



**Free Pizza with your Professors! Wednesday, September 30th 1 PM in the Auditorium**

**Nurse Arlene Quesada Gives a Shot of Advice on Coping with H1N1 Virus**



# State of the Valley

The Penn State Lehigh Valley Student Newspaper

September 2009, Vol. 1, No. 1

## Biology Professor Makes the World Her Classroom

by Vince D'Imperio



Dr. McLaughlin with school children at an elementary school in the village of Tortuguero, Costa Rica.

Who would have thought that one simple idea in the mind of a biology professor could turn into a whole new way of teaching? To Dr. Jacqueline McLaughlin, it has become a whole new way of life. The accomplished professor of biology at Penn State Lehigh Valley has spent her lifetime transforming the textbook method of teaching biology into dynamic pedagogical methods of learning that immerses students, either in her "physical classroom" at Penn State Lehigh Valley or in her "field classrooms" around the world, in biological concepts and real-world issues through research experiences. By blending research with teaching, McLaughlin has opened the eyes of her students to biodiversity, the flagship of her entire program.

To those not familiar with McLaughlin and her work, she is the founder of CHANCE (Connecting Humans and Nature through Conservation Experiences). Under the umbrella of conservation, high school teachers, high school students, and Penn State undergraduates experience and connect with the realities of biodiversity that define the biosphere, our living planet. Indeed, sustaining the biodiversity of our world is a major component of McLaughlin's overall vision.

"The most important element of my work is being able to teach about the biodiversity of our planet. And with this, I can convey the message that we're losing her," McLaughlin said.

So, how exactly are the critical concepts of biodiversity put on a biology undergraduate student's level through CHANCE? This is where technology comes into play by putting

real-life scientific experiences into the hands of students, when lectures and textbooks fail to do so, by utilizing a set of online modules.

"...I'm not saying get rid of textbooks," said McLaughlin, "but that you can embrace research-oriented instruction by using learner-centered multimedia tools. Indeed, my personal research on student assessment reveals that such tools enhance learning."

Found on the CHANCE website, these interactive learning modules put students and teachers in the field without ever having to leave the classroom. Dr. McLaughlin teamed up with a number of world-renowned scientists to develop modules ranging across the spectrum of environmental biology and conservation science.

McLaughlin, though, was hardly ready to stop her teachings there.

CHANCE takes experiential learning to the next level by actually getting students out into the field. The program's most intensive and engaging element is its field course in Costa Rica. This field course is offered every summer to train and expose in-service and pre-service science teachers and Penn State biology undergraduate students to conservation research and realities first-hand.

The yearly trip to the Central American rainforest consists of pre-trip, trip, and post-trip assignments. The actual trip entails visiting four non-government organizations, venturing into the field, analyzing conservation issues, and experiencing what the researchers are doing in the field to sustain biodiversity.

The students and teachers on board for the 2009 trip visited several venues across Costa Rica. These included one of Costa Rica's

marine reserves Gandoca-Manzanillo Natural Refuge, where participants served with staff from Widecast on nightly patrols to guard and monitor leatherback turtle nests. Other sites visited include the coral reefs of Panama, the Organization of Tropical Studies in La Selva, where many aspects of the rainforest ecology were studied, and finally, work with

*Biology continued on pg 8*

## Got Game?

by David Amerman



Picture if you would a freshman, one of many new Nittany Lion cubs just getting used to his surroundings. He exits the pristine green educational facility after yet another laborious hour of class en route to his automobile and eventually, his nearby home. As he makes his way across the street, passing by a score of upperclassmen conversations, he thinks to himself, "There's got to be more than this."

According to Cengage Learning, creator of numerous textbooks you may have had the opportunity to enjoy, "Campus involvement...of the student not only relates to academic success, but also to identity

*Got Game continued on pg 7*

### What's Inside

The Move to Saucon Valley . . . . .	2
Stress Management . . . . .	2
Honors Program Trip to London . . . . .	3
Free Legal Software . . . . .	3
Chris's Tech Talk . . . . .	3
Shopper Girl: Pita Pit . . . . .	4
Megaphonic's Music Corner . . . . .	5
Dan Goes to the Movies . . . . .	5
Opinion Page . . . . .	6
Fitness & Wellness . . . . .	7



## The Story Behind the Big Move to Saucon Valley

by Patrick Herron

On March 18<sup>th</sup>, 2009, Penn State Lehigh Valley (PSLV) announced plans to purchase Lehigh Valley College's former campus located in Center Valley. Two months later, the sale was finalized. This marked the start of the hectic relocation from Fogelsville to Center Valley. Three months later, on August 24<sup>th</sup>, 2009, the fall semester began. It seemed that the relocation process had been a complete success. Well, it *was* a success, but not entirely complete.

By the start of the fall semester, the relocation process was roughly... 85% complete. Meaning that, all the essential hurdles had already been leapt. What remains now to be completed consists primarily of: the 2<sup>nd</sup> and 3<sup>rd</sup> floor science labs and faculty offices and the new library. Now, even though the campus was ready for its students, it still had a ways to go. So, what gives?

According to Dr. Thigpen, the Director of Academic Affairs, the most difficult aspect of the relocation was the sheer *speed* at which it *had to be* carried out. Originally, Lehigh Valley College had only planned to *lease* the building, but PSLV knew that they wanted to *purchase* it. So, a compromise was eventually reached: PSLV would purchase the Center



John Toney and Jason Jones work to install at whiteboard.

