



What can prepare pumpkins for pie in a grand way?

INSIDE CLUB NEWS

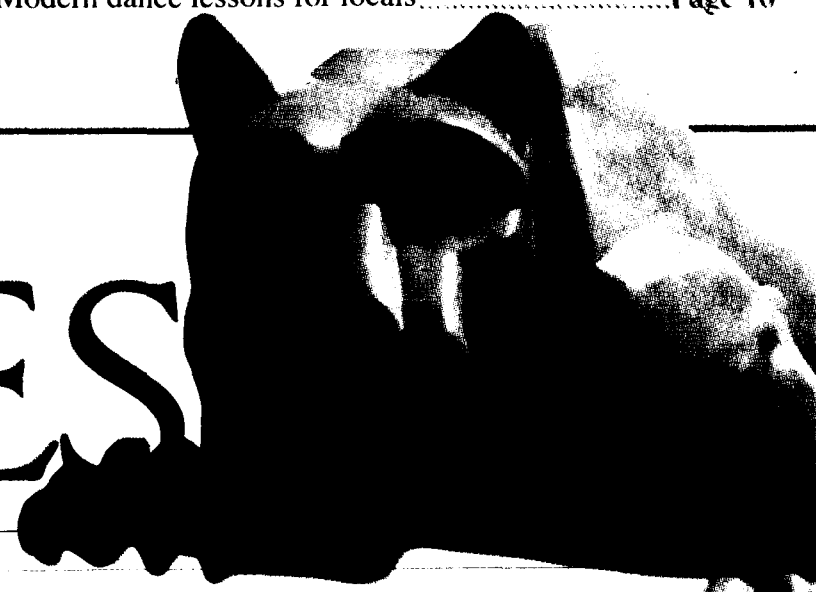
Find out more about the new Dragon Ball Z video game

INSIDE ENTERTAINMENT



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## Professor Spotlight



By **RABYIA AHMED**  
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The word creativity comes to mind when describing this brand new Penn State Harrisburg professor, Sofia M. Vidalis. She is creative in her teaching as well as her research. But her ability goes beyond that too, as she also enjoys painting.

Determined to succeed as a professor, she prepares her lesson plans well in advance. She makes a special effort to read everything in the chapters of the class textbook to assure that her students will understand them.

If there is a diagram in the book that appears to be unclear, she will create her own. If the example problems given in the book are not clear enough, she will create her own.

"I'll do anything I think will help my students understand the material," said Vidalis, assistant professor of engineering structural design, and construction and engineering technology.

She doesn't want them to be going to class and not know what is going on. Wanting her students to learn is very important to her. She believes that placing herself in the students' shoes is the best way to teach them.

A different job is not even something she would consider. Teaching at Penn State Harrisburg while doing research, she said, is good enough. The only downside of the job, she said, is staying up late grading tests.

However, she wouldn't mind teaching overseas in places like Morocco, Egypt and Italy because she loves to travel. Among those places, Vidalis has also traveled to Switzerland, Turkey, UAE, Canada and Greece, where she is originally from.

If she could be any animal, she would be a bird because they're free to see the entire world. Specifically, she would want to be a parrot because along with the ability to fly, she would be able to talk.

As for research, she enjoys learning new things in her field. Right now, she's researching on quality control on concrete pavements. She collaborates a lot with the Federal Highway Administration (FHA).

She has even created a software program to maximize profits for construction. The part of her creativity that's expressed through painting relaxes her. "It's one of my hobbies," said Vidalis. Mainly, she paints her

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## Avoid being the next senseless victim



A beautiful cedar casket with the slogan "Reserved for the next Drunk Driving Victim" sits on display in the Special Events room as part of the "Save a Life" alcohol awareness program. The program was well attended by students.

By **MARIN BENDORITIS**  
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Each year, alcohol-induced motor vehicle crashes kill someone every 31 minutes.

On average, 48 people are killed daily due to drinking and driving. It could be the driver, a passenger, or simply an innocent victim.

No matter what the situation, knowing the effects of drinking and driving and having the courage to stop is important knowledge for college students.

This is why Student Activities sponsored the *Save a Life* alcohol

awareness seminar on October 16 from 11 a.m. to 5 p.m. in the Special Events room. It consisted of a drunk driving simulation that students could drive, along with video testimonies and visual aids.

The directors of the seminar were John Wilson and Chris Geysbeck, who have traveled for five years to 49 states, visiting high schools, colleges and even military bases. "With drinking and driving, no one is safe, even if you're 80 years old," said Geysbeck.

