

Penn State Harrisburg Grad student has some fun with major

OFFICIAL PRESS RELEASE

A Penn State graduate student in American Studies has just released a new board game about national park sites, including Gettysburg National Military Park, Valley Forge National Historic Park, and Johnstown Flood National Memorial.

Players move around a map of the United States going from national monument to battlefield, and from seashore to historic site, answering questions about the

sites in four categories: Geology & Geography, History & Archaeology, Ecology & Conservation, and Flora & Fauna.

Designed for teens and adults, the educational content was determined accurate by the National Park Service.

Game pieces were manufactured by Accu-Mold & Tool in Halifax, the book and scorepad were printed by Art Communication Systems in Harrisburg, and contents assembled in Halifax. (Other parts were made in Richmond, VA and Hong Kong. Future production

will be 100% made in USA.)

National Parks game is available at the Whitaker Center for \$35 or online at www.queryquest.us -- Penn State students, faculty and staff can receive a 6% discount if they email platt@psu.edu and meet David in the Olmsted building at an arranged time.

For more information please contact David at: (717) 896-7669 david@queryquest.us or platt@psu.edu.



Photo courtesy of Google Images

The board game designed by a Penn State Harrisburg student highlights different national parks around the nation.

Spice it up with Ann

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As the holidays approach, food takes a more central place in our lives. Favorite recipes bring back good memories, but they may not be healthy choices. This is not the time of year to swear off sweets or radically change our eating or exercise patterns. Success is much more likely if balance, rather than deprivation, is the key.

Enjoy your favorite holiday foods, but plan ahead to decrease gluttony. When overly hungry, it is too easy to pig out. Eat breakfast and lunch so that your metabolism does not go into slower-burning starvation mode by packing on fat when you do have a large meal. Some folks have a small, healthy snack before going out and choose small portions. Others look over all the offerings and choose only a few favorite dishes to enjoy, taking none of the other foods served.

Drinking a glass of water before the meal increases feelings of fullness. Clear the food from the table soon after the meal to avoid snacking while talking. Avoid or limit higher calorie beverages, such as eggnog and alcoholic drinks. Savoring one drink or a serving of a favorite food can bring satisfaction.

Add exercise to the day to increase calorie expenditure. Enjoy a walk together as a break from standing around the table. Rake leaves, move firewood, walk the dog, or volunteer to shovel the neighbor's driveway to make a workout into a service project.

Write a coupon to take a younger sibling out dancing or skating as a gift this holiday season. Playing charades, Twister, kickball, or touch football are fun and active ways to exercise down memory lane. Exercise not only burns calories, it also decreases stress!

Stress often causes over-eating. When family politics have been upsetting in the past, do what you can to limit time with those individuals. Commit to helping with another aspect of the gathering to change patterns of relating. Plan to

take the dog for a walk, or go out to the car for an item that was left there. Breathe deeply, count to ten, use the restroom, or think of a favorite song when tempers flare. Take care of yourself! The reason we are eating is often more important than what we are eating.

Many favorite foods can be made in healthier ways. Substitute applesauce for the fat in baked goods like cakes. Use low-fat milk or canned evaporated milk instead of regular milk or cream. Substitute non-fat whipped topping for whipped cream. Cut sugar by a third, and most folks will not notice any difference. Substitute whole-wheat flour for part or all of the flour to increase nutrients and help folks feel full sooner.

Below are some family favorites for the holidays. Have a happy, safe, and healthy holiday season!

Low-Fat Dip

Blenderize non-fat cottage cheese and add Worcestershire sauce and chives (to taste) into a delicious chip or veggie dip. Low-fat cream cheese at room temperature can be mixed in to make a firmer texture. The same cottage cheese/cream cheese base can be used for other flavors. Add blue cheese, feta, canned salmon (with smoke flavoring), salsa, or a wide variety of other herbs or flavors. Season with salt and pepper to taste and refrigerate before serving.

Hot Chocolate Mix

1-1 & 1/2 cups cocoa (to taste)
2 cups sugar
3 cups instant non-fat powdered milk
It's ok to flavor with 2 cups powdered milk, or you may want to do part powdered creamer.

Mix ingredients together. Store in an airtight container. Add dried mini-marshmallows from a bulk food store or a teaspoon of cinnamon (and a quarter tsp. of cayenne if truly adventurous!) for a Mexican flair if desired. Use 1 1/2 - 3 slightly rounded spoonfuls per cup of boiling hot water. May be packaged in pretty containers and given as gifts.

Carol Renner's Spiced Nuts

Beat till frothy:
1 egg white
Add 2 Tablespoons cold water, while continuing to beat.
Gradually add 1/4 cup sugar-continue beating on highest speed of beaters.
Add 1/4 tsp. each of cinnamon, cloves, and allspice, and 1/2 tsp. salt
Beat till stiff peaks have formed.
Preheat oven to 250 degrees.
Gently stir 2 cups pecan halves into meringue mixture (May need slightly more or less nuts depending on how thickly you want them coated. Don't stir them all in immediately, save some for the meringue at the end). Pick out coated nuts and place on greased cookie sheet. Bake approximately 1 hour. Will be crunchy when cooled. Store in an airtight container.

