

Men and Women  
basketball teams  
take the court

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Capitol time?  
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# THE CAPITAL TIMES

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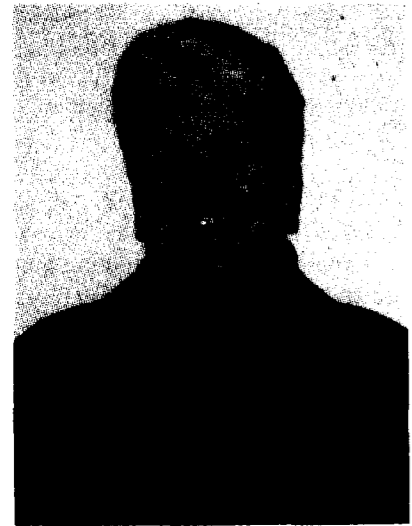
December 12, 2006



## 40 years of PSH history



Jo Tyler



By **RABYIA AHMED**  
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Believe it or not, storytelling is a profession. She especially likes to tell stories of her job experiences in businesses. She uses the classroom as one of her outlets and the other by work produced through her research.

After working in business for 25 years, Jo Tyler, assistant professor of training and development, decided she wanted to teach at the college level. Working in companies such as Armstrong World Industries, Hewlett Packard Company, United Technologies Corporation and others, she worked her way up each time, thus, allowing her to formulate her beliefs of the good and bad in the business environment.

Originally, after receiving her bachelor's degree in English and secondary education, she planned on teaching English, which she soon learned wasn't the best choice for her.

"I loved the idea," said Tyler "but it just wasn't enough to pay back my student loans."

So, to defer her loan payback, she decided to go back to school to get her master's degree in technical writing, which built more loans. She admits it wasn't the best idea, but that the education was worth it.

During the 25 years of work, she knew that she would someday go back to teaching. In 1999, Tyler attended the Teachers College at Columbia University for her doctorate degree in adult learning and leadership adult education guided intensive study (AEGIS). Since then, she granted her own wish and taught at places like the University of the Arts in Philadelphia and Columbia University before coming to Penn State Harrisburg last fall.

In the classroom, she does not lecture. Instead, she conducts an environment for students where they interact with each other. Many of her students are non-traditional students who are at least 24 years old and have some work experience. Of course, she tells her life-in-business stories along the way, too. She believes they help students to

Please see **TYLER** on Page 4

By **PETE STRELLA**  
Of the Press and Journal

When Penn State Harrisburg opened in 1966, the college had 18 students and a single Korean War-era computer left behind by the U.S. Air Force.

Lyndon B. Johnson was president and Joe Paterno had just taken over as Penn State's head football coach at University Park.

Forty years later, Paterno still has that job today. While the football team's revered leader has grown old, Penn State Harrisburg has grown up.

Once the site of administrative offices for the Olmsted Air Force Base - which was decommissioned in 1965 - university officials have nearly completed the awkward transition from drab military base to landscaped campus with 3,900 students.

Known as Penn State Capitol Campus when it first opened, Penn State Harrisburg still hosts most of its classes in the long, three-story Olmsted Building at the campus' north end.

But one by one, auxiliary functions have moved out of Olmsted to find new homes elsewhere on campus. The campus now includes a slick three-story library, convenient student housing complex, a comfortable food court and competitive sports.

Many of those changes have been

added within the past decade.

"It's changed a lot, even in the eight years I've been here," says Catherine McCormick, who enrolled as a student at the campus in 1998 and is now an adjunct professor.

"I can't think of any changes that have been negative."

### The Beginning

The Olmsted Air Force Base was about to close and Pennsylvania Gov. William W. Scranton knew Middletown's economy might close along with it.

Hoping to make the best of a bad situation, Scranton wanted to convince Penn State President Dr. Eric A. Walker to open a graduate

school using the 16 buildings left behind by the U.S. Air Force.

Walker took Scranton's advice a step further, suggesting the school host junior- and senior-level courses to maximize Penn State's investment in building classrooms, hiring faculty and purchasing laboratory equipment.

The 178-acre Penn State Capitol Campus opened in May 1966 as one of only three colleges in the U.S. to offer junior-, senior- and graduate-level courses at one location.

Undergraduate courses were limited to humanities, similar to liberal arts, and social studies. The student population exploded to 1,000 within the two years.

