

Spice it up with Ann

By **ANN STILLWATER**
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Welcome to the 2007-2008 school year at Penn State Harrisburg, the Capitol Campus! Since on-campus students must cook for themselves at least sometime, the "Spice it Up with Ann" column will continue to bring low cost, high nutrition, food knowledge to expand cooking repertoires. Columbus Day is almost upon us, so this first column will deal with a quintessentially American food: popcorn.

It's a delicious, nutritious and historic snack food! Corn was not found in Europe, but in North America. The imagination gets a workout, as one thinks about how such a grain was popped over a fire in prehistoric times. The Native Americans showed the newcomers from Europe how to pop corn. Popcorn strains have been developed to pop larger, fluffier kernels of corn, and there are a large variety of ways to enjoy popcorn.

Many folks think that popcorn is unhealthy, because the microwave and theater versions use large amounts of unhealthy trans-fats in their "butter" topping. Plain popcorn, a whole grain, is very nutritious with about 10 grams of fiber in every seven cups of popped corn. High fiber diets have been shown to decrease constipation, colon cancer, breast cancer and several other ills. For those of us with slight compulsive tendencies, popcorn is a healthier snack food to munch on while reading or studying. If you really want the convenience of microwave popcorn, the 94 percent fat free variety is surprisingly tasty and much healthier.

It is easy and cheaper to make popcorn yourself. A large pan with a tight-fitting lid is needed. A heavier pan is preferred by some - with cast iron as the Cadillac. Other people

prefer a light-weight aluminum pan, since it heats up more quickly. Special popcorn poppers are available as well. Pans with popcorn "stirrers" that are attached to the handle of the pan may be a good investment if you make a lot of popcorn and have space in your kitchen.

Hot-air poppers make fat-free popcorn but cost about \$15 and take up space in a small kitchen. Many folks prefer to have popcorn cooked in oil since salt will stick to it without added butter. If you make air-popped corn, there are healthier ways to moisten it. Soy sauce, Worcestershire sauce or olive oil is a good substitute. Sprinkle it over the popped corn and add any other desired herbs or seasonings.

Popcorn pops because it has a small amount of moisture in it. The hard outer hull keeps the moisture contained until it reaches a high temperature. When the steam inside becomes hot enough, the hull explodes, causing the fluffy kernels we all enjoy. Old popcorn loses its moisture and will not pop well. Keeping popcorn in an airtight container and perhaps in the fridge or freezer allows it to maintain freshness longer.

In nearby Lancaster County is the family owned Reist Popcorn Company. Visit them in Mt. Joy to buy popcorn and see the huge mural on their building. Since 1925, the family has grown and sold popcorn. The 50 pound sack can be split between a lot of folks or packed in mason jars with ribbons as a gift. Visit their website at www.reistpopcorn.com for more information.

Basic Popcorn

Pour about two tablespoons of oil into the bottom of a pan and heat it over high heat. Add three kernels of popcorn. When these pop, add a half cup of un-popped kernels. Shake vigorously when popping becomes

frequent. As popping slows, remove the pan from heat and pour the popcorn into a large bowl. Add salt and enjoy. Popcorn salt is finer than regular salt and may have butter flavor added.

Spice up the popcorn with a variety of seasonings. Add chopped garlic to the pan just as the popcorn starts to pop. Sprinkle with seasoned salt, cayenne, Italian seasoning, sugar and cinnamon or grated cheese to excite the palate.

Honey Caramel Corn From Honey.com

This recipe is delicious and addictive. It makes a great gift, especially if given in decorative, air-tight container. A thermometer is not needed; 265 degrees is hard ball stage. If a drop of the honey mixture forms a hard ball when dropped into a cup of cold water, it is ready. Boiling it three minutes will work fine too.