Valley campus, but the Lehigh Valley College students would be permitted to attend classes there during the fall semester. Due to sales negotiations, PSLV was left with barely three months to complete the project; the team certainly had their work cut out for them.

Daunting task or not (and it was certainly not easy), the team showed little discouragement. The team exerted a real "can do" attitude, realizing that what had to be done would be done; simple as that. It was a combined effort, with everyone pitching in their 110 percent; going above and beyond what their positions called for. Dr. Thigpen

recollects helping with the manual labor: spackling walls and moving tables and filing cabinets. Even people outside the project took an active interest. Architect Howard Kulp *donated* his expertise for *no price at all!* Contractors donated their time and skills to transfer the Nittany Lion statue from the Fogelsville to Center Valley. But, don't relax just yet, there's still work to be done.

Among the unfinished business, the most arduous task would have to be the project to move the library. In spite of the former campus' humble location and specifications, it boasted quite the impressive library; whose absence at the new campus has left some students disappointed. The problem is that "moving" the library is not as simple as "moving the library." Lehigh Valley College, naturally, is not Penn State Lehigh Valley, and so the facilities will certainly differ. Meaning that, as of now, the Center Valley campus has no area for a library.

Now, rest assured that the library will be making its way to Center Valley. Unfortunately, it is an estimated two-month long process that won't begin until October.

*Campus Move continued on pg 8*

## Stress Stinks; Counseling Works and is Available Nearby!

by Xander Atiyeh



Congratulations on your acceptance to college! You are now a step closer to achieving your dreams. During your stay at college, you will experience difficulties with studying habits. Along with

*Dalton Rumfield* massive amounts of studying, aggravating headaches may or may not occur. For the next few weeks, you may feel panic and nervousness amongst unfamiliar students. But once you get situated, prepare for the ultimate anxiety for midterms and finals! Did I also mention that your sleeping patterns would be affected?

Fear is one perspective on college only to certain individuals. To others, college is a home to grow up and mature in. The benefits from the courses and the overall experience lead students to a successful career and life. For a student that is completely lost between fright and terror, there is someone to show you a path.

Dalton L. Rumfield is a licensed professional counselor and a certified wellness coach. His practice is called Alliance Counseling and Wellness Coaching, LLC and is affiliated with Penn State Lehigh Valley. Dalton provides individual, couple, and family counseling sessions. "My goal is to join with my clients and assist them in achieving their goals," Dalton said. "Together, we work as a team to understand the concerns, establish goals, and collaborate on potential solutions." Besides working in a private practice for over 10 years, he held a variety of positions in agency based treatment programs; community based mental health services, and even provided in-home counseling services.

Stress can come from anywhere and

everywhere, especially while in college. So what exactly stresses students out? Dalton believes the answer is the transition from high school to college. "Students receive more responsibility, more work, more independence, etc," he says. "Every life stage brings different challenges." Apart from the academic parts of college, emotional and relationship challenges also affect us. Our needs and wants become different and more demanding than they did a year or more ago. And not only are there more challenges, but the challenges themselves are greater, making the situation more overwhelming.

To combat stress and anxiety, different techniques need to be ensued to alleviate the difficulties. During a session with Dalton, the techniques and remedies are actually co-created with Dalton and yourself. What works for one person may not have the same benefit for you. "If progress is being made, we continue as planned," says Dalton. "If no progress is being made, we strive to switch gears sooner rather than later." It is easy to create a solution after recognizing the problem. The sooner the problem is revealed, the easier it becomes to solve it.

Dalton's availability is made through appointments for up to six sessions a semester. His office is conveniently located off of Route 222 in Allentown and can be reached by dialing 610-366-9333. For the fall semester, a counselor, Tammy Cwienkala, will be present on Wednesdays from 10:00 am to 12:00 pm and on Thursdays from 12:00 pm to 2:00 pm. Students who seek this opportunity can proudly consider their steps to be progressive ones.

### How and Where to Get Help:

Who: Dr. Dalton Rumfield

Where: 1005 Brookside Rd., Suite 330, Allentown, PA 18106

When: Available by appt.

Phone Number: (610) 366-9333



# Honors Program Prepares for London

by Ashley Insalaco

Have you ever wanted to travel across the pond to London? Do you want to see the birthplace of Shakespeare, the Stonehenge, and Bath? Or perhaps pubs are more your style. Maybe you want to adventure into the famous pubs of England, for research purposes of course. If this appeals to you, you could join the Honors Club, Dr. Christian, and Dr. Livert in their five night trip to London in May.

Dr. Christian seems to be au fait with London when she admits that she has been there too many times to remember. She does recall on her first time to London in 1979 touring on a bus with other college students and being shocked when the tour guide plainly stated "Oh that's just a bit of the Roman wall." Dr. Christian remarked "How can you sound blasé about a wall that is 2000 years old?" The excitement in her voice is evident when she talks about her first "thrilling and exciting" trip to London. On the trip in May she hopes to "take a day trip to Bath which has been a resort town

ever since Roman time." She also wants to see some prehistoric ruins such as Stonehenge and Shakespeare's birthplace.

The trip will also venture coffee houses and pubs under the guidance of Dr. Livert, a sociology professor studying public spaces. Dr. Christian explains that these public spaces "are places that people could be socially engaged and influential and active that were disconnected from the formal institution. The development of the public space in England is considered to be an eighteenth century phenomenon" and a little insight into "how democracy got started."

