## Penn State Harrisburg Grad student has some fun with major

#### **OFFICIAL PRESS RELEASE**

A Penn State graduate student American in Studies has released a new board just games 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

four in sites Geology & Geography, History & Archaeology, Ecology & available at Designed for teens and adults, www.queryquest.us determined accurate by the National Park Service.

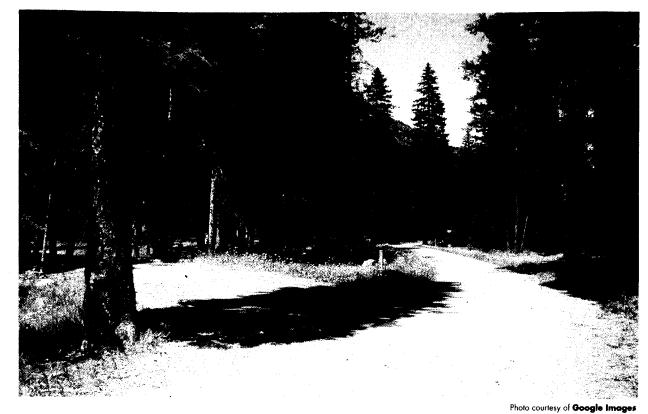
by Accu-Mold & Tool in Halifax, the Olmsted book and scorepad were printed by Art Communication Systems in Harrisburg, and contents David at: assembled in Halifax. (Other parts were made in Richmond, VA and Hong Kong. Future production platt@psu.edu.

categories: will be 100% made in USA.)

National Parks game is the Whitaker Conservation, and Flora & Fauna. Center for \$35 or online at -- Penn the educational content was State students, faculty and staff can receive a 6% discount if email platt@psu. they Game pieces were manufactured edu and meet David in the building at an arranged time. For more information please contact

#### (717) 896-7669

david@queryquest.us or



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



By ANN STILLWATER Columnist

take the dog for a walk, or go out to Carol Renner's Spiced Nuts the car for an item that was left there. Beat till frothy:

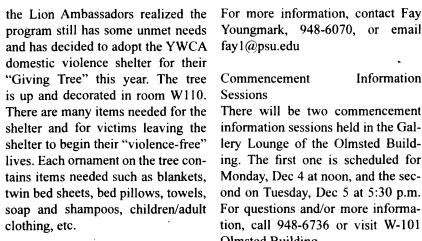
Campik alendar

### 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.

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 Now through December 13, Circle more information.

Lion Ambassadors Angel Tree For the 5th year the Lion Ambassadors will be having an An-Holiday break.



This holiday season, you can make Please consider helping victims a difference in the lives of those and families of domestic violence who need you. Please help the by donating some of these much needed items.

#### "Toys for Tots"

K is hosting "Toys for Tots." Collection bins are located throughout campus and in the main lobby of the Olmsted Building.

gel Tree project just before the Time To Renew Library Materials: We have a new semester due date of 5/10/2007 for regular loans. Through the involvement of the To renew library materials: Go to Women's Commission with the http://www.libraries.psu.edu/ and a contest against Penn State Wilkes-YWCA's domestic violence program, click on "My Library Account."

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-Plus" 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 Barre at 7p.m. in the CUB.



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 riease note the following special library hours, November 27 - Decem- Fred Haag. ber 14, 2006:

Student Health Services has a num- noon. Everyone is invited! For more The Penn State Harrisburg chapber of flu shots still remaining. Call 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 Galy Penn State York faculty member

ter 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 2007awards are due in the Student Assistance Center by Friday, December 8, 2006. Contact Charlotte Speclery of the Library. This is an ex- tor, ASL Advisor, Student Assistance hibit of drawings and paintings b Center, W-117 Olmsted, phone 948-6025, or e-mail cspector@psu.edu.

#### ARS291@PSU.EDL

As the holidays approach, food takes a more central place in our lives. Favorite recipes bring back good memories, but they may not be healthful 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 another aspect of the gathering to change patterns of relating. Plan to

Breathe deeply, count to ten, use the restroom, or think of a favorite song when tempers flare. Take care of vourself? 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 minimarshmallows 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 individuals. Commit to helping with , rounded spoonfuls per cup of boiling hot water. May be packaged in pretty containers and given as gifts.

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.

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.

day, Dec. 18 in W-209 Olmsted at week until final exam week.

"Toy Camera Show," an exhibit of Participants in the "Language in Acphotographs 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 The next meeting of the college Sunday through Thursday have Women's Commission will be Mon- been extended to midnight of each in

"Language in Action" Experiment tion" 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 the Studdent Activites office E-131 Olmsted.

# **LEAVE YOUR MARK!** on Penn State Harrisburg **Personalized Senior Bricks** Pledge Your \$100 General Deposit On-line www.hbg.psu.edu/philanthropy



