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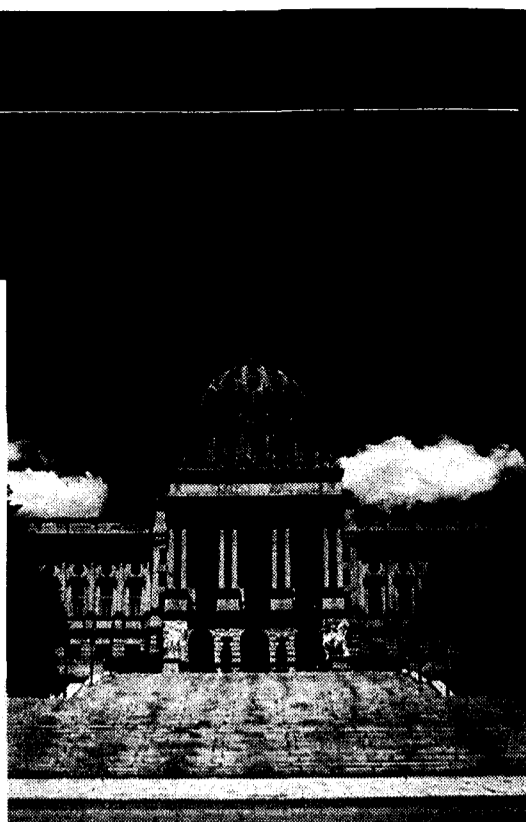
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*"The Harrisburg Semester*

*internship was a wonderful*

*experience. I was able to grow*

*in a position with a well-known*

*organization, solidify my career*

*goals, and experience real job*

*expectations in my field."*

**Jennifer Glenn, 2003**

# New lion shrine pounces onto Penn State Harrisburg campus

By **MEGAN RESSER**  
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Since the beginning of the semester, it has not been easy for members of the Penn State Harrisburg community to miss noticing the Nittany Lion statue which has been mysteriously moving from place to place on campus.

Also not easily missed, has been the orange construction fence in place near the flagpole. Although most people have probably taken note of these things, it is not likely that many know the story behind them and the connection between them.

The construction site near the flagpole will soon become Penn State Harrisburg's very own Lion Shrine. The construction project necessary to create the base for the statue has been spearheaded by the Penn State Professional Engineers and Contractors (PSPEC). Student members of the group, under the guidance of their advisor, Dr. Joseph Cecere, and with some help from the maintenance department, have

engineered the project from start to finish. Instrumental to the success of the project were PSPEC President Brian Cinkutis, Vice President Ross Montoy, Treasurer Rob Opel, Secretary Tim Carre, and members Todd Lewis, Jeremy Wyland, Brandon Lankey, and Josh Stewart among others.

According to Montoy, this project entailed PSPEC members "purchasing materials, surveying the site and marking out where to put the base, coordinating with maintenance to dig the hole for the footer, building the forms from scratch, setting the forms, placing reinforcing rebar into the footer and pads to ensure no cracking or separation would occur, pouring and finishing the concrete, and finally removal and disposal of the forms."

Before the group could even begin any of these steps, they ran into several roadblocks.

One problem they had was determining exactly where the base was to be placed because there is an electric line running directly through the center of the initially planned spot. This necessitated the

movement of the base back six feet from where it was supposed to be.

PSPEC members surveyed the land and marked out the spot where the hole was needed, and then, maintenance staff dug the hole for them.

Group members ran into another problem when they realized they had to decide whether they would pour the base at two separate times or all at once.

Rather than pouring the footer and first step at one time and the top step at another time, the group decided to pour the entire base at one time, due to concrete requirements and load restrictions.

The base is now in place and includes a footer which was poured 24 inches deep and is the same length and width as the bottom step. This bottom step is ten feet long, six feet wide and six inches high.

The smaller top step is eight feet long, four feet wide, and six inches high. Maintenance staff should be placing the Lion, which weighs in at approximately 1800-2000 pounds, on top of the base in the very near future and the Shrine may already

be completed by the time this article is published.

Although UP will always house the original Lion Shrine, it's exciting that our campus will now have its own version, especially since the project was completed by students, faculty, and staff of Penn State Harrisburg.



Photo by VICTORIA HENNIGAN/CAPITAL TIMES

The new lion shrine poses for his portrait. The shrine moved around the campus until finally coming to its permanent base, built by Penn State Professional Engineers and Contractors (PSPEC).