She didn't mind venturing a bit off topic when asked what she never travels without, to which she replied "Well, I like my little folding alarm clock very much." This trip is open to all PSU students and will be around a thousand dollars. If you're interested in going you can email Dr. Christian for more information at [mrc1@psu.edu](mailto:mrc1@psu.edu).

**For More Information, contact Dr. Christian at [mrc1@psu.edu](mailto:mrc1@psu.edu).**



Dr. Christian



## Amazing Audio for \$10

by: Christopher Lai

Have you ever wanted high quality audio from your laptop, but didn't want to spend the money on a new fancy audio system just for your computer? Depending on your existing audio system, it may be possible to take advantage of your high quality speakers to fully experience the capabilities of your laptop, music player, etc.

To check if this is possible, look for a jack labeled "AUX IN". The labeling may be different, depending on your manufacturer. The input will consist of two RCA jacks (see figure A).



If that exists on your audio equipment, then you can purchase a \$10 cable with one male (the wire with the exposed metal conductor sticking out) 3.5mm stereo jack on one end and two male RCA jacks on the other. This is also known as a "Y" cable. Connect your laptop to the audio system, and set the audio device's input to "AUX IN". It is recommended that you start with volume on the lowest setting on both the laptop and the external audio system. Then, raise the volume to an acceptable level to avoid sudden loud sounds. With this new setup, you can implement a high-performance, cost-effective audio solution in a short amount of time.

# Software Hunting: Free 'Legal' Programs

By Christopher Lai

You and other college students are often looking for some free stuff. Free t-shirts, free concerts, and especially free food to name some of them. Software is another one of those hassle items where you may need to purchase and fidget with licenses. What about free software? "Well, aren't they unreliable?" you might ask. Here are some useful, free software I've used. While there are definitely pros and cons to using free software, here are some to start off:



**OpenOffice.org (<http://www.openoffice.org>)**

If you do not like Microsoft Works, WordPad, or Notepad, then this may be a good alternative. This provides functionality of Word (OpenOffice.org Writer), Excel (OpenOffice.org Calc), PowerPoint (OpenOffice.org Impress), and Access (OpenOffice.org Base). It also has Draw, which is a program that can manipulate objects in two or three dimensions, create organization charts, and other drawings.



**Photo Story 3 (<http://www.microsoft.com>)**

In this digital age, cameras are all over the place. Photo Story 3 allows you to create digital slideshows with motion (i.e. panning) music, and other effects.



**GIMP (<http://www.gimp.org>)**

A free alternative to Photoshop, GIMP is a powerful program that allows you to explore the world of digital imaging in a free package. GIMP is also compatible with a variety of formats, and can save projects in a format that supports layers. GIMP can be expanded by installing add-ons.



**Audacity (<http://audacity.sourceforge.net>)**

For sound editing, such as music and audio narrations, this program can add effects, clean up audio from background noises, and more. The program is expandable with various plug-

ins, which can be found on their website. It has the ability to save MP3s and tag them when the LAME MP3 Encoder is installed, which also can be found on their website. This encoder also supports ID3 tagging, allowing you to add the song title, artist, album, etc.



**Notepad++ (<http://notepad-plus.sourceforge.net>)**

This handy text-manipulating program allows you to work on source code, such as HTML, Visual Basic, and more. It can also search through files, and can manipulate text that even Microsoft Word doesn't do.



**doPDF (<http://www.dopdf.com>)**

When creating a basic PDF file, you can install this small tool that will act as a printer. To save a PDF, simply "print" the document, webpage, etc. to the printer called "doPDF", and it will prompt you to save a PDF file. There are other free programs from Penn State, where you can find at <http://downloads.its.psu.edu>. Here you will find a variety of downloads ranging from security to connectivity software.



# Shopper Girl: The Pita Pit

by Kaila DeRienzo



Among the various reasons why Penn State Lehigh Valley's relocation to Center Valley was one of the most advantageous moves ever made, is the fact that we now have one of the area's hottest shopping centers right in our front yard: The Promenade. Everyone is well aware of all pricey stores and restaurants here, but where can a college student get a good lunch at a reasonable price? Luckily the Promenade provides us with an answer: The Pita Pit. Not only does Pita Pit offer a fresh alternative to fast food and pizza joints, it will also help put some cash back into your pocket (or towards next semester's tuition bill).

When I walked into Pita Pit to schedule an interview with someone who would be able to talk to me about the company and its background, what I got was a response unlike anything I've previously experienced at a restaurant: a friendly, immediate answer to do the interview right then and there (keep in mind that I arrived at the prime time for lunch and the Promenade was getting busier by the minute). Before I knew it, I was sitting down at a table in the middle of the dining room with Matthew Gross- owner and general manager of

Pita Pit, who was all too eager to answer any questions from a fellow Penn Stater.

The theory behind Pita Pit is simple, yet innovative where the food industry is concerned: "Fresh Thinking and Healthy Eating." You are not going to find heavy breads and greasy sandwiches here; only a plethora of lean meats, crisp veggies, sensational cheeses, and signature dressings-all grilled together inside a Lebanese-style Pita. According to Gross, this is what makes Pita Pit stand out against its Promenade competitors. "We provide the quickest service and the healthier product for people on the go," says Gross.

Since its Promenade debut two and a half years ago, Gross and his staff of extroverted employees have been serving up over 30 varieties of pitas to people of all different race, nationality, age, and gender. Gross states that "the mix" is what creates Pita Pit's lively, upbeat atmosphere. "My staff aims for friendliness and wants their guests to feel welcome too," says Gross.

