



Volume 1 Issue 27
March 25, 2013

THE PSU Collegian

Where the NEWS is all about YOU

Calendar of Events

TUESDAY, MARCH 26
SGA Meeting, noon

WEDNESDAY, MARCH 27
Association of YMCA Professionals
9 a.m. - 3 p.m.

Egg Hunt, 6 p.m. in the gym

THURSDAY, MARCH 28
Brown Bag - V. Lynn, J Pierce
Noon - 1 p.m.

Baseball
PSU Worthington at PSU HN
at 2 p.m. and 4 p.m.
(At the Drifton field)

SUNDAY, MARCH 31
Easter

TUESDAY, APRIL 2
SGA Meeting, noon

WEDNESDAY, APRIL 3
Rotten Egg Hunt at noon

FRIDAY, APRIL 5
Late drop ends



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The future of SGA is in your hands

Belle Culver & Liana Van
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PSU-HN students had the opportunity last week to have an up close and personal meeting with the 2013-2014 Student Government Association presidential and vice-presidential candidates when they gathered in High Acres Café to discuss their platforms.

Junior Casey Petty and freshman Rangely Geronimo are running for office in hopes of making major changes around campus. Their main goals are to create a voice for student athletes and to allow Penn State alumni to be on campus regularly. They also want to see students be more involved within clubs and around campus by implementing activities that both residential and off campus students can participate in.

Petty, who is running for the president's seat, said Penn State Hazleton is a second home to him and he wants to make sure

all students share the same positive experience he has had. As 2012-2013's SGA vice-president, member of the basketball team, and one of the founding members and web-master of The PSU Collegian, Petty has a good idea of what goes on around campus and knows what things could be improved on.

Although vice-presidential nominee Rangely Geronimo is only a first-year student, she already has experience being president of the Spanish Club and director of activities for the Blue and White Society for PSU-HN. She and Casey are looking to work closely with the student body and would love to hear any suggestions anyone may have regarding making the PSU-HN experience better.



Cast your votes online tomorrow and Wednesday to decide who will be the new SGA President and Vice-president.

Students are encouraged to go online to cast their vote at elections.psu.edu from Tuesday, March 26 to Wednesday, March 27.

If students want to see things change on campus, they have to make their voice heard by voting for people with the power to make a difference.

Campus welcomes Dominican poet for reading, book signing

Dr. Beatriz García Glick
bxg19@psu.edu

Spanish Club and the Faculty Senate Lectures and Events Committee welcome Dominican poet, Eddy Ulerio, on Wednesday at 7 p.m. in Graham 115 for a reading and book signing of his poems "Travesía: Estaciones del alma/

Voyage: Seasons of the Soul."

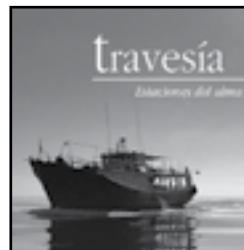
The book contains 63 poems about love, life, family, religion, and the Dominican Republic among other themes. This bilingual presentation will include readings in both Spanish and English of several poems, an informal discussion with the author and a book signing session.

Ulerio, the poet, Marisol Espallat, a Spanish translator from NYC, and other local bilingual poets will be at the presentation to discuss the author's work as well as his importance in Dominican literature.

His book "Travesía" is on reserve at the library and below is an excerpt of one of his poems.

*Tu presencia fertiliza de caricias,
Los surcos hostiles, lleno de imagines
Y sonidos de mi desierto de soñar. . .*

*Eres (poem title), la más fina expression
Del lenguaje simbólico de la
Naturaleza que no pierde un solo
Instante, para anonadarnos con sus
Besos de vida.*



*Your presence fertilizes the caresses,
the hostile furrows, filled with images
and sounds of my dreaming desert. . .*

*You are (poem title) the finest expression
of the symbolic language of
Nature that doesn't waste
an instant to shake us with
Its life's kisses.*

Can you guess the title of the poem? If not, find it in the library and/ or come to the poetry reading on March 27, at 7 p.m. in Graham 115. ; Te esperamos!



See Peeps being nuked.

THE CREW

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Editorial content

Articles, ideas, photos, opinion pieces, commentary, cartoons, jokes, artwork, music, videos and vlogs are welcome at The PSU Collegian. There are multimedia components to the student-run vehicle so just about anything may be communicated. This is an opportunity to hear or read about YOU.

All submissions must contain first and last names, ages, emails and phone numbers so we may contact you if there are any questions.

Email:

urpsunews@gmail.com

Voicemail, messages:

570-435-1PSU (1778)

Easter treat

10 steps for 'nuking' your peeps



Bored every Easter with the same old basket of treats? Why not add some excitement to this year's confectionary delights by creating something different with your treats. According to wikihow.com, here is what you can do with those ever popular Peeps everyone gets for Easter.