- Makes 6 servings -

Ingredients

1/2 cup honey

1/2 cup butter or margarine

1/2 cup packed brown sugar

Dash of salt

1 teaspoon grated orange peel (if desired)

1/4 teaspoon baking soda

3 quarts popped popcorn

Directions

Melt butter in large saucepan; stir in sugar, honey and salt. Cook and stir until mixture comes to a boil. Reduce heat to medium; boil without stirring about three minutes to 265 degrees. Remove from heat; stir in orange peel and soda. Place popcorn in large oven-safe bowl; slowly pour syrup over popcorn while stirring. Turn onto greased 15-1/4 by 10-1/4 by 1/4-inch baking pan. Bake at 250 degrees for 45 minutes; stir every 15 minutes. Cool. Break into serving-sized pieces. Store in airtight container. Makes three quarts (six servings of two cups each).

Campus Calendar

"Roots and Fiction: New Works by Four Painters" featuring the art of Dorothy Frey, Jay Noble, Heidi Leitzke, and Sarah Noble" is open to the public through October 12. A reception and gallery talk is from 5 to 8 p.m. October 2. Gallery hours are Monday through Friday 8 a.m. to 5 p.m.

Journalist and Author of Enrique's Journey, Sonia Nazario, a projects reporter for the Los Angeles Times, has spent more than two decades reporting and writing about social issues, earning her dozens of national awards. She will discuss her book Enrique's Journey, on Monday, October 8 from 1 p.m. to 2 p.m. in the CUB.

Experience Harrisburg 2007 -Down-town job and internship Fair will be held on Thursday, October 11 from 4:30 p.m. to 10 p.m. the job fair will start at the Whitaker Center for Science and the Arts. There is no cost to attend. For more information, please call the Harrisburg Regional Chamber and CREDC, at 717-232-4099 or visit www.ExperienceHarrisburg.com

Aquatics Department's Fitness Swim Group- On deck coaching available by Aquatic Center Coordinator, Mary Lou Watkins on Monday evening 5 p.m. to 6:30 p.m. Workouts available through the week

Gymnasium schedule on Friday, October 5 will include Kinesiology class from 10 a.m. to 11:50 a.m. and Athletics from 2 p.m. to 9 p.m.

Penn State, in collaboration with NGOZI INC, is hosting radio and TV personality Travis Smiley at the Scottish Rite Cathedral on October 20, 2007 and the 5th annual Black Male Summit on October 25, 2007. The first 75 students to sign up in C-120 Olmsted Building will be given a free ticket to both events, otherwise tickets for the October 20th event are: \$35, \$45, & \$55. Please contact Stephanie White at 948-6180 with any questions.

Things You Need To Know

Penn State Harrisburg, with the largest selection of master's and doctoral programs in the region, is hosting a Graduate School Information Night at 6 p.m. Thursday, October 11 in the campus library.

Flag Football- Applications are now being accepted for flag football student officials. Please contact Julie Stoehr, Coordinator IM Sports/Fitness/Recreation at 948-6267 or jrs1017@psu.edu for more information.

Upon entering the CUB, all students must swipe their PSU ID+ cards at the front desk. Students who do not have their PSU ID+ card will be denied access to the Capitol Union Building fitness areas.

Rosters for co-ed water polo are available at the Capital Union Building. Co-ed teams of 7-8 plays are needed. This intramural sport is being offered for the first time at Penn State Harrisburg and experienced and inexperienced players are welcomed! You do not have to be a great swimmer to participate. Roster submission deadline is noon, Monday Oct 1 and rosters may be turned in to Mary Lou Watkins, Aquatic Coordinator office on pool deck. Teams must sign up in advance and attend at least one instructional session/ week for the first 2 weeks of the program. The remaining 4 weeks will consist of scheduled games. There will be a mandatory Captain's meeting on Tuesday, Oct. 2 at 9:30 on the pool deck. Questions can be directed to Mary Lou Watkins at 948-6664 or 948-6740.

The Capital Time is looking for writers, columnists, and photographers. No experience is need. Stop by E-126.

Drop into the Learning Center in C-216 or schedule online for writing and math tutoring at <http://www.rich15.com/psuh>. For other courses, e-mail tutorrequest@psu.edu.