Caramel Pretzels

1 cup butter or margarine
2 cups brown sugar packed (or 2 cups white sugar and about 1 Tb. molasses)
1/2 cup corn syrup
dash of salt
1/2 tsp baking soda
1 tsp vanilla
2-3 pounds mini-pretzels or 6 qts. popped popcorn

Melt butter in saucepan. Stir in sugar, corn syrup, and salt. Heat to boiling, stirring constantly. Boil without stirring for 5 minutes (over-cooking will cause clumping later). Remove from heat and stir in soda and vanilla.

Pour gradually over the pretzels or popcorn, mixing well. Turn into two large shallow pans with sides. Bake at 250 degrees for 10 minutes, stirring occasionally. May need to bake longer for pretzels.

Cool a pretzel, and if caramel hardens, they are ready. Break apart before completely cooled. Store in tightly covered container once cool. These are especially good with hot cheese mini-pretzels! Original recipe is for caramel corn by Carol David. From Fellowship Food Euclid Ave. Christian church's Christian Women's Fellowship cookbook, 1988.

Campus Calendar

Animal Angel Tree

Beginning November 27 through December 15 there will be an animal angel tree in the Student Activities Office. Each ornament on the tree has the name of an animal at the Harrisburg Humane Society. Students, faculty, and staff are asked to visit the tree, select an ornament, and make a donation in honor of that animal in need. Suggestions for what to donate are included with the ornament. Please make all donations by December 15.

This holiday season, you can make a difference in the lives of those who need you. Please help the shelter provide a loving home for these loving animals! This event is brought to you by the College Democrats. E-mail HDL111@psu.edu for more information.

Lion Ambassadors Angel Tree

For the 5th year the Lion Ambassadors will be having an Angel Tree project just before the Holiday break.

Through the involvement of the Women's Commission with the YWCA's domestic violence program,

the Lion Ambassadors realized the program still has some unmet needs and has decided to adopt the YWCA domestic violence shelter for their "Giving Tree" this year. The tree is up and decorated in room W110. There are many items needed for the shelter and for victims leaving the shelter to begin their "violence-free" lives. Each ornament on the tree contains items needed such as blankets, twin bed sheets, bed pillows, towels, soap and shampoos, children/adult clothing, etc.

Please consider helping victims and families of domestic violence by donating some of these much needed items.

"Toys for Tots"

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.

Time To Renew Library Materials: We have a new semester due date of 5/10/2007 for regular loans. To renew library materials: Go to <http://www.libraries.psu.edu/> and click on "My Library Account."

For more information, contact Fay Youngmark, 948-6070, or email fay1@psu.edu

Commencement Information Sessions

There will be two commencement information sessions held in the Gallery Lounge of the Olmsted Building. The first one is scheduled for Monday, Dec 4 at noon, and the second on Tuesday, Dec 5 at 5:30 p.m. For questions and/or more information, call 948-6736 or visit W-101 Olmsted Building.

Stuff-A-Plush

SGA will be hosting this favorite event, "Stuff-A-Plush" on Tuesday, Dec 12 from noon to 3 p.m. in the Gallery Lounge, W-107 Olmsted Building.

Basketball Games

The college men's and women's basketball teams take to the road for a conference doubleheader Saturday, Dec. 2 at Penn State Mont Alto. The women will play at 1 p.m. and the men at 3 p.m. The men's team returns home Wednesday, Dec. 6 for a contest against Penn State Wilkes-Barre at 7p.m. in the CUB.

Things You Need To Know

Student Health Services has a number of flu shots still remaining. Call 948-6015 to schedule your appointment. They are still FREE!

Assistive Technologies

Students at Penn State Harrisburg can now take advantage of assistive technologies recently installed on computers throughout campus. For information, visit the Web at <http://www.hbg.psu.edu/news/babcock2006.html>.

Special Library Hours

Please note the following special library hours, November 27 - December 14, 2006:

Monday - Thursday: 7:45 a.m. - Midnight
Friday: 7:45 a.m. - 9:00 p
Saturday: 9:00 a.m. - 5:00
Sunday 1:00 p.m. - 11:00
CyberCafé will remain open 24 hours.

The next meeting of the college Women's Commission will be Monday, Dec. 18 in W-209 Olmsted at

noon. Everyone is invited! For more information, call Lori 948-6541 or email lrr12@psu.edu.

Spam filtering Instructions have been added to IIT's Frequently Asked Questions. These updated instructions are very specific and have screen examples. They can be copied at <http://www.hbg.psu.edu/iit>.

Fred Haag Art Exhibit is now on display in the Morrison Gallery of the Library. This is an exhibit of drawings and paintings by Penn State York faculty member Fred Haag.

"Toy Camera Show," an exhibit of photographs taken by Lancaster County native Steve Cicero is on exhibit in the Gallery Lounge of the Olmsted Building.

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

The Penn State Harrisburg chapter of Alpha Sigma Lambda, the adult honor society, announces its annual spring semester \$50 book grant awards. Applications and complete eligibility information are now available in the Student Assistance Center, W-117 Olmsted Building.

Completed applications for spring 2007 awards are due in the Student Assistance Center by Friday, December 8, 2006. Contact Charlotte Spector, ASL Advisor, Student Assistance Center, W-117 Olmsted, phone 948-6025, or e-mail cspector@psu.edu.

"Language in Action" Experiment Participants in the "Language in Action" experiment being conducted by Dr. Xu will now receive \$5 cash for their participation. Students can call 948-6035 to schedule a time. Appointments will be scheduled until December 15th.

Lost and Found can be found in the Student Activities office E-131 Olmsted.

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