Keeping up with the demand from today's society to provide options for the health-conscious and catering to those who possess dietary restrictions is all in a day's work at Pita Pit. With seven vegetarian menu items, five "under 500 calorie" pitas, and numerous low-fat options, there is something for everyone at Pita Pit. Even still, for those who like to live on the wild side and experience exotic tastes,

Pita Pit offers signature style Pitass such as the "Chicken Souvlaki" (Greek seasoned chicken), the "Gyro" (traditional Mediterranean seasoned beef), and the "Hawaiian" pita, which is the perfect combination of ham and pineapple in an irresistible sweet and sour sauce.

For those who want to consume a hearty, nutritious breakfast but don't have time to cook before heading to campus, Pita Pit is here to the rescue. Breakfast pitas range from items such as the "Morning Glory" (eggs, avocado, and tomato), "Awakin' With Bacon," (eggs and a plentiful portion of bacon), and "Sausage Sunrise" (eggs and sausage). Have a hard time waking up early but still love breakfast? Not to worry. Pita Pit serves their breakfast all day.




Although Pita Pit's prices are relatively affordable for even the poorest of college students, Gross is more than willing to offer a five to ten percent discount on purchases made at the Center Valley location by Penn State Lehigh Valley students. This generous discount can be made possible as soon as Penn State Lehigh Valley authorizes the Lion Cash program at the Promenade's participating retailers, which is anticipated in the near future. Gross, a Penn State graduate himself, recalls his four years at University Park and would be delighted to give back to his alma mater by providing students with an affordable "healthy alternative to fast food."

# Dude, Where's My Professor?

Freshman Jaroby Holmes and other students should know that professors are located on the second and third floors of the campus, but there isn't much to mark their existence. To find your professor on the second floor, see staff assistant Loretta Yenser in room 217 and staff assistant Kathy Gray in room 315 on the third floor.





**KELLER WILLIAMS**  
REAL ESTATE  
**DEBORAH A. EGOLF**  
PROFESSIONAL REALTOR®  
SRES, Senior Real Estate Specialist  
ePRO Certified

Cell: 610-751-7865  
Office: 610-435-1800  
Fax: 610-435-2800  
Email: degolf7865@kw.com  
Website: pahomesonline.com

40 S. Cedar Crest Blvd.  
Allentown, PA 18104

Each Office is Independently Owned and Operated

ggaglobal.com      www.ggaglobal.com



**Full Service  
Advertising Agency  
since 1986**

**610-298-9999**

**geoff gutgold advertising**

**State Farm®**  
Providing Insurance and Financial Services  
Home Office, Bloomington, Illinois 61710



**Timothy D Brion, Agent**

602 West Broad Street  
Bethlehem, PA 18018-5272  
Bus 610-865-9001  
tim@timbrion.com



**Se habla español**

**Advertise in State of the Valley!**  
Contact Alexander Atiyeh at:  
**axa5060@psu.edu**



## Meg's Music Corner

by Meg Anderson

### The Starting Line

Rockin' Since: 1998

Hometown: Churchville, Pennsylvania

www.myspace.com/thestartingline

Sounds like: Hit The Lights, Valencia, New Found Glory

For 8 years, Churchville, Pennsylvania's The Starting Line has been delivering music to fans with original sounds. Looking for a band with upbeat guitars, a variety of lyrics, and a lead singer whose voice is sure to please? Check them out! This exceptionally talented band has been rocking out since 1998, and they released their first EP, *With Hopes of Starting Over...*, in 2001.

Since their formation, they have released two EP's and three full-length albums. Most people recognize their most popular song, "The Best of Me," when the lyrics "Tell me what you thought about when you were gone and so alone..." start in the beginning of the song. However, this band has a ton of other music to offer to listeners. Although "The Best



The Starting Line

of Me" is considered to be a classic from their 2002 album *Say It Like You Mean It*, their latest album *Direction* has taken a different, well, direction in sound versus *Say It Like You Mean It*.

Released in 2007, *Direction* showed listeners a brand new side to The Starting Line that fans had not heard. Their single off the album, "Island," has a relaxed, yet upbeat feel to it. "Something Left to Give" is a relaxing song, with lyrics that are easy-going and care-free. This album is not filled with the traditional love songs that are heard on the radio—it's filled with songs about life, experiences, and fun things to sing about.

Their sound has surely evolved from a small-town garage band, to a group of talented and professional musicians over the past 11 years. They definitely grew up alongside of their audience, and wrote music to suit them. When their first EP and *Direction* are compared, there is no doubt that both produce quality music, but the sounds coming from *Direction* are much more mature, and experienced in nature.

Where can The Starting Line be found? Currently the band is on hiatus, and is not touring or recording any new music. However, their Myspace page is still up and running, and songs from *Direction*, and some older tunes also, are available to play free of charge.

#### Discography:

*With Hopes of Starting Over...* EP 2001

*Say It Like You Mean It* 2002

*The Make Yourself At Home* EP 2003

*Based On A True Story* 2005

*Direction* 2007

## What's the Word

by Xander Atiyeh

No matter what your major may be, writing is always going to play a key role. My habit of writing has become my career, and I want to encourage everyone else to follow your dreams as well.

The best tip that I can give to writers is to put your emotions and experiences on the paper. Disregard your grammar for a moment and focus on the main point: that is how you will find your own style.