The driving simulation seemed to bring in the most interest. The three and a half minute long simulator has delays in the steering and brakes. It is modeled after

a real car, complete with an ignition, gears, and even 120 degree vision. Students partake in a pre-simulation that prepares them for the real one because some people begin to feel nauseous during the real simulation.

"When I first got in the real simulator, I jerked back; and afterwards I felt dizzy," said freshman Sara Angelucci.

During the simulation, students must navigate around a city under an ever-growing blood alcohol level. Levels range from 1 (or no BAC) to 11 (a .34 BAC). They must make turns, stop at traffic lights and stop signs, and yield to other cars on the road. "It

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## Feel your boobies for breast cancer

By **LORENA ROEDAN**  
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According to breastcancer.org, every three minutes a woman in the U.S is diagnosed with breast cancer and 40,970 women are expected to die this year. October is breast cancer awareness month, which means it's time to feel your boobies!

Although the exact cause of breast cancer is unknown, certain factors increase a woman's probability of developing the disease.

Regardless of how busy life is, occasionally examining your own breasts for lumps is crucial in early detection. At 17 doctors removed a noncancerous lump from my right breast.

Younger women are less likely to examine themselves because the common misconception is breast cancer is a 40 and older concern.

Penn State Harrisburg graduate professor, and Middletown native, Leigh Hurst is founder of Feel Your Boobies. Hurst graduated from Ithaca College with a communications degree.

She continued with her graduate degrees from Northwestern and Florida State, in areas related to corporate training and human performance improvement.

In April 2004 at 33, Hurst was diagnosed with breast cancer. A year

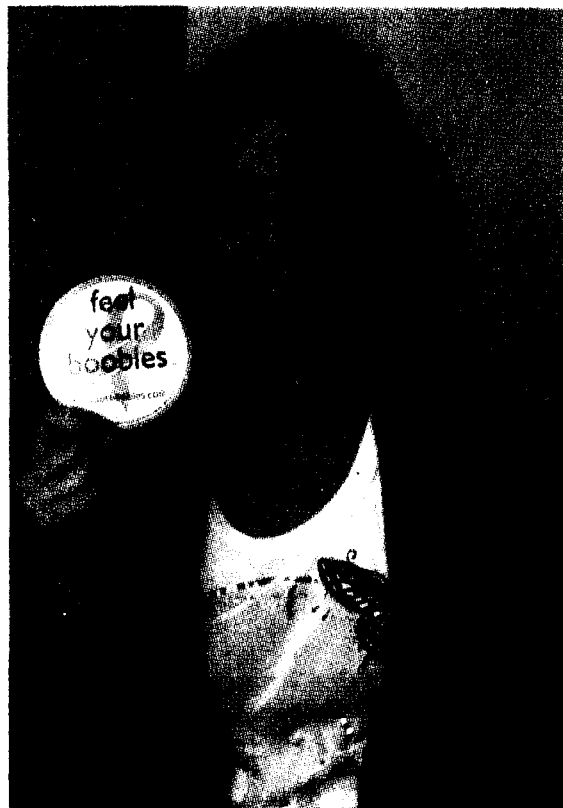


Photo by **LORENA ROEDAN**/Capital Times  
Leigh Hurst, founder of Feel Your Boobies, poses with her logo. Hurst is a breast cancer survivor.

and a half earlier she discovered the lump while performing a self breast examination. "Doctors told me I had nothing to worry about," she said. When they finally tested Hurst, they realized she had Stage 1 cancer. After removing the lump she went through 12 weeks of chemotherapy and 7 weeks of radiation.

examinations. Hurst would like to, "create dialog between young girls about something they wouldn't talk about in public," with the help of her cool t-shirts and merchandise. She believes many women assume only medical professionals are

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## Take it to the polls

By **WILLIAM POWELL**  
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We have all seen the commercials. Bob Casey will move Pennsylvania forward in a new direction, and Lynn Swann is campaigning to reform Pennsylvania with youth and vigor.

This year's elections in Pennsylvania center's around the race for governor between current governor Ed Rendell (Democrat) and former Pittsburg Steelers' Lynn Swann (Republican); and the race for Pennsylvania Senator, which is between current seat holder Rick Santorum (Republican) and former Auditor General Bob Casey (Democrat). All of the campaign ads are truly dedicated to their goal: making sure there side wins and making the other look as bad as possible.

Politics is a dirty business, and the liberal and conservative forces seem determined to make sure the other loses power, and they gain it. Each campaign in itself has its own goals and ideas put forth all in the effort to win the votes of Pennsylvanians on election day.