DIRECTIONS

1. Buy or use received Peeps (Walmart has them for \$1 a box)
2. Put Peeps on a plate (Make sure that you use a large enough plate. The peeps will expand to the size of a softball when microwaved.)
3. Open microwave door
4. Put plate in microwave
5. Close door.
6. Set the timer from 30 to 60 seconds depending on the wattage of your oven. (Note: Peeps will deflate after you remove them)
7. Start microwave

Chemistry teacher puts out 'Do Not Microwave' list

When you microwave something, you input energy into its molecules. This can produce heat and stimulate a chemical reaction. This is great, if you are cooking food. Other materials don't produce a favorable result.

Here's a list of things (and foods) you shouldn't microwave and why. Don't try this on your own. It will destroy your appliance or poison you with noxious vapors.

- **CDs** - Soooo pretty! The coating makes the sparks. If you nuke a cd, you'll get an awesome sparkler-like display, but you run the risk of a fire. Obviously, the CD will never work again. I would presume the vapors from the burning polymer are toxic.

- **Grapes** - Your grapes will ignite, even though they are mostly water. It's a decent way to see the

8. Watch the peeps transform.
9. Stop the microwave and open the door.
10. Take Peeps out of the microwave.

WARNING

Do not eat Peeps until they cool or you may burn your mouth, lips, gums and tongue not to mention your throat if they get that far.

BE CREATIVE

Get some graphm crackers and some Easter chocolate for a colorful Easter S'more treat.

TIPS

- Despite rumors to the contrary, exploding Peeps in the microwave does not occur as quickly as it would appear. If you truly want a sticky, gooey mess and the explo-

sion, then do not take them out of the original box and leave on the plastic wrap. Set the time on the microwave for about five minutes.

- Something fun to do is to stick a toothpick in each Peep, then put the Peeps close to each other so that the toothpicks barely touch. Put them in the microwave, then watch the "battle".

MORE WARNINGS

- If you leave them in the microwave too long, they may "pop" and make a mess.
- The resulting Peep will be really sticky.
- Do not handle the microwaved Peeps with your bare hands until they have cooled, or you could burn your hands.

By Anne Marie Helmenstine, Ph.D. who writes about chemistry for About.com

state of matter known as plasma, but you can ruin your appliance once the water from the grapes evaporates.

- **Toothpicks or Matches** - This is another example of plasma or ball lightning that can destroy your appliance. If you absolutely have to see charged plasma, get yourself a plasma lamp.

- **Soap** - Okay, maybe you should try this one. You get a cascade of bubbles. Very cool, decent chance of microwave survival, plus the soap is already inside for clean-up. Note that Ivory™ was used, which is actual soap. Other brands may not work as well. Another interesting note: the bubbly cloud that results has

been tested and remains 'soap'. Apparently when you microwave soap, the water boils and forms soap bubbles. Heat causes air in the bubbles to expand. When the microwave stops, the soap re-solidifies.

- **Hot Peppers** - My dad once sent me some dried hot peppers. He recommended nuking them for a few seconds to make sure they were dehydrated before storing them. He recommended nuking them for a few seconds to make sure they were dehydrated before storing them. Um... don't! The capsaicin (chemical that is 'hot') is volatile. Eyes will sting and your throat will burn.

- **Lightbulb** - Don't do it. Microwaving bulbs represent a real health hazard. Mercury vapor doesn't vanish. Lead is also released.

Amanda's Corner



Incendies (2010)

Twins journey to the Middle East to discover their family history, and fulfill their mother's last wishes.

-credit imbd.com

All movies available for 24 hour rental in the library.

JOKES OF THE WEEK

A visitor to a certain college paused to admire the new Hemingway Hall that had been built on campus.

"It's a pleasure to see a building named for Ernest Hemingway," he said.

"Actually," said his guide, "it's named for Joshua Hemingway. No relation."

The visitor was astonished. "Was Joshua Hemingway a writer, also?"

"Yes, indeed," said his guide. "He wrote a check."

A college business professor could not help but notice that one of his students was late to class for the third time that week. Before class ended he went around the room asking students some questions about the day's lecture. Of course, he made sure to pick on his tardy pupil.

"And who was it that developed the theories behind communism?" the professor asked.

"I don't know," the student said.

"Perhaps if you came to class on time, Mr. Reeb, you would know," said the professor.

"That's not true," the student replied. "I never pay attention anyway!"

Easter word search...en español

BUSCAR	O	N	L	Á	D	O	M	I	N	G	O	J
CONEJITO	D	F	L	O	R	E	S	A	A	I	S	T
CONEJO	C	R	J	T	P	S	C	M	V	E	Y	Ú
DECORAR	E	A	V	I	O	C	F	O	C	O	V	A
DESFILE	L	C	S	J	L	O	T	L	R	P	A	R
DOMINGO	I	S	O	E	L	N	U	A	G	A	B	E
DULCES	F	U	V	N	I	D	L	P	F	S	R	V
ECONTRAR	S	B	E	O	T	E	I	P	C	C	E	A
ESCONDER	E	F	U	C	O	R	P	G	N	U	I	M
FLORES	D	O	H	I	O	S	A	Ó	A	A	H	I
HIERBA	T	Ú	R	Í	H	N	N	R	Ñ	J	Q	R
HUEVOS	T	I	N	T	E	X	E	I	L	E	D	P
LIRIO	L	J	X	Í	Ó	K	S	J	D	B	G	R
NIDO	Z	Ó	M	K	Y	Á	U	Ó	O	O	X	Y
OBEJA												
PALOMA												
PASCUA												
POLLITO												
PRIMAVERA												
TINTE												
TULIPANES												

G2K...

