



Christine Reckner/Collegian

Little Feat guitarists and vocalists Paul Barrere and Fred Tackett perform at the State Theatre on Thursday night. They have been playing together for more than two decades.

## Little Feat delights crowd

By Josh Bollinger  
COLLEGIAN STAFF WRITER

Two men, two guitars — one “unique” experience.

Little Feat Guitarists and Vocalists Paul Barrere and Fred Tackett played last night at the State Theatre, 130 W. College Ave., bringing with them nothing but their guitars and their voices.

Fan Pete Policastro, 54, of Williamsport, Pa., who described the band’s sound as “totally unique,” met Barrere in the lobby before the show.

He said Barrere gave him a little sneak peak at what the show would be like.

“Oh yea, we’re going to have some fun tonight,” Policastro said Barrere told him.

Policastro said the nice part about the State Theatre is that it’s an excellent venue acoustically, it’s close to home and the atmosphere allows for a run-in with a celebrity like he experienced last night.

“That wouldn’t have happened at Madison Square Garden,” Policastro said.

Policastro sat front row and said he bought his tickets as soon as he saw the duo was coming.

He said the reason he likes Barrere and Tackett’s music is because the style of music they play — which he described as a down-home country rock twang, mixed with blues and Cajun music — can’t be heard anywhere else.

Apart from that, he said Barrere is one of the best guitarists around.

“He plays a slide guitar that makes the

hair stand up,” Policastro said. “You’ve got a permanent smile on your face and you don’t want the night to end.”

Dave Shearer, 55, of Altoona, Pa., said he’s liked Little Feat since its beginnings in the 1970’s, and he came to the concert to get a live listening experience.

“There’s very few CDs I have that I can play down in my basement that I’m not sick of,” Shearer said. “Even I’m sick of Zeppelin at this point.”

He said seeing the act live brought back memories of “the good times.”

Shearer wasn’t the only one reminiscing at the concert.

Halfway through the show the group played the song “Willin’,” a song Barrere said gave Little Feat their start in the music business and is also notorious for blatantly referencing marijuana.

Barrere coaxed the crowd to sing along with him, giving them one reason.

“We like people to sing about marijuana,” Barrere said.

And the crowd certainly sang along, until one point in the song when Barrere and Tackett stopped playing.

“Some of y’all are still a little hesitant to sing,” Barrere said. “I’ll make it easier on you; sing like Bob Dylan.”

And when Barrere jumped back into the song singing the lyrics “Don’t Bogart that Joint” in a Dylanesque tone, the crowd clapped, laughed and sang right along with him.

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## PSU alumna to sign book

By Karina Yücel  
COLLEGIAN STAFF WRITER

Farnoosh Torabi’s expert financial advice has been featured in everything from The New York Times to Cosmopolitan.

Torabi, Class of 2002, will speak about her new book, “Psych Yourself Rich,” from 1 to 2 p.m. today in the Penn State Bookstore.

“‘Psych Yourself Rich’ uncovers why we do the silly things we do with money and how our emotions get in the way of our ability to make healthy financial decisions,” Torabi wrote in an e-mail.

Torabi wrote the book to help young adults and families get a grip on their financial spending.

“I found that no matter how much technical advice I gave about credit cards, budgeting and loans, without first exploring the emotional issues people had with money, no improvements could ever be made,” Torabi wrote.

Managing money well and effectively boils down to mindset and behavior. Torabi wrote — and her book shows how to make that journey.

Senior finance lecturer Greg Pierce taught Torabi in the spring semester of 2000 and said she was a good student in BA 301H (Finance).

Pierce said he recommends Torabi’s books to students in his class. Instead of

giving them advice, he tells them to read Torabi’s books because the books give “really good ideas on saving money and what to buy and how to buy.”

“[The books are full of] good advice for young people starting out,” Pierce said.

Torabi will make a special appearance in Pierce’s 8 a.m. class today in 104 Thomas Building — even inviting students who aren’t in the class to come and see her if they can. Aditya Chugh, president of the Finance Society, said personal finance is a hard concept for many students to grasp.

“If she is breaking it down into simplistic terms, that’s great,” Chugh (senior-economics) said.

Chugh said he is very excited a Penn State finance alumna became so famous and successful in a field that is not always thought to be interesting.

“Finance is my life,” Chugh said. “But it’s very technical and not easily understandable.”

Chugh said Torabi is making Penn State and the Smeal College of Business proud by using what she learned here and sharing it with the public.

“To think that Smeal molds and produces these kinds of individuals, that something to look up to,” Chugh said.

And Torabi is happy with her education at Penn State, writing that it is a continual influence on her life.

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## Forum to present ‘gory’ food

By Julie Mastrine  
COLLEGIAN STAFF WRITER

The foods you eat aren’t always just bad for you — sometimes they’re downright scary.