As a reminder, a large portion of the Penn State Harrisburg campus is now a tobacco-free zone. The area bounded by Penn State Way, College Avenue, and Olmsted Drive (the central core of campus) is now tobacco free. This includes Ziegler Commons, Vartan Plaza, and the athletic fields. Signage is being placed informing faculty, staff, students, and visitors to campus of the tobacco-free zone.

My Marketplace: made by a student to benefit students

By **JORDAN WISKEMANN**
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Returning Penn State Harrisburg students may have noticed what looks like a new newspaper laying around Olmsted.

Senior Layla Dideban created the My Marketplace publication to show students there are things to do in the community.

"I want people to see that Middletown is fun," she said. "I want them to like it here."

Dideban said she came up with the idea while working for the Village of Pineford last summer. She moved in a number of students and

when she later checked on them, they complained about Middletown.

"A lot of kids told me 'Middletown is boring,'" Dideban explained. "They said, 'There's nothing to do around here and there isn't even much of a campus life on weekends.'"

As the Advertising Manager for the Capital Times, Dideban worked closely with local business owners, selling ads for the paper. She started to think if businesses would offer student discounts, PSH students would be more likely to buy from them. This would bring more traffic through the business and give students something more affordable to do.

Dideban made her first deal with J&J's Pizzeria. If J&J's offered students a 10% off coupon for a week, Dideban would make sure at least 150 students used the coupon. She posted flyers around the school advertising the deal, and she created her own campaign on Facebook.com,

get a lower card processing rate from DAS.

According to Dideban, no other school has ever created anything like this. She visited nearly every Middletown business to get them to sign onto her plan.

"I started from scratch," she said.

"I spent about 6 months on it, and put in between 12 and 15 hours a day."

Dideban designed the first issue of My Marketplace with the help of a few close friends. PSH's Student Activities Fund is sponsoring her first two issues, and Middletown's Press and Journal will print each issue.

"I hope people start liking this

school and being more involved in the community," Dideban said. "But, business won't buy the ads if students don't use their discounts, so I hope people take advantage of it."

Some businesses have even planned special nights just for the students. Dideban's currently working out details with Roberto's for a student pizza night, and with Hair-Port for a student makeover night.

"When parts of the project are completed, I get excited, but until people start using their discounts and getting excited, I'm not satisfied," Dideban said. "I don't think it will ever be finished to me."

a webpage for students.

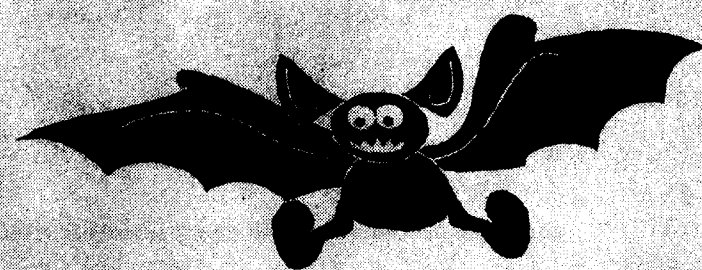
"I created the Because I'm Poor, That's All... campaign as a kind of experiment," she said. "I wanted to see how well this whole idea would work, so I would know if I should take it further."

During her campaign, Dideban met people from Diversified Acquiring Solutions, a credit card processing company. She found they shared the same idea. Dideban and people from DAS worked to create a plan where PSH students would receive a discount swipe card. Any business that would allow the discount swipe card to be used would



Photo courtesy of LAYLA DIDEBAN/Capital Times

We're out for
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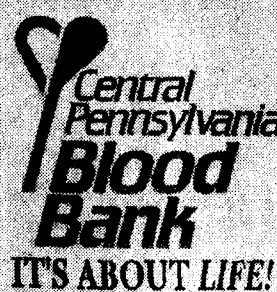
PLEASE DONATE

Date: **Monday - October 8, 2007**

Time: **10AM to 6PM**

Place: **Penn State Harrisburg
Community Center**

Sponsored by the XGI's



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