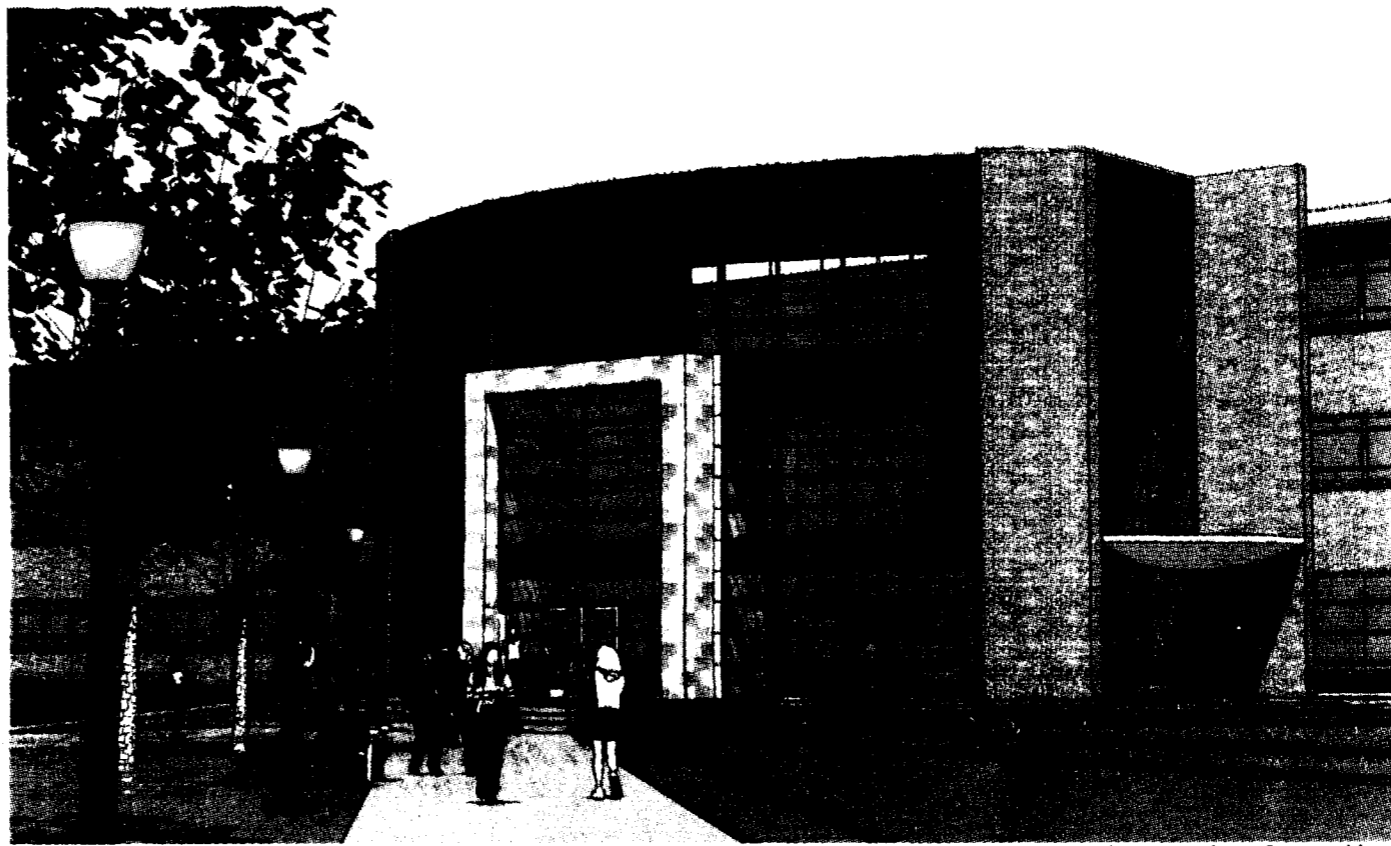
### The Transition

While the college was widely praised for its aggressive, open-minded and forward-thinking approach to higher education, several aspects of campus life reminded everyone that a military base once occupied the territory.

Barbed-wire fencing remained at some parts of the campus into the 1980s.

Students living on-campus were set up a half-mile away from the Olmsted Building in former military base apartments known as

Please see **40 YEARS** on page 4



The projected front view of the improved Olmsted building. This will include a larger lobby, glass windows, and a designated smokers' area that will cease complaints of smokers standing outside the main doors. Building construction should commence within the near future.

### Scheduling nightmare continues to plague seniors

By **MATTHEW MAHONEY**  
Assistant Editor  
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Picture the student: Eagerly seated in front of a computer, degree audit next to the keyboard with certain course numbers and abbreviations highlighted. In a matter of moments this student will be able to access e-Lion and register for the final

meticulously reads each course to find the specific one needed, but with each scroll of the page the course fails to appear. Quickly the student realizes that between the degree audit, the student's personal key to knowing what courses he or she has to take, and the available courses are not matching.

