

Students to host wellness event at White Building

By Alyssa Bender
COLLEGIAN STAFF WRITER

Six Penn State students want their peers to learn how to stay healthy in college.

The students, members of EDTHP 234H (Leadership Jumpstart), will host Fitness Palooza on Sunday afternoon in the White Building.

From 1 to 4 p.m., attendees can participate in a variety of events, including six 20-minute demos from Penn State Fitness, Penn State strength and Korean Karate, as well as a panel discussion and an apple-eating contest.

"I'm most excited about being able to incorporate physical health, nutritional health and mental health in an entertaining way," group member Kelsey Baumes (freshman-biobehavioral health) said.

Every student who attends the event will be given a raffle ticket just for showing up. Two students will win a \$75 gift certificate from Rapid Transit Sports.

Participating organizations include the Penn State Outing Club, Dance Dance Maniacs and Sustainable Agriculture Club, among others.

Group members said they are

glad to have the chance to organize and run this event for their peers.

Brendan Tomoschuk (freshman-division of undergraduate studies) said he hopes every student takes something away from the activities.

A few small changes could have significant long-term effects, he said.

He said he thinks it's important for students to know fitness isn't necessarily something that requires taking two hours out of an already-busy schedule.

"Kids can't change their minds overnight," group member Joe

Stucynski (freshman-biochemistry) said.

But he said he hopes the day's events will start to change the way students think about fitness if only in a small way.

The group will also have flyers available with information on general health, weight loss trends and quick tips for staying healthy.

Tomoschuk said he hopes a few hundred students join in on the activities.

Group members said they would like to hold the event again next year despite it no longer being a requirement for class.

"If we're successful enough,

we'd love to do it again," Tomoschuk said.

To e-mail reporter: amb5874@psu.edu

If you go

What: Fitness Palooza event
When: Sunday, Oct. 31 from 1 to 4 p.m.
Where: 126 White Building
Details: Event includes demonstrations, prizes, activities and a gift card raffle. The event is free and open to all students.

Political luminaries assist in Pa. campaign

By Joe Mondak and Peter Jackson
ASSOCIATED PRESS

NORRISTOWN, Pa. — Former Democratic President Bill Clinton and rising stars in the Republican Party were among the political luminaries flocking to Pennsylvania on Thursday to campaign for candidates just days before voters decide high-profile races for governor and U.S. Senate.

Clinton hoppedscotched from rallies in Erie to Bethlehem to Norristown to campaign for several of Pennsylvania's many embattled Democratic candidates, among them U.S. Rep. Kathy Dahlkemper, congressional challenger John Callahan and gubernatorial nominee Dan Onorato.

In Norristown, Clinton told more than 200 people at an afternoon rally that Democratic control in Washington next year will deliver a faster economic recovery than if Republicans take control of Congress.

Speaking to more than 300 people in an Erie International Airport hangar earlier, Clinton repeated the warning he has relayed at scores of political events nationwide. Republicans want voters to get angry and blame high unemployment and deficits on Democrats to usher in



Bill Clinton is introduced during a campaign rally Thursday.

a GOP that derailed the economy in the first place back into power, he said.

"The more I got out here, the more concerned I became that the American people were going to vote out of anger and frustration and anxiety ... and get exactly what they do not want, which is what normally what happens when you make poor decisions when you're mad," Clinton said.

Some Republican candidates are leading their Democratic foes in Pennsylvania polls, as they ride a wave of discontent over joblessness and Democratic President Barack Obama, chief among them Senate GOP nominee Pat Toomey.

Toomey, speaking to a small lunchtime crowd gathered outside the Lackawanna County Courthouse in Scranton, urged supporters not to let up in the final stretch and to persuade friends and family to vote Republican.

"I think on Nov. 2 we're going to begin the process of taking back our country, restoring the kind of prosperity that we can have, that we should have," Toomey said. "We've got to get off the track they're on in Washington. We've got the most liberal elected government in the history of the

Republic and they're trying to transform America into something like a European-style welfare state."

Clinton, perhaps the Democrats' biggest political star right now, was to head to southeastern Pennsylvania for five events, capped by a nighttime rally at Temple University with Senate hopeful Joe Sestak.

On Thursday afternoon in the Philadelphia suburb of King of Prussia, two Republican governors — Haley Barbour of Mississippi and Bob McDonnell of Virginia — were to speak at a rally for the party's gubernatorial candidate Tom Corbett.

Two other Republican governors — Chris Christie of New Jersey and Tim Pawlenty of Minnesota — planned to join Barbour or Friday morning to stump for Corbett and Toomey at two small airports in southeastern Pennsylvania.

Obama is expected to arrive Saturday to fire up Democratic voters at a Philadelphia rally scheduled to attract thousands.

On Monday, first lady Michelle Obama will headline a rally in Philadelphia as well, where the city's large population of black voters is considered crucial to Democratic victories.

Pumpkin size affected by summer weather

By Cassandra Wiggins
FOR THE COLLEGIAN

This summer's weather may cause consumers to find that their jack-o-lanterns are smaller — but that actually means this year's pumpkins are healthier, a Penn State horticulture specialist said.

"This season's pumpkins are about 25 percent smaller," said Mike Orzolek, professor of vegetable crops in the College of Agricultural Sciences. "The size differences will be especially noticeable in the larger pumpkins. A pumpkin that is usually around 20 pounds could be around 15 pounds."

Orzolek, who has been working with pumpkins and other vegetable crops for about 30 years, said he blames the smaller pumpkins sizes on the hot, dry weather Pennsylvania experienced this summer, especially during the months of June and July, where little rain fell was seen.

Since most people plant pumpkins in mid-to late June, the dry weather came while the pumpkins were just developing, he said. He also said that pumpkin sizes will vary in different areas of Pennsylvania depending on how much rainfall or irrigation the crops received.

"Pumpkins are about 85 percent water, and since we didn't see that much rainfall, many of the pumpkins didn't size up because of the lack of water," he

said. "The exception was the people who had irrigation. They tended to have larger pumpkins, but it still was certainly a stressful event for pumpkin production."

Despite the smaller sizes, the quality of the pumpkins is much better this year due to lack of disease, Orzolek said.

"Consumers should expect a lot more green stems on their pumpkins this year," he said. "A green stem is a sign of a healthy pumpkin, while a brown stem is a sign of disease. Green stems will stay strong and brown stems break off."

Sarah Saimbi (freshman-biology) said she noticed healthier pumpkins this year. "Most the time when you go to get a pumpkin, you see a lot of diseased or rotting pumpkins in the patch. But, I noticed a lot of pumpkins this year seemed to be the picture of health."

And Orzolek said people want healthier, albeit smaller pumpkins — the Pennsylvania pumpkin market, while slower in rural areas, will still see high demand, especially in metropolitan areas.

Melissa Ricciutti (freshman-elementary education) agrees with Orzolek's assessment.

"When I went home to Philadelphia two weeks ago, there were pumpkins on everyone's doorstep," Ricciutti said. "Granted, [the pumpkins] were not big enough to take Cinderella to the ball, but they were good enough to make me and them happy."

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