Based on previous presidential elections, we know just how

messy even that simple process can be. For example, a pro Bob Casey ad says that "Rick Santorum voted against the pay raise."

With the election coming in November, a lot of people are confused on just what it is each candidate is representing as their goals for the future of Pennsylvania.

In an interview with Ben Donahower, the field director for the Bob Casey and Ed Rendell campaigns respectively, Donahower said that both campaigns are dedicated to moving Pennsylvania forward. Bob Casey's slogan, "A New Direction for Pennsylvania," sums up a lot of his goals.

Donahower said of Casey, "He is committed to the state." Casey is a strong environmentalist, and has been endorsed by the Sierra Club, a major environmental group dedicated to maintaining wildlife.

Casey's political goals, according to Donahower, focus on six main issues: economic growth for the state and country, national security, reform, a secure retirement, taking responsibility, and an ethics reform; such as lobbyist disclosure and

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## PSH's Mac lab mayhem

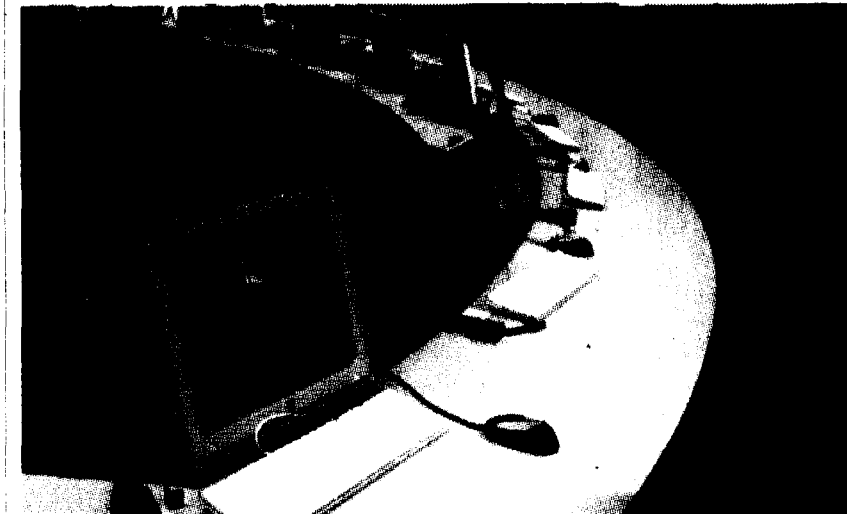


Photo by **JOSHUA SALVI**/Capital Times  
The new Mac lab now located in room C14 in the basement of Olmsted.

By **MEGAN CLEARY**  
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The Mac lab, previously located in room 200 East Olmsted was moved to room C14 Olmsted over the summer. The move came after plans to install an elevator through the classroom were finalized. According to the IT website, the labs are open from 8 a.m. until 5 p.m. Monday thru Friday, 9 a.m. to 5 p.m. Saturdays, and 12 p.m. to 11 p.m. Sundays.

Mostly students in the humanities department, as well as students wanting to edit videos and photos use the Macs. Doug Razinger, an aspiring video game programmer, uses the Macs frequently to edit his video game programs. "A lot of the software I use for my programming and photo editing is on the Macs. They don't have it on the PC's so when the lab is closed, I can't get my stuff done. If I'm paying my tuition here, I'd like to have access to the lab when I need it, not when it's convenient for the school," said Razinger.

The hours are especially for students loading videos to computers after their night classes, which can take anywhere from half an hour to as long as three hours, not including the time it takes to edit. "If we had card access, I could stay a little later to finish without having to worry about rushing through just to finish before the labs close and

not being able to do a good job," said Curtis Munoz, Junior.

Many students have questioned why the Engineering students are given all hours access to their labs, but other labs remain locked. To enter the Engineering labs, you must swipe your student ID through the card reader located on the handle.

If you are a student taking classes under the Engineering Department, you are granted access, if not, the door remains locked. This allows the door to remain locked at all times and the Engineering students complete access to the labs when they need it. The Instructional and Information Technologies Department, who is in charge of the Mac Lab, among others, do not have the swipe card accesses installed. The IIT Department also controls the laptop labs in rooms 236E 330E, and 334E as well as the PC's in rooms C12, C13, and C15, none of which have all hours access.

This has caused many students to question why the IIT department hasn't done the same. "We should all have swipe accesses to the labs... because our tuition goes to all equipment, we should all have open use of the equipment," said Brandon McKenzie, treasurer of the IT club on campus. However, this equipment can be very costly and time consuming to input and regularly update the list of

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