## Few attend Stacks food forum Discussions about food variety and prices dominate

By **MARIN BENDORITIS**  
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The Stack's Market Open Forum took place on Oct. 5 from 12-1pm. The goal was to allow students to discuss any complaints they had about the food or service at Stack's. Unfortunately, only 1 and the SGA representative were there to voice concerns. Despite the lack of attendance by students, the event seemed to meet the goals set by the Director JoAnne Coleman and Assistant Director Greg Schiavoni of Food Services.

The main purpose of the forum was to gain insight on student's

needs and expectations of Stack's Market. Coleman and Schiavoni also were able to explain why some needs were not met and were open to any suggestions that were in limits. The directors handed out surveys to students that came that asked for any input. Questions ranged from any items that students would like to see on the menu, to concern for more vegetarian options.

One main concern voiced was the lack of variety offered. Some students eat two to three meals a day in the cafeteria, yet the lunch and dinner menu do not change through out the day. Schiavoni responded by stating that they are working on a different

dinner option, and are still working on obtaining student input on what should be on the menu. "I have menus from 16 different restaurants in my office; we try to see what people like at a low cost," said Schiavoni.

Although there is a complaint of a lack of variety though the day, the directors feel that they allow for an assortment of foods through out the month. They place an emphasis on trying to incorporate international foods, such as Chinese and Indian. Some students do not respond positively to these menu choices, but Schiavoni has found that "Other commonwealth campuses offer safer foods but we have a campus that

is willing to try new things. When students tell me that they tried and liked things they never tried before, that excites me," said Schiavoni.

A point of pride of Stack's Market is the cleanliness of the kitchen area. Even though there are only three returning employees, the new employees are made to watch videos on food safety and are trained on the importance of a clean kitchen. This emphasis on sanitation is not only to provide germ-free food, but also to save space in a small kitchen.

The Lion Cash Plus program was also emphasized during the forum. Arne Stefanon, junior, said of the program, "I think every student should take part in it." The program is an online, prepaid, flexible spending account accessed by your Penn State ID + card. All a student must do is deposit money on the card, and he or she will be able to use it around campus in the cafeteria or the bookstore among other places. The most attractive benefit of the card is the ten percent discount off of food and beverage purchases at Stack's and Biscotti's Coffee Bar.

Another concern brought up is the price of food. "The food is pretty good, but expensive," said Jimmy Brown. Although he was sitting right outside the Special Events room where the forum was held, he chose not to participate. The directors feel that the price of food offered is fair. Keeping in mind that the cost of the food is not only what it cost to make it, but also paying the employees to make it, and having to compensate for food that was bought but not sold.

Coleman and Schiavoni are always open for comments or concerns. "We just want responses," said Schiavoni. He and Coleman are usually around the food court during the meal times talking to students, hoping to get feedback. If you have any concerns about Stack's Market, the quality of food, or any suggestions you may see JoAnne Coleman or Greg Schiavoni in their offices, or contact [foodservicecl@psu.edu](mailto:foodservicecl@psu.edu).

## Honors program not just for the academic elite

By **AMANDA BALDWIN**  
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"To me, being an intellectual doesn't mean knowing about intellectual issues; it means taking pleasure in them."

~ Chinua Achebe

Many students at Penn State Harrisburg are unaware their intelligence can be used to their advantage beyond the scopes of having a high grade point average. This advantage is the Honors Program. While many students have either heard of it, or have seen flyers promoting it posted on the bulletin boards, few really know what it is all about.

When asked about the Honors Program, many students would say, "It's some program for smart kids," as Jordan Lightbourne, sophomore, engineering, did. While students in the Honors Program may be considered "smart," the program is intended for students who want to expand their knowledge in an environment that encourages thinking, beyond a typical college classroom.

Dr. John Haddad, Humanities professor, is the program director for the Honors Program. Anyone who has had him as a professor knows that he goes beyond the call of duty, and this principle is transferred to the Honors Program.

Dr. Charles Kupfer, Humanities professor, is on the faculty advisory committee for the Honors Program, and teaches honors courses. He also submits excellence to the Honors Program in his appreciation for his students. When asked what he wants students to know about the program, he replied, "that their intelligence is significant and powerful and they can use it to make their own and others' lives better."

He feels the advantage of the program is that students who excel at school are often neglected. The phrase "special needs" is not a one size fits all phrase: students with a high level of intelligence also have special needs.