In an effort to educate State College residents and Penn State students about the effects of an unhealthy diet, the Wellness Forum in State College will present “Gross, Gory Things That Happen When You Eat Bad Food” at 1 p.m. Sunday at the State Theatre, 130 W. College Ave.

Tickets are \$3 for students and \$5 for non-students.

“The idea is to show what really goes on in our body when we eat gross, gory foods filled with concentrated ingredients like oils and saturated fats,” said Kathy Pollard, a certified wellness facilitator and founder of the State College Wellness Forum.

“What really happens when we eat a burger? What’s happening right away in our cardiovascular system? I’ll show you that, and it’s scary.”

The presentation, which will also be given by some of the 15 other Wellness Forums across the country, will include a presentation to show students why they should make healthy choices now to avoid bad health in the future, Pollard said. She said the presentation is rated “PG-13” and is not suitable for young children.

“If young people can avoid unhealthy decisions now, they can avoid managing a disease later in life,” she said. “We should look at what is creating a chronic condition instead of just treating a chronic condition.”

Pollard described the Wellness Forum’s message as “sublimely simple”—eat more plant-based foods, like fruits, vegetables

and legumes, which can be difficult in our fast-paced society.

“Our social structure doesn’t support a healthy way of eating,” Pollard said. “It’s easier, cheaper and yummier to eat bad junk food than it is to eat good food, and that’s just a crime. We’re not motivated and we don’t know how to eat. That’s what the Wellness Forum wants to change.”

Tammy Wolfe, 42, who owns the London Wolfe photography studio in Altoona, said she made major lifestyle changes after taking one of the Forum’s courses with a friend. She stopped eating all dairy and animal products and reduced the amount of oil she uses while cooking.

“As Americans, we eat a very unhealthy diet and everybody’s on the go and in a hurry,” she said. “The lifestyle doesn’t lend itself to having time to prepare healthy meals, so we lose track and end up leaning towards what’s convenient.”

Kristy Cyone, marketing director for the State Theatre, said the theater supports the Forum’s message of a healthy lifestyle and self-improvement.

“We’re happy to provide a space to give the Forum an opportunity to present this information,” she said.

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### If you go

**What:** Gross, Gory Things That Happen When You Eat Bad Food

**When:** Sunday at 1 p.m.

**Where:** The State Theatre

**Details:** Tickets are \$3 for students and \$5 for non-students

# WHAT'S GOING ON

YOUR GUIDE TO MOVIES, LATENIGHT, MEETINGS & EVENTS AT PENN STATE

## LATENIGHT

### NOW PLAYING

**Friday, Nov. 5**  
**ARHS CASINO NIGHT – Bigger prizes! More chances to win! More fun!** – 10 PM– 1 AM, Alumni Hall  
**BALLOON ARTIST LOUIS PAUL – Balloons like you’ve never seen!** – 9:30 PM– 1:30 AM, 1st Floor  
**CREATIVE CRAFTS – Crafter’s Choice featuring a variety of crafts!** – 9 PM– 1 AM, Ground Floor  
**GAPS GAMING – 9:30 PM– 1:30 AM, Ground Floor**  
**LATENIGHT BILLIARDS – 9 PM– 1 AM, The Break Zone**  
**ARHS MOVIE: SCOTT PILGRIM VS. THE WORLD – 7 PM, 9:30 PM & 12 AM, Auditorium**

**FRIDAY LATENIGHT FOOD SPECIALS:**  
**Ground Floor Carts: \$1 Nathan’s Hotdog, \$1.29 Soft Pretzels, David’s Large Cookies at \$1.59, and 75¢ Box of Popcorn – 9 PM–1 AM**  
**Sbarro: \$1.99 Meatball Hero or Pasta Special and \$1 slice of Cheese or Pepperoni Pizza – 9 PM–2 AM**

**WHITE BUILDING ACTIVITIES:**  
**LateNight Basketball League – 7:30 PM start**  
**Open Recreation – 9 PM start**  
**Ballroom Dancing – 10 PM start**  
**Open Pool Recreation\* – 9 PM–12 AM (Closed if no Lifeguard)**  
**Fitness Center\* – 9 PM–1 AM (\*Requires Fitness Pass/ID)**

**Saturday, Nov. 6**  
**NERF CAPTURE THE FLAG – Everyone welcome (sneakers only)! – 10 PM– 1 AM, Alumni Hall (Sponsored by Urban Gaming Club)**  
**BALLOON ARTIST LOUIS PAUL – Balloons like you’ve never seen!** – 9:30 PM– 1:30 AM, 1st Floor  
**CREATIVE CRAFTS – Crafter’s Choice featuring a variety of crafts! – 9 PM – 1 AM, Ground Floor**  
**GAPS GAMING – 9:30 PM– 1:30 AM, Ground Floor**  
**LATENIGHT BILLIARDS – 9 PM– 1 AM, The Break Zone**  
**ARHS MOVIE: SCOTT PILGRIM VS. THE WORLD – 7 PM, 9:30 PM & 12 AM, Auditorium**