Cynthia Valenzuela



Where are you from?
Las Vega, Nevada

What is your major?
Letters Arts and Sciences

What do you do for fun?
I like to paint, clean, play sports, and cook.

What's your favorite thing to cook?
Anything Mexican and anything desert.

If you were going to die tomorrow what would you do today?
Go home and spend the rest of my life with my family.

Say one fact about you?
I'm a hard cookie...I look good but I'm hard!

Annual Egg Hunt a few hops away

PSU Hazleton's 16th annual community Easter egg hunt will be held Wednesday, March 27 beginning with registration at 5:15 at the physical education building. The egg hunt is open to area children ages 1-9. Following registration the egg hunt will take place in the gym at 6:15 p.m. The event is being sponsored by the Residence Life of the campus.

In addition to the hunt, children will be treated to refreshments and other activities. Participants must bring their own baskets to collect the eggs.

Pre-registration is being accepted now. To register children, email the names and ages of the children along with parent contact information to psuegg hunt@gmail.com.

Monday, March 25, 2013

Speaker to discuss Mass Media and American Indians

Penn State Hazleton will host John Sanchez, assistant professor of Journalism at Penn State UPark, tonight at 7 p.m. in 115 Evelyn Graham Building, weather permitting. The presentation, sponsored by the Faculty Lecture Committee's George Tseo Memorial Lecture event, is free and open to the public.

Sanchez will discuss "Mass Media, Mass Media Indians and American Indians in the 21st Century." It is a topic he has researched extensively and has published. Named one of the leading scholars in the field of intercultural studies, he is also a Freedom Forum Teaching fellow and an AEJMC / ASJMC Freedom Forum Leadership in Diversity Fellow.

Affiliated with the Yaqui / Apache tribes, Sanchez continues to work as a consultant to Indian Country education, diversity and mass communications initiatives.

For more information on this event, contact PSU-HN's university relations department at 450-3180 or visit hn.psu.edu.

PSU diversity presentation deals with poverty

PSU Hazleton will host a diversity presentation Thursday, April 4, from 1:30-3 p.m. in Butler 103. (That's the seminar room downstairs.)

Guest speaker will be Dr. Linda Trompetter, who will speak on the topic of poverty as a "minority" status in society. Dr. Trompetter's theme is that economic divisions in society have become just as divisive, (if not more so) than race or gender, although they are all linked.

Her talk reflects a situation that affects everyone, regardless of gender, race, ethnicity or orientation. The presentation is open to the public. There will be no need to make a reservation.

Meditation and Qigong classes forming

A new session of Meditation and Qigong classes will be forming at St. John the Baptist Polish National Catholic Church, 12th and Church streets, Hazleton beginning April 1. All classes run on an eight-week session. Registration is required. Students are requested to wear loose fitting clothing and flat comfortable shoes.

Classes are as follows:

Meditation classes

Monday beginning April 1st Morning classes 10 – 11 a.m. Evening classes 6:30 – 7:30 p.m.

Meditation has been practiced for thousands of years and is a component of many religions.

Through the practice of meditation we learn how to transform our minds to develop a more positive attitude, making our minds calmer and more focused and capable of embracing the ups and downs of life.

Qigong exercise classes

Tuesday mornings beginning April 2 from 10 – 11 a.m.

Tuesday evenings beginning April 2nd from 6 – 7 p.m.

Wednesday mornings beginning April 3 from 10 – 11 a.m.

Wednesday evenings beginning April 3 from 6 – 7 p.m.

Students are asked to check with their primary care physician before beginning any exercise regimen.

Qigong, pronounced "chee gong" is an ancient Chinese exercise form, and is one of the oldest branches of Traditional Chinese Medicine,

It was developed more than 5000 years ago and has become an effective science of health and healing.

It is practiced worldwide to treat and prevent illness and disease.

Similar to Tai Chi, it involves gentle movement, breathing techniques, self massage, meditation, and relaxation practices.

Its mild stretching, low impact conditioning and isometrics help to increase range of motion, build strength, stamina and improve balance and coordination.

Continued practice of Qigong has found to improve circulation, lower blood pressure, reduce stress, increase lung capacity resulting in easier breathing and helps to build the immune system.

Qigong instruction is given by



Loretta Pavlick a Licensed Practical nurse for 38 years and is a Certified Medical Qigong Therapist and Certified Qigong instructor who has studied Qigong and Complimentary medicine for 15 years.

She is a graduate of the Maryland Branch of the International Institute of Medical Qigong Therapy, Overseas College of the Henan University of Traditional Chinese Medicine and is presently attending classes at the East Coast School of Medical Qigong Therapy and

Healing Arts. She is a professional member of the National Qigong Association and continually updates her knowledge and training in this ancient healthcare system.

Medical Qigong Therapy