Every week, I will be giving a new tip. Try these tips and submit your work to me for a chance to be featured in the article. To get started, here is a poem I wrote from my book in progress called "Variations of X"

### Words Speak Louder than Actions

Speech is for communication

And for so long, I've held this pen in incubation

We only say what we want to define the purpose

And never search thoroughly under the surface

But with a mind that mines for ink

Allows us to propose deep thoughts that won't sink

Other times, we are lost for words in the current

A river that sweeps away all your courage  
And when your brain works but your lips are uncertain

Note that the paper holds words that are determined

Speech is mastered by the average Joe's

But prose can only be mastered by fantastic pros

\*Submit writings of any kind to axa5060@psu.edu\*

## Dan Goes to the Movies

By Daniel Viteri



Finally, another movie by the revolutionary director and screenwriter, Quentin Tarantino. Who can forget his color assigned "Reservoir Dogs", his philosophical hit-men from "Pulp Fiction" or his yellow jumpsuit wearing Bride from "Kill Bill"? This time he shows us his take on WWII. Going in I knew not to expect a "Saving Private Ryan" type movie that accurately depicts the image of war. Tarantino has always had his own unique method of filming movies and he reminds us of that style once again with "Inglorious Basterds".

"Inglorious Basterds" follows three different people in a Nazi-occupied France in the midst of War World II. There is the Tennessee born, Lieutenant Aldo Raine (played by Brad Pitt) and his squad of Basterds (Eli

Roth, B.J Novak and others), the German Colonel Hans "The Jew Hunter" Landa (Christopher Waltz), and Shosanna Dreyfus (Melanie Laurent). Each of these characters have their own clear objectives but those plans become disrupted when the characters cross paths. The bastards are a squad of American-Jews that are recruited by Lt. Raine to terrorize the Nazi soldiers that occupy France. They're objective is clear: kill Nazis. They take no prisoners, kill without mercy and scar for life the Nazi soldiers that they let go (if they're lucky enough to be left alive). The objective changes drastically when a once in a lifetime opportunity is presented to them. This opportunity is thanks to Shosanna Dreyfus.

Shosanna is a French-Jewish girl in hiding who owns a local theater. She is asked by the Nazi army to host an extravagant movie screening for a national war hero. The attendance list is full of important figures of the Nazi government and army. There are even rumors that Hitler himself might attend the premiere. Shosanna takes this chance to plan out a plot of revenge against the Nazis for having massacred her entire family. However the security for that night is being handled by the very astute, Colonel Landa. The Colonel

specializes in finding Jews that are in hiding by "thinking differently than his fellow Germans". Unlike our image of Nazi soldiers, Col. Landa doesn't scream or use brute force when dealing with a situation. Instead he uses his wits and charms to find what he wants. Even his threats are announced passively and calm, all the which makes this character more fearful.

Like always, Tarantino uses different levels of violence. He uses humorous violence in which you find yourself laughing along with the rest of the audience to the image of someone's head being skinned off. He also uses those short and loud bursts of violence that leaves you trying to figure out what had just happened. Once again he creates unique characters with great dialogue that are matched by the great performances of the actors. Eli Roth does a great job portraying the vicious and brutal "Bear Jew" and Brad Pitt is hilarious as the joke cracking Lt. Raine, but they are shadowed by the presence of Christopher Waltz as the devilish Col. Hans Landa. Overall the movie has great scenes and it had a very interesting ending. Quentin Tarantino delivers a great movie once again. A-



# OPINION

## Tell Your Story, Help Penn State and Help Yourself Too

by Alan Janesch

I'm a pretty lucky guy. I graduated from Penn State in 1976 with a B.A. in English, worked for two newspapers in the Lehigh Valley, went to Washington, D.C., after a few years to work as a Congressional press aide, later joined the staff of the National Governors Association, came back to my home state to work in Penn State's public information office, picked up a master's degree at the same time, and now I'm working for the Penn State Alumni Association. So I've had a lot of fun and interesting jobs, but my current job is the funnest (and most rewarding) job I've ever had – ungrammatical but true. Since January 2005, I've been director of the Penn State Grassroots Network, a legislative education and advocacy group that's housed within and sponsored by the Alumni Association.

In plain English, that means I work with the Network's 39,000-plus volunteer members to help them learn about legislative issues important to Penn State and how to communicate Penn State's needs to lawmakers in Harrisburg and Washington, D.C. When those volunteers get in touch with their elected officials as advocates for Penn State, their voices are heard, and their stories make a difference. That's because they're private citizens taking the time to contact the people who represent them in Harrisburg and in Washington, D.C. When they say to an elected official -- "I'm a member of the Grassroots Network, I live in your district, I care about Penn State, and Penn State needs your help" – that's a powerful message. And that's why the Network is making a difference. Since I came aboard in January 2005, the number of subscribed Network members has grown from about 17,000 to more than 39,400, and active Network volunteers have sent more than 13,000 messages of support for Penn State.



Alan Janesch (left) with Cheryl Stringer, an associate of his at the Alumni Association.

One of the biggest issues for Penn State every year is the amount of the state's budget appropriation for the University. Every year, the state "invests" several hundred million dollars in Penn State, because Penn State is (1) a state-related university, (2) the state's only land-grant institution, and (3) as such, it carries out several public missions that benefit the state. A large chunk of the state appropriation goes toward educating Penn State students and keeping tuition increases as low as possible. It also helps raise the quality of a Penn State education, preserve the value of a Penn State degree, and boost the local and state economy.