**SATURDAY LATENIGHT FOOD SPECIALS:**  
**Ground Floor Carts: \$1.99 Fruit Smoothies, \$1.29 Soft Pretzels, David’s Large Cookies at \$1.59, and 75¢ Box of Popcorn – 9 PM–1 AM**  
**Nathan’s: 59¢ Mini-Hamburger, 99¢ Nachos, \$1.00 Nathan’s Hotdog, and 5 Kenny Rogers Roasters Wings for \$1.99 – 9 PM–2 AM**

**WHITE BUILDING ACTIVITIES:**  
**Futbol Saturday Night – 9 PM start (Sponsored by RPTM 356)**  
**Open Recreation – 9 PM start**  
**Open Pool Recreation\* – 9 PM–12 AM (Closed if no Lifeguard)**  
**Fitness Center\* – 9 PM– 1 AM (\*Requires Fitness Pass/ID)**

**Sunday, Nov. 7**  
**ARHS MOVIE: SCOTT PILGRIM VS. THE WORLD – 7 PM & 9:30 PM, Auditorium**

PSU-UPark Student ID required at most events. All events are in the HUB-Robeson. Center unless noted otherwise. Check out Union St. and get a great deal on late night food on Friday and Saturday nights!  
[www.latenight.psu.edu](http://www.latenight.psu.edu)

**ARHS Movies Presents**  
**Scott Pilgrim vs. The World**  
**Friday & Saturday: 7 PM, 9:30 PM & Midnight**  
**Sunday: 7 PM & 9:30 PM**

PSU Student ID required. All ARHS movies are shown in the HUB Auditorium. All ARHS movies are free & funded by UPAC! Your Student Activity Fee at work!

**GSA C.A.F.E. Series Presents**  
**AFTERSHOCKS**  
**Tuesday Nov. 9 7:30 PM**  
 113 Carnegie  
 Co-hosted by Chinese Friendship Association

## COMING UP

**Flu Vaccine Clinic for Penn State Students**  
**Tuesday, Nov. 9**  
 Make your appointment online at <http://studentaffairs.psu.edu/health>  
 Cost is \$20 and may be billed to your student account. Covered by the Penn State student health insurance plan.

**Clown Nose Club Presents**  
**The Best Advice so Far**  
**Nov. 11 8 PM**  
 129 Waring (West Hall common area)  
 Erik Tyler will talk about his soon to be published book: The Best Advice So Far. The main topic will be “Kindness isn’t always a boomerang”.

**The Challenge Facts**  
 We won last year by 213 units of blood, 2,127 to 1,914. The score now stands at PSU – 11, MSU – 5. The Challenge runs from Nov. 1 through Nov. 18, with drives in the Residence Halls, Hintz Alumni Center, Pasquerilla Spiritual Center, Kunkle Lounge, and of course, the HUB. In 2009, this competition provided both the Greater Alleghenies Region and the Great Lakes Region of the American Red Cross with 4,041 units of blood. The units of blood collected throughout the Challenge are needed to increase the blood inventories in both regions before the Thanksgiving and Christmas holidays. All blood drives have PIZZA at the canteen and all presenting donors will receive a Challenge t-shirt!! The donor appreciation raffle for all presenting donors includes LionCash and merchandise and gift certificates from area businesses.  
 Nov. 5 10 AM – 4 PM  
 Kunkle Lounge  
 Nov. 8 1 PM – 7 PM  
 East Halls, 124 Findlay Commons  
 Nov. 9 1 PM – 7 PM  
 East Halls, 124 Findlay Commons  
 Nov. 9 1 PM – 7 PM  
 North Halls, Warnock Commons

**Applying for the 2011 Fresh START Day of Service Planning Committee**  
 There’s one item missing from “The twenty five things ‘real’ Penn States do before they graduate”: getting involved with service! This is the perfect opportunity to mark this item off your list! Why apply for the planning committee? Be a part of Penn State’s largest day of service. Great leadership experience. Inspire others to “get rooted” in service. Prior experience (participant or team leader) not required by encouraged. Want to know how to apply? Applications available beginning **Monday, Oct. 25 in 209 HUB**  
 Application due **Monday, Nov. 8 by 5 PM in 209 HUB**  
 20 minute interview part of the application  
 Join the 2011 Fresh START Planning Committee and inspire other students to “Get Rooted” in service! For additional information, please contact 2010 Fresh START Executive Director, Carolyn Higgins, at [cjh5219@psu.edu](mailto:cjh5219@psu.edu)

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