the unity between orthodox churches is an expression of multiculturalism. Jockovich said that at a 200-year-old church building, multiculturalism is not only that of

different races or cultures, but also the generational congregation standing the test of time.

When Father Bernardo Pistone came to New York, the last place he said he would have thought he would be found was at the front of the St. Frances Xavier Church. Born in Sicily, Pistone said that, "When I got to America, I didn't want to work for a living . . . so I decided I'd become a priest."

Laughter erupted around the room. "Little did I know, eh?" said

right to be used that way," said Choper.

Alexander agreed and said, "I hear from many that we are a Christian nation - as a Christian I don't agree with that."

"If we truly were a Christian nation, we would have less racism, hate and disunity," said Alexander, "and art as assertion of power does create exclusivity."

Gable said it is sometimes difficult to draw the line. Law, for example, is diverse and does include a history of religion; law is often depicted in art using religious symbols or characters. "The roots of our law are Roman, Greek, Jewish and Christian," she said. Although Gable did not see a problem with religious art per se, she did see a problem with how people can use it. "The Christian voice should not be used as tension, or negative," said Gable.

"If we worked harder to put the Ten Commandments in our hearts and less on our buildings, we'd be a better place," said Choper.

Pistone cleared his throat before speaking. "This is a very delicate and difficult issue," he said. "It's such a fine line. Much of the art in question has spiritual, historical - and cultural - significance," he said.

"The danger is . . . we can create a world without religion," said Pistone.

All panelists concluded that until people of different religions can study, learn, and work together, cultural differences will continue to separate communities.

Pistone said the battle starts with problems within one church. Until we address the issues in our own church community, we cannot expect to adequately reach out to other church communities, he said. "The strength in getting people to study together is . . . we might have to stretch our hearts more than we did before."

"Accepting folks as God intended them to be, that is multiculturalism."

-Rev. Dr. Anthony Alexander

Pistone, with a grin.

Pistone said that spirituality is as diverse in its expression as culture. "For me, multiculturalism - or multicultural spirituality - is understanding that God is here," said Pistone, pointing around the room. "How you see things is what you are going to see," he said, "and we need to see through the eyes of our God."

The panelists were asked their opinions about religious art in public places in our culture. The responses varied greatly.

"Our own community has suffered," said Choper. Religious icons and art - the mandatory Stars of David worn by Jews during World War II, for example - have been and can be wrongly used for power, he said.

"If the Ten Commandments in a public park are being used for the assertion of authority and exclusivity, then no, they have no

Freshmen return to PSH for second semester

By Chris Kramm
Staff Reporter
ctk133@psu.edu

Last fall, Penn State Harrisburg welcomed its first full class of freshmen. Although freshmen had been attending PSH in selected majors since 2001, it was the first semester that all of PSH's majors were open to freshmen. Over 150 freshmen began study in areas ranging from engineering to humanities to business. Last fall, the newspaper explored the faculty and student reactions to the freshmen. Now that the freshmen have had a chance to spend a semester at PSH, what are their impressions of life at PSH?

"I love the structure of the dorms, how it's set up as an actual apartment that you're sharing with three other

people," said Eva-Marie Bruce, a Communications major with emphasis in broadcasting. "I absolutely love my dorm life, despite the fact that your roommates can get extremely messy at times, and take forever to clean up their mess." Bruce is one of more than 50 freshmen who reside in the dorms. More students would choose to live in the dorms if space was available, but the school simply cannot provide any more housing. This leaves more than one-third of the freshmen students with no choice but to commute. "To me it feels too much like high school," said Josh Corrado, an Aerospace Engineering major, in regards to commuting from home while attending school.

The addition of more freshmen has been noticed in more than just the dorms. The additional

students driving onto campus each day has created a parking shortage. "Reserve a personal parking space for me as close to the Olmsted building as possible" said Caitlin Kabik, an Interdisciplinary Humanities major and regular commuter. Kabik experiences the same problem most commuters face; difficulty finding parking near the student buildings.

Once the freshmen finally find parking, they enter the world of academics. Many are beginning their study at PSH with plans to finish at University Park. With freshmen setting their sights high, one wonders if the professors and academics are living up to their expectations. When asked about the quality of academics at PSH, Bruce said, "The majority of the professors that I have do a great job. They teach me what

I need to know, offer help if any of the students need [it], and are really down to earth." Bruce also enjoyed the way that she had been able to develop a fairly personal relationship with her professors. "It makes the campus that much more welcoming, along with all the friendly staff and students here," she said.

James Dougherty, a History major, agreed, saying that most professors were good and willing to work with students. "[They have a] nice commitment to excellence," he said. Kristi Mennitto, a Mechanical Engineering major, observed that commitment in her calculus professor. "I've never met anyone who puts in so much extra time with his students," she said.

Not all are excited about the classes, however. In regards to his First Year Seminar (FYS) experience, Dan Hauck, Bio Engineering major, said, "Dr. Ciocci was a cool teacher, [but] I found no need for the whole semester-long class. Maybe a few hour-long introductions to get you acquainted with ANGEL." FYS is a mandatory class that helps incoming freshmen hone their study and time management skills, learn the school's technology, and adjust to life on campus.

When not in class, PSH students (freshmen included) can be found studying at the library, hanging out in the food court and computer labs, or exercising at the CUB, where many students enjoy spending their free time playing sports and exercising. Hauck is one of them; enjoying intramural sports such as football



Jennifer Mannahoe, pausing a moment while getting lunch at Stacks Market in Olmsted, is in her second semester at PSH as a freshman accounting major.



Freshman BJ Wehry, Physics major (left), and Robert Tormey, Secondary Education major (right) enjoy munching on Stack's Market food during their second PSH semester.

Photos by Supat Kanichanasakul/Capital Times

and basketball. Corrado, who is eventually headed to University Park, spends much of his free time hanging out with his friends in the food court. "I don't like the fact that there are only plugs here [at the island] and against the wall for computers," he said. "Some students need power for their computers." Dougherty dislikes how the kitchen is only open until 7 pm. "The prices seem a bit high in some cases. Maybe a larger selection of meals [could be offered]," he said.

The freshmen seem to have made a smooth transition to

PSH and have become an integral part of the campus. The majority are pleased with the level of academics and quality of professors. Perhaps the only complaint that the freshmen have with PSH can be summed up with the following observation from Dougherty: "Provide more activities for the weekend. It would be nice to have a better nightlife, especially for those under 21, on campus or in Middletown. There isn't much of anything to do, which often leads to illegal activities."