

New Year's Resolutions at Penn State Harrisburg

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As the ball in Times Square touched its base, millions in the Eastern Standard zone celebrated the beginning of 2009. The next day, the fumes of pork and sauerkraut filled our homes. Why? Because sauerkraut promotes luck, and pork comes from hogs, which are always "snout forward." Symbolically, this dish represents a successful moving forward into the New Year.

New Year's resolutions are part of this tradition of success. But across the Penn State Harrisburg campus, few students have made any. When asked why not, by the classroom-full, they simply replied, "I haven't thought about it."

Out of the handful who keep this tradition alive, four students decided to lose weight in 2009. So far, half of them have failed to follow their diets.

Sophomore Allyson Gard has been successful in her resolution

to eat better. Gard's secret: team work. Her mother made the same resolution, and the two of them help to keep one another on track, she explained.

In middle school, Gard said she was successful in her resolution to control her foul mouth. She hopes it will be as easy this year.

Sophomore Nneka Fells is also working on her eating habits for 2009. Fells, once a vegetarian, began to eat meat a few years ago. This year, she aims

to return to a vegetarian lifestyle. She said she is motivated by the issue of animal rights, explaining, "I don't want to eat anything that had a face."

To stay on track, Fells said she will avoid steak houses and eat more organic fruits and vegetables.

Three students resolved to quit smoking in 2009.

However, all of them have lit up since the ball dropped.

Some individuals at PSH have

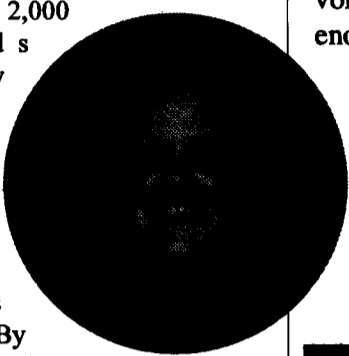
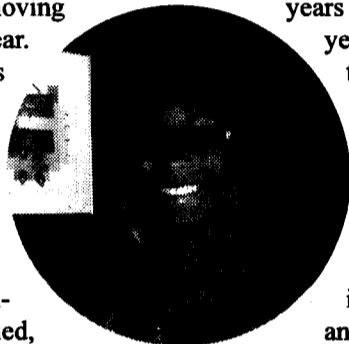
made unique resolutions.

Professor of Humanities and English, Deborah Kearns aims to write 2,000

words every day. Before 2009, she wrote 1,000 words daily. By doubling her output, she wishes to make writing more of a priority, she explained. So far, she said, it has not been going well. She vowed to try to wake up earlier in order to reach her goal.

Chris Shearer, an English major at PSH, made a similar resolution, he calls it an "unconscious effort" to write more. He plans to reach his goal by writing whenever he gets the chance. In the past, he said, he has been successful in his efforts. "You just have to do what you've said you're going to do," he said.

This reasoning may or may not be helpful for the rest of the resolution-driven among PSH. The tiny handful of them.



Photos by KATIE CATINA/ The Capital Times
Left to right: Allyson Gard, Nneka Fells and Professor Deborah Kearns.

Around Campus

What is your New Year's resolution?

Get in shape, do well in academic work, get more involved in school and to save enough money to go back to Taiwan.

- Lisa Mei, Sophomore

Making Dean's list this semester

- Jen Jenkins, Sophomore

Maintaining good grades

- Erin Morris, Sophomore

To decrease smoking

- Johnny Hamilton, Freshman

FRIEDMAN: Traveling and teaching



Photo courtesy of DOUG FRIEDMAN

Professor Friedman and his family pose with Pennsylvania Governor Ed Rendell.

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the 1996 MicroProse computer game Civilization II. He used to play ice hockey while living in Washington and Michigan, but he now plays indoor soccer.

Surprisingly, despite his extensive travels all over the world, Friedman does not especially enjoy traveling. While he enjoys the locations themselves, the actual travel takes out most of the fun and he primarily travels for family and work now.

His words of wisdom for his students here at Penn State are "Live long and prosper."