This year alone, Network volunteers banded together to urge state legislators to support a healthy state budget appropriation for Penn State and to include Penn State students in a proposed tuition relief program for college students in the state. They also urged members of Congress to help make sure that Penn State is part of a state application for federal stimulus package funds intended for colleges and universities, and reminded lawmakers that Penn State is the single biggest contributor to the state's economy, with more than \$17 billion annually in overall economic impact. Why is this such a fun and rewarding job? Because, both personally and professionally, it's great to work for your alma mater and with so many dedicated volunteers, and to be part of something that helps Penn State (including its students and alumni) and the entire

Commonwealth of Pennsylvania.

Currently, the Network has a number of ardent advocates at the Lehigh Valley campus, and more than 700 student members overall – but I'd like to have a lot more from the campus and from the student body in general. Please consider this a personal invitation to become an official Network member by filling out the short online form at <http://capwiz.com/psu/mlm/signup/>. That's the best option, because as a subscribed member you'll receive the Network's e-newsletters and periodic "action alerts" that make it easy for you to contact the state and federal officials who represent you. (And as a little bonus, I'll send every new member from the Lehigh Valley campus a copy of our brand-new legislative guide, pictured here.) You can also join the "unofficial" Grassroots Network on Facebook. (Probably best to go to your Facebook page and search for "Penn State Grassroots Network.") It won't cost you anything to be part of the Network. All it takes is a little of your time and energy. And in as little as a few minutes every month or so, you can make a big difference. (Questions? Comments? Check out the Network website at <http://alumni.psu.edu/grassroots/> or e-mail me at [grassroots@psu.edu](mailto:grassroots@psu.edu). Even better, stop by and see me at the Hintz Family Alumni Center. We call the Center the alumni's home on campus, and we really mean it. And we welcome future alumni, too!)

I really hope you'll join this chorus of Penn State voices. As an advocate for Penn State's future, you will help keep the University and its reputation strong. And that keeps opening doors for you. *Alan Janesch has spent nearly 16 years at the University Park campus – first as a student, then as a University employee, and now as an Alumni Association employee.*

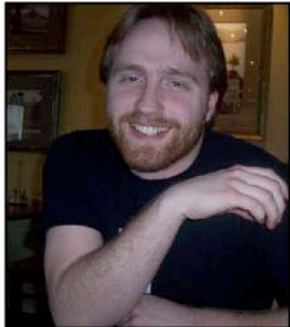
## Summer in State College

by Nick Dzienis

For my entire first year at the University Park Campus I heard constantly conflicting reports about summers in State College. Then I figured out that I would be staying here for the summer myself and I was naturally excited to form my own opinion about it. Some say it's boring and quiet and too hot.

Others say it's peaceful and nice and warm. No one, however, happened to mention how much there is to do here in the summer.

My own assessment is that there's plenty to keep you busy for your summer. Between working, volunteering, ArtsFest, enjoying the weather, and having an opportunity to obtain intimate knowledge of the public library you only need a few friends here to make the summer worth staying. Plus some crazy kids take classes too. My own involvement here included volunteering at the Schlow public library as well as the State College Area Food Bank. Both



of these were rewarding experiences but even if they don't sit right with you there's always the American Red Cross, Habitat for Humanity, or just old fashioned community volunteerism planting gardens and cleaning parks. Any time you get a chance to do something for others, expecting nothing in return, take it. It gives you a great sense of responsibility, community, and loving service.

A really big part of State College summer is ArtsFest. It's a four day event showcasing some of the most amazing art in the central Pennsylvania region. There's music, painting, sidewalk art, sculptures, and all other art forms. Small vendors selling the most beautiful hand crafted arts line Allen Street, Burroughs and even onto Pollock on campus. Buying such exquisite accents is not within the realm of a poor man as many of the paintings and photographs go for hundreds, if not thousands, of dollars. For a cash strapped student, such as myself, you have to content with just looking and appreciating. Beyond that there are vendors with games, activities, and lots and lots of festival food. All in all *Summer in State College continued on pg 8*

### State of the Valley Wants to Hear from YOU.

#### Letters Policy:

We want to hear your comments on our coverage, editorial decisions and the Penn State Lehigh Valley community in general.

Letters must be typewritten, double-spaced and no longer than 250 words. Students' letters should include semester standing, major and campus. Alumni's letters should include the year of graduation of the writer. All writers should provide their address and phone number for verification. Letters should be signed by no more than two people. Members and officers of organizations must include their titles if the topic they write about is connected with the aim of their organization.

State of the Valley reserves the right to edit letters for length and to reject letters if they are libelous or do not conform to standards of good taste. Because of the number of letters received, State of the Valley cannot guarantee publication of all letters it receives. All letters received become the property of State of the Valley. Views expressed are not necessarily the views of staff and advisers of State of the Valley.

Submissions, including original cartoons, can be sent via e-mail to Managing Editor Vince D'Imperio, [vwd5008@psu.edu](mailto:vwd5008@psu.edu). Include your name, year, major, and phone number (for verification).



## Coping with H1N1 Virus

by Xander Atiyeh

The new H1N1 virus is typically known as the swine flu and is causing illness worldwide and in every state in the U.S.

Although reports are issued almost daily, this article focuses mainly on our campus. It is always difficult to estimate cases of anything on a commuter campus as ours. Students may be diagnosed by their family practitioners, but the only way health services become aware are by parents or the students themselves reporting illnesses to the Bursar's office or to their professors. So far, we have had no reported



H1N1 cases. "There have been about thirty reported cases at University Park so far this semester," said Penn State Lehigh Valley's nurse, Arlene Quesada. "I have registered with the State Department of Health to receive

H1N1 vaccines for distribution. We will be updated as it becomes available. Everyone should remember that the target ages for receipt of the vaccine are 5 to 25."