If this has sparked your interest, you are asking, "What are the requirements once I'm?" "Why should I join?" and hopefully, "What do I have to do to join?"

The basic requirements within the Honors Program are fourteen credit-hours of Honors-specific or Honors-related courses. These credit-hours include an interdisciplinary course, service learning, and the opportunity to write a thesis and perform research as an undergraduate.

In addition to this, you have the chance to take graduate level courses, travel internationally, and "honorize" a course. Most importantly, joining the Honors Program will *not* prolong your college career. All 14 credit-hours are placed into your schedule to either replace another course, such as a General Education requirement or exist as a class already within your major.

So why should you join? Academically, you will graduate "with Honors," which will show up on your transcript and resume, obtain the chance to take graduate courses that can later apply to a graduate degree, and gain an advantage when applying to graduate schools.

A major bonus to the Honors Program is the chance to travel. Last year Honors students traveled to London over spring break, and this year they have the opportunity to go to Rome, Italy. All-in-all, by joining the Honors Program, you're joining a community of scholars.

Finally, what you have to do to join. First, I would like to extinguish a common misconception that students have to have an extreme GPA such as a 3.8 to get into the program. The program recognizes the fact that a student's GPA does not illustrate the extent of their knowledge; therefore the requirement is the maintenance of a 3.2 GPA. To join the Honors Program you need to submit a two-page double-spaced essay on why you want to join the program, a copy of your transcript, and a sheet containing your address, telephone number, and e-mail to Nancy Hollis in C-118 in the Olmsted Building.

## Boobies campaign a big success

Continued from page 1

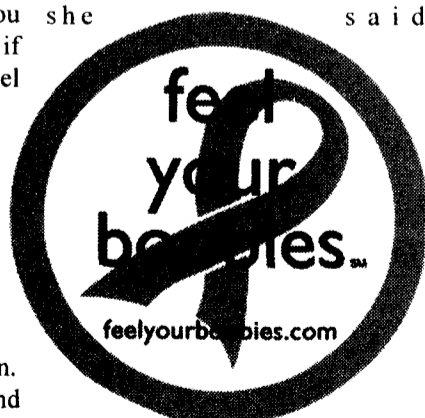
qualified to detect a lump. You can just as easily find a lump if you take the time to simply feel your boobies.

Since FYB began in September 2004, they have sold about 6,000 t-shirts and donated over \$20,000 to various organizations such as the American Cancer Society, PA Breast Cancer Coalition, Avon Foundation, and Young Survival Coalition.

On Oct. 7 FYB hosted the 2nd annual Paint Harrisburg Pink fundraising event at the Appalachian Brewing Company. Pool tables, dart boards, a DJ with dance floor, and art gallery were included in the event, which brought 260 guests and raised approximately \$4,000.

The medical community including Penn State Hershey has been responsive to the FYB campaign. For twelve years Vangie Charas (R.N.B.S) has been part time nurse for Health Services at PSH. Charas said younger women can reduce the risks of becoming breast cancer victims by improving their diet and exercising. "Diets low in sugar,

fats, and carbohydrates reduce your probability," she said.



"Certain foods such as Asparagus even fight against the development of cancer."

As college students with busy fast paced lifestyles, it is necessary to consider the importance of eating healthy. Lifestyles such as obesity, smoking, heavy alcohol consumption, late childbearing, and heredity also increase your risk.

Throughout her life, Charas has had two lumps removed. At 21 she had a fibroadenoma removed just as she was completing her nursing degree. Fibroadenomas are common benign tumors among younger women.

They feel like a firm, round, smooth rubbery lump that move easily.

At 32 she had a cyst, which is an abnormal membranous sac containing a liquid or semisolid substance, removed from her right breast. Charas discovered both masses while completing a self breast examination, which demonstrates the importance of checking for lumps at least once a month. "A week after your period is the best time since your breasts are less tender," she said.

According to FYB, it's best to use the pads of your finger and press firmly on your collarbone and underarm area. Look for lumps, thickening, inflammation, or nipple discharge. You can feel your boobies in the shower, before a mirror, lying down, or whenever you want!

Checking your breasts for lumps on a regular basis will reduce your probability of developing breast cancer. Empowering and educating one another to take control of our bodies will increase awareness and ultimately save lives.

To find out more about Feel Your Boobies visit <http://www.feelyourboobies.com>.