

Play nice with your neighbor

By **DEVINIQUE MURRAY**
Staff Reporter
DVM112@PSU.EDU

1,2,3 and "Red Light." The gym was filled with many screaming students. Many students running and other students chanting each other on, basketballs were bouncing, balls were flying, jump ropes turning, and the music was bumping.

The Black Student Union hosted another successful event, on Oct. 31 as the students of Penn-state Harrisburg joined together and had a night of fun. Neighborhood Games, was the BSU's second event of the semester and it was a successful event. If you did not pick up the last issue of The Capital Times, BSU's first event, which was an open forum discussing school shooting, was also a successful event.

Neighborhood games was a night of fun, which was held in the Capital Union Building, from 9:00pm-11:00pm. Some of the activities consisted of duck-duck-

goose; Red light, green light; steal the bacon; jump rope; relay races; and basketball.

The event was a collaborative effort put together by the students of BSU. Neil Wray-Marsh, the club's President and former Penn-State Schuylkill off campus committee chair, decided that having Neighborhood Games would be a fun idea for the students. "I mean we did this event at Penn-State Schuylkill, and everybody had fun. So why not bring something fun here?"

Shannon Nordt, communications major, agreed with Wray-Marsh, "I really enjoy Neighborhood Games. It took me back to when I was a little kid." When asking students what game they enjoyed playing the most, many of the students said that they were just having fun because every one was there doing something fun together. Some of the students that attended said that they were there to support the BSU, and others said that they were there to meet other students.

Teresa Arthur, criminal justice major, said, "I usually don't come out to many events, however I'm glad I came to Neighborhood Games. It was fun." Arthur was leaving the Capital Union Building with a smile on her face, just like many of the other students that attended the event.

Charmaine Edmonds, political science major, was among many of the other students that enjoyed Neighborhood games. "We need to do this more often, this kind of event relaxed me a little." Neil Wray-Marsh decided that the BSU will indeed do this event again, and even though they had a good turn out, the next time they hope to have an even better turn out. "I'm glad lots of people came out to this event, and even more importantly I'm glad that people had fun". That means for all you couch potatoes, that are complaining there is nothing to do, you need to get up of your couches and check out the BSU.

Campus Calendar

ASL, the adult honor society, will be participating in Karns Markets "One for the Schools" program. Save your cash register receipts and send or bring the bottom part into the Student Assistance Center, W-117. For questions, contact Charlotte Spector in W-117.

The Student Affairs Committee of Faculty Senate is currently accepting nominations for the 2006-2007 Who's Who Among Students in American Colleges and Universities. Forms can be picked up in C-120, Olmsted. Deadline is November 30, 2006.

Now through December 13, Circle K is hosting Toys for Tots. Collection bins are located throughout campus and in the main lobby of the Olmsted Building.

The next meeting of the college Women's Commission will

be Monday, Nov. 20 in W-209 Olmsted at noon. For more information, call Lori 948-6541 or e-mail lrr12@psu.edu.

The Penn State Harrisburg Library will be hosting a reading and discussion series that will explore Jewish literature and culture of books on the theme Between Two Worlds: Stories of Estrangement and Homecoming. Books will be discussed during the fall semester at 7 p.m. in the Morrison Gallery. These books are The Centaur in the Garden by Moacyr Scliar (Nov. 20), and Kaaterskill Falls by Allegra Goodman (Dec. 4).

Kappa Alpha Psi Fraternity, Inc will be hosting an interest meeting on Monday, December 4 in the Community Center at 7 p.m. All men interested in joining a brotherhood focused on achievement are invited. Dress in business attire. For more

info, e-mail saw5062@psu.edu

The Psychology Program will sponsor its next colloquium on Thursday, November 30 at 12:30 p.m. in-room E-338 Olmsted. Thomas J. Shaffer, a student in the Applied Clinical Psychology program will present a talk based on his master's paper. The topic is "Buddhism as a Spiritual Path to Psychological Well-Being."