Although it seems that the swine flu is multiplying, there are some easy and simple tips to prevent contamination.

"The easiest and first line of defense is simply washing your hands," says nurse Quesada. "Our computer labs, library, and cafeteria will be supplied with large hand sanitizer dispensers as a supplement to the cleaning of the keyboards in these locations." Nurse Quesada also makes it clear that although hand sanitizer can kill bacteria, washing your hands are a must. Here are some tips on how to be proactive regarding the swine flu:

- Rest and drink plenty of fluids
- Cover your nose and mouth with a tissue when you cough or sneeze
- Wash your hands often with soap and water, especially after you cough or sneeze
- Avoid touching your eyes, nose, or mouth
- Do not share utensils, drinks, cigarettes, or personal care items
- Stay away from crowds
- Try to avoid close contact with sick people

Nurse Arlene strongly encourages students to receive a 'seasonal' flu vaccine, remembering that this vaccine is completely different than the one for the swine flu.

To learn more information, here are some helpful websites:

- Centers for Disease Control <http://www.cdc.gov/h1n1flu>
- Penn State Live <http://live.psu.edu/tag/H1N1>
- Weekly UHS updates [www.sa.psu.edu/uhs/H1N1\\_Updates.cfm](http://www.sa.psu.edu/uhs/H1N1_Updates.cfm)

## Got Game?

continued from pg 1

achievement and general satisfaction with the academic experience." That excerpt from the College Success Factors Index, or CSFI if you so please, poses a question to people similar to the aforementioned freshman: How can one gain such satisfaction from their academic experience at Penn State University?

Ladies and gentlemen, welcome to the remarkable realm of sports! Currently, there are three different opportunities for athletic involvement: flag football, volleyball, and cross-country running.

Let's kick things off with flag football, a popular activity established at PSULV in the dawn of the new millennium that generally garners 80 to 90 students each year. From the common hours of 12:00 noon to 2:00 on Wednesdays, team of seven will take on other teams of seven in a battle of speed and strategy on the grassy plateau adjacent to Center Valley Parkway. The schedule comprises of six games and one championship match and the first game takes place on September 30.

Even more exciting is the fact that the Lehigh Valley Outlawz arena football team has been known to show up and serve as guest coaches or referees for playoff games. Flag football is co-ed, which means all are welcome to join this athletic frenzy so long as they do so by September 18.

Another chance to get involved whilst staying in tip-top condition is to join the intramural volleyball team. Practice sessions and games will take place on the sand volleyball court nearby the plateau where flag football will be taking place. Each team will consist of six students and will take part in a battle of bumping and brawn between, drum roll please, six other students! Contests will begin on September 29 and, like flag football, there are six regular games and one championship match-up.

Both male and female students can sign up for volleyball before the September 18 deadline. And even if you think playing intramural sports is not your cup of Gatorade, you can also volunteer to be a referee for either game. Anyone with questions can email coordinator Eric Miksitz ([ejm241@psu.edu](mailto:ejm241@psu.edu)) or Rich Fatzinger ([rwf10@psu.edu](mailto:rwf10@psu.edu)) or look for them at their office in room 221.

Cross country, on the other hand, differs from the previous two sports in that it is an intercollegiate sport. What that means is the activity takes place at many foreign locations such as Mont Alto, Scranton, and Wilkes Barre rather than a patch of grass overlooking the Promenade Shops. And participants are not only your classmates, but they are also fellow Nittany Lions from scattered branch campuses. Under the tutelage of Coach Doug Finley, runners of all two genders put their endurance, determination, and agility to the test in a series of grueling races against fierce competition from six other Penn State University Athletic Conference members.

In this prodigious sport, men run eight kilometers (4.97 miles) and women run five kilometers (3.11 miles). But no matter what the distance, cross country will test you both physically and emotionally should you choose to accept the task of signing up. Questions can be directed towards Coach Finley via email ([finley1017@yahoo.com](mailto:finley1017@yahoo.com)).

## Get in the Zone

by Raffaello Salvadge

The new campus has brought a couple perks along with it! There are some people who get extreme urges to swim not only in the summer time but in the winter season as well. Well the remedy to those urges lie across the street of the Penn State Lehigh Valley Campus. Swim-in Zone!

Swim-in Zone is an indoor swimming pool facility. It's a family owned swimming school that take pride in their swimming lessons. So, if you're not an avid swimmer and you would like lessons, this is the place to go. Their lessons are priced per lesson usually for about eleven weeks.

For the avid swimmer on the other hand, they have reasonable prices for drop in swimming. Now this would be the opportunity to go swim in mid January when you have a good two hour break in between classes. And that's the beauty of it. You can swim in a pool in winter and not be cold at all! Swim-in Zone's pool stays 87 degrees all year round.

If you're feeling up to it, and you happen to find ten dollars in your pocket, give Swim-in Zone a shot! If you do happen to like it and want to continue swimming there; there are very reasonable swimming membership passes that can be purchased. And after all, it is right across the street!

**DROP-IN SWIMMERS** Drop-in rate \$10 per adult, \$8 for ages 7-18 and \$5 for children ages 3-6. Children 2 and under are free. Drop-ins must sign a waiver. Children 6 and under must be accompanied by an adult in the water with them regardless of swimming ability.