This is something that affects nearly every undergraduate student at Penn

PENNSYLVANIA STATE UNIVERSITY REGISTRAR  
Office of the Registrar  
Schedule of Courses

New Search  
Spring 2007  
Penn State Harrisburg, The Capital College (CL)  
Last Update as of  
Friday, December 8, 2006 7:00 AM ET

Campus Registrar  
Swatara Building  
717-948-8020

COMMS 221 BASIC PHOTOGRAPHY  
01/18/2007-05/04/2007 Credits: 3.0

Section Number	Section	Class	Seats	Course	MeetingDays/ Times	Classroom	Instructor
721051	001	18	2		T R 09:30A - 10:45A	338W OLMSTED MCCORMICK, CATHERINE	

COMMS 225 GRAPHIC DESIGN  
01/18/2007-05/04/2007 Credits: 3.0

Section Number	Section	Class	Seats	Course	MeetingDays/ Times	Classroom	Instructor
704290	001	24			T R 04:50P - 06:05P	014C OLMSTED WELSH, CRAIG ROBER	

COMMS 230W WRITING FOR MEDIA

What appears on elion may not exactly be what appears on a student's degree audit. Students are encouraged to speak with their advisor on matching proper courses.

semester of courses that he, or she, needs in order to graduate.

Type in the URL, user ID and password go in next, and then the schedule of courses. Carefully typing and selecting each option, the student

at Penn State Harrisburg. Out of 46 degree audits surveyed, only two had all of the required courses available.

"I don't like the degree audit

Please see **COURSE** on page 4

### Protect yourself with self defense

By **LORENA ROEDAN**  
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"It's not just self defense, it's about... self control, body discipline, and mind discipline...and breath techniques. It involves yoga. It involves meditation. It's an art, not a sport."

Would you know how to defend yourself if you were the target of an assault or crime? Did you know there are simple techniques that can offer you a sense of security and protection? Benjamin Rocuskie is a fifth Degree black belt and instructor of Kinesiology 57, Self-Defense, for the fall 2006 semester at Penn State Harrisburg.

For 20 years Rocuskie has taught Karate and Tai Chi to families, students, and even the elderly. He teaches two nights a week at the Holy Name of Jesus Church in Lower Paxton Township and taught summer classes at HACC.

According to Webster's Dictionary, self-defense refers to protection of one's self when attacked. Throughout the course, Rocuskie reminded students that avoiding a bad situation is the first objective. You should not insinuate a confrontation and only use physical defense when attacked.

There are also ways to stay safe and avoid a potentially dangerous situation. For example, only travel through well lit areas at night, avoid being alone, and immediately lock your doors when entering your vehicle. Trust your instinct; if something does not feel safe get away fast. Use your commonsense and remain calm.

Defusing or resolving the confrontation is the second objective. "Vulnerable parts of the body such as the inner thighs, nose, eyes, throat,



The self-defense class is a popular class at Penn State Harrisburg. It teaches students how to defend themselves against attackers, as well as techniques to keep safe day-by-day.

ears, and groin can render the attacker and give you the opportunity to fulfill the final objective; escape," said Rocuskie.

A variety of techniques that can apply when sitting down, laying in bed, or in a vehicle are also taught. "Learning self-defense is like buying insurance; important to have, but you hope never to use it."

This semester 52 PSH students were taught physical defense techniques, as well as issues ranging from date rape and avoiding dangerous scenarios. They consistently practiced how to maneuver and get out of situations such as wrist grabs, choke holds, and bear hugs.

One of those students was senior Cory Bishop, who said he preferred benefiting from a class teaching personal safety rather than the usual gym sports. He would also highly recommend the course to

female students. Sophomore Monique Perry agrees, and said it has increased her confidence and taught her different ways of escaping various scenarios. "I would like to see a more advanced self-defense course in the following semesters," she said.

Allen E. Ulrich is kinesiology instructor for the Behavioral Science and Educational Department. Rocuskie approached Ulrich two years ago about teaching Self-Defense at PSH, which was introduced for the first time this semester. Due to space availability it will not be offered in the spring.

Ulrich said the goal of his department is "to offer as much variety from one semester to the next and to expand towards different disciplines and activities." He hopes to bring back Kinesiology 57, Self-Defense in fall 2007 and is considering a Tai Chi course in upcoming semesters.

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