Fitness Facility Hours - Fall Semester Capital Union Building Hours are: Monday - Thursday, 8 a.m. - 11 p.m.; Friday, 8 a.m. - 8 p.m.; Saturday, 11 a.m. - 8 p.m.; Sunday, 1 p.m. - 8 p.m. Hours and gymnasium closings are posted on <http://www.hbg.psu.edu/studaf/athletics/atmain.htm>. Gymnasium closings are posted on the gymnasium doors and lobby bulletin board. You may verify if a class or team is using the gym by calling 948-6445 five minutes after the scheduled class or practice time.

Spice it up with Ann

By **ANN STILLWATER**
Columnist
MKR157@PSU.EDU

Breakfast is the most important meal of the day. Many research studies show that eating breakfast helps one maintain proper weight, get better grades on exams, and get along with others better.

The traditional "continental breakfast" of a sweet roll or doughnut and coffee is one of the worst breakfasts to eat. The simple sugars and lack of fiber or protein causes the blood sugar to spike high, then drop fast.

The crash several hours later can be seen in sleepiness, poor attention, and a trek to Stacks or the vending machine. A breakfast that includes whole grains and protein will fend off hunger pains for longer, and allow longer alertness.

Whole wheat toast, oatmeal, whole wheat tortillas, brown rice, whole grain cereal, or a low sugar/whole grain granola bar all supply a high fiber starch that is slower to digest. The feeling of fullness will last longer since fiber breaks down more slowly. High fiber also reduces cholesterol, obesity, and the risk of several kinds of cancer. Ingredients should list a whole grain as the first ingredient, and the nutrition label lists grams of fiber per serving. If more than half the carbohydrates are sugars, the food is not the healthiest breakfast choice.

Low fat yogurt, Peanut butter or other nuts, eggs, cheese, tofu or legumes, turkey slices, sausage, or ham are good protein choices. Check the label for grams of protein, and also for fat. Lower fat is a healthier choice. Most Americans eat more protein than is needed, but it is important to get some protein early in the day. Protein is used to rebuild tissues such as hair, skin, and for wound healing.

Eggs are the focus of traditional American breakfasts. Fried eggs are quick and easy. Heat a pan with a small amount of oil, or a cooking spray. Crack eggs into the hot pan, cook, turn with a spatula, and finish cooking till desired wellness. Some folks salt and pepper the egg while cooking. Well cooked fried eggs on whole grain toast make a breakfast sandwich that can be eaten while walking or driving to class or work.

Scrambled eggs can be substituted. Mix eggs in a cup or bowl with a fork or blender.

Add salt and pepper to taste and cook as above. Hard-boiled eggs are good for breakfast, lunch, or snacks. Cover eggs with cold water, bring to a boil, turn off heat and let sit for 15 minutes. Cool rapidly by running cold water over the eggs till cool to the touch. Be sure to label the egg carton in which they are stored "Hard-Boiled" to avoid unpleasant surprises the next day.

There are quick and easy breakfast ideas. Melting grated cheese on a whole wheat tortilla in the microwave takes less than a minute. Milk and a whole grain cereal can be eaten while reviewing for the day's quiz. Peanut butter on whole wheat toast can be eaten on the run. Feel free to email any of your favorite quick and easy breakfasts, or other recipes and they may be included in the future.

Home-made Turkey Sausage:
One pound Ground Turkey
Two teaspoons ground sage
One teaspoon salt
One half teaspoon ground black pepper

Mix all ingredients together well with hands, fork or pastry blender. Form into patties and fry in a small amount of oil till no pink is seen in center when broken open. Patties can be baked at 350 degrees for

about half an hour instead if desired.

Can be mixed, shaped, and placed on an oiled baking pan the night before and baked in the morning.

Baked Custard:

2 eggs
2 Tablespoons Sugar
Dash of salt
2 cups milk
1/2 teaspoon vanilla (optional)
Sprinkle of nutmeg

Beat eggs well, mix with sugar, milk, vanilla and salt. Pour into custard cups or a casserole dish. Sprinkle with nutmeg. Place in a larger pan (such as a roasting pan) of water to prevent crusting on the edges. Bake at 325 degrees for 25 minutes if using custard cups, or approximately 45 minutes if using a casserole dish. Deeper pans take longer to cook. When a knife inserted in the center comes out clean, the custard is done.