## Campus Move

continued from pg 2

So...it's quite unlikely to be finished any time this semester. But, by the time spring classes begin, the library shall have been fully integrated into the Saucon Building. If that's not enough, a fitness center is planned to be integrated by spring as well.

It seems that the Center Valley campus will soon be "completed," but that's not entirely true. The campus will be constantly developing in an attempt to perfectly fit itself to the needs and wants of the PSLV students and staff. However, just as the relocation was a combined effort, so too is the development of the Center Valley campus. In order to make Center Valley the best it can be, it requires the active input of the community, specifically you, the student. Student action is paramount for organizing clubs, administering both positive and negative feedback to the faculty and staff, running the student government, and much more. We've just begun here at Center Valley and it is the perfect time to get that ball rolling.

## Summer in State College

continued from pg 6

the Central Pennsylvania Festival of the Arts is definitely one of the largest attractions of a State College summer.

Turns out the weather in State College during the summer, although a little too warm, is over all enjoyable. There are local attractions, parks, and more natural parts of Central Pennsylvania to visit. One of my favorite times this summer was a day trip to a local amusement park not quite comparable to Dorney Park but far less expensive. State College also hosts a Best of the Best car show in August and quite local to here is the Clearfield County Fair in early August.

So between enjoying a lazy walk by a stream, hiking Mt. Nittany, ArtsFest, volunteering, and the public library you only need to look so far to find something to enjoy if you happen to be spending a summer in Central Pennsylvania.

## State of the Valley

published by the students of Penn State Lehigh Valley

Vince D'Imperio, Managing Editor  
Raffaello Salvadge, Layout and Design Manager  
Christopher Lai, Photography Manager  
Xander Atiyeh, Advertising Manager  
Mark Swartz, Technical Assistant

### Writing Staff

David Amerman  
Meg Anderson  
Kaila DeRienzo  
Patrick Herron  
Ashley Insalaco  
Valeria-Nina Tatlow  
Daniel Viteri

Mr. Glenn Kranzley; Dr. Nichola Gutgold, Advisers

The State of the Valley is produced by students in COMM 001. All students of Penn State Lehigh Valley are invited to contribute. Anyone interested in joining should contact the adviser at dgn2@psu.edu.

## Biology

continued from pg 1

the Caribbean Conservation Corporation (CCC) in Tortuguero.

"Real science, real-world issues, real people made lasting impressions on me," said Soumya Immella, a student who participated in the trip. "I am more than a transcript. I am a citizen of this world, who wants to be educated, well-rounded, and experienced in worldly issues so as to positively impact this world for all of us."

Two new and important aspects of CHANCE are broadening its scope. First, McLaughlin is presently authoring a unique text/multimedia product for the undergraduate biology market that stands behind the premise of her research modules—bringing real world research into the "classroom." And second, her most ambitious objective ever: she is designing an interdisciplinary short-term field course in China whose theme is not only environmental science, but economics as well.

"The link between China's booming economy and deteriorating environment makes it the perfect place for both science and economics students to learn firsthand what it really means to be a citizen of the world," said McLaughlin.

Unlike previous CHANCE endeavors, this program will embrace the study of both environmental and economic issues to better understand China's ecological challenges. Business and biology students will travel to the Jiangsu Province in May 2010 to study air and water pollution, energy use and sources, and biodiversity realities. This area of China is perfect for eager students, having long been the country's most populated, affluent, and educated region. However its highly industrialized economy has made it a test bed



Penn State Lehigh Valley student, Soumya Immella, and Parkland biology teacher, Dianne Haberstroh, collect derbis along the beach of Gandoca, Costa Rica, where Leatherback sea turtles nest.

for Chinese efforts to create an environmentally sustainable development model.

Some of the field sites to be visited by participants include Lake Tai, so polluted that it has acquired a deep green hue from eutrophication (a process where bodies of water receive excess nutrients), the Yangtze River, the Three Gorges Dam, and the North-South Diversion Project, an effort by the country to divert an entire river's course across the country, which is greatly destroying the land's ecosystems. For such a complicated and ambitious task ahead of her, Dr. McLaughlin

is planning next summer's program slowly and carefully.

In addition to all its ambitious endeavors, CHANCE also holds an annual CHANCE Idol contest. High school students from across Pennsylvania write new and environmentally related lyrics to their favorite songs, videotape their performance, and a panel of judges with backgrounds in biology, including Dr. McLaughlin, decide which of who has created the best video. This year's winners were Carrie Strunk and Clare Kelly from Pocono Mountain East High School. The school will be awarded \$2,500 to create a community garden and outdoor theater on a parcel of land on their campus this September 17, 2009. The monetary award will be presented to the students

and the school by representatives from sanofi pasteur and ATAS International, Inc., who co-sponsored the competition at an assembly attended by over 700 students as well as special guests and dignitaries from the community. In addition, Richard B. Alley, Ph.D, Nobel laureate and Evan Pugh Professor in the Department of Geosciences, and Earth and Environmental Systems Institute at Penn State, will give a presentation on global warming live via video teleconference from Woods Hole, MA.

No matter what kind of projects or endeavors that Dr. Jacqueline McLaughlin and CHANCE undertake, one can be sure that they are in the best interests of her students. Her passion is their teaching of biology, and if done right, she believes that they will become the research scientists and/or good citizens of tomorrow that will help sustain our living planet.