Add 1-2 cups cooked brown rice or 1-2 cups bread cubes to make rice or bread pudding.

Overnight Brunch Main Dish:

(Prepare the night before)
1 dozen eggs
1 and 1/2 cups milk
1/4 cups parsley flakes
1 teaspoon salt
1 loaf cubed bread
2 cups diced ham, turkey or mushrooms

1 1/2 cups grated cheddar cheese
1/2 cup grated onion (optional)
1 cup diced green peppers (optional)
Lightly beat eggs, milk, parsley, and salt. Combine all other ingredients in a lightly oiled casserole pan and toss to mix.

Pour egg mixture over bread and vegetable mixture. Refrigerate overnight. Bake at 350 degrees for 35-40 minutes. When a knife inserted in the center comes out clean, it is done. Serves 6-8

Things You Need To Know

Weather Policy: for Information on delays, cancellations, closings at Penn State Harrisburg, call 717-948-6029 or 717-948-6000. For a listing of the local radio and television stations that air the information, check the Penn State Harrisburg Student Handbook.

Lost and Found!! Did you lose your notebook and don't know where to look for it? Did you find a set of keys and don't know where to turn them in? Come to the Student Activities Office, E-131 Olmsted! Lost and Found can be found here.

The School of Business Administration sponsors an Applied International Business Studies Summer Program with the University of Erlangen-Nuremberg in Germany that runs from mid-May through mid-July, 2007. This is a great opportunity for students interested both in earning academic credit toward their Penn State degree and spending part of their summer living and studying in a medieval city in Europe. For more information, contact Dr. John Trussel at jmt12@psu.edu, or Pam Crist at pak8@psu.edu, ext. 6156.

The University is sponsoring a five-week summer study program to Guadalajara, Mexico. The opportunity is available to any qualified Penn State student. The courses include art and culture, history, engineering, business, political science and Spanish. The university in

Guadalajara (Tec de Monterrey) is fully accredited (e.g., Southwestern States, AACSB and ABET). Students can earn 6 credits in 5 weeks. Three of the credits can be in Spanish and the other course in almost any other discipline. Guadalajara is considered the most "Mexican" of Mexican cities and housing is available on campus or in homestays arranged by the host university. For information, visit the Web at http://www.international.psu.edu/students_study_abroad/programs_summer_guadalajara.htm

A spring semester Rome 2007 Study Tour is scheduled for March 9-17, 2007. For tour reservations and itinerary go to the following website: http://www.celestialvoyagers.com/html/tours/universities_schools/penn_state/rome-1878.html For more information, contact Dr. Crawford gac2@psu.edu or Dr. Haddad jrh36@psu.edu.

A spring semester London, England 2007 Study Tour is scheduled for March 10, 17, 2007. For more information, vjp1@psu.edu

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The Penn State Harrisburg Volleyball Club is preparing for the 2007 season. The volleyball club is looking for student-athletes interested in playing competitive intercollegiate volleyball. This is a great opportunity for students who played volleyball in high school to continue playing at the collegiate level. The club competes in the Middle Atlantic Collegiate Volleyball Conference (MACVC), which consists of small colleges throughout Pennsylvania and New Jersey. Please contact Kevin Larkin at kplarkin@comcast.net

Penn State Harrisburg will address community emergency preparedness in anticipation of an Avian Flu epidemic in the midstate. The workshop on November 30, which begins at 8:15 a.m. in the Capital Union Building on campus, will feature sessions on planning and emergency response throughout the day.

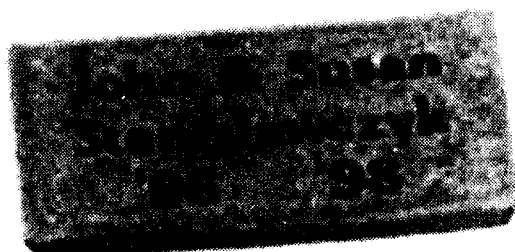
Enrollment at Penn State for the fall semester 2006 is 83,721, the largest in the institution's history, surpassing the previous high of 83,177 in fall 2003.

The IIT Computer Center announces that helpdesk evening hours Sunday through Thursday have been extended to midnight of each week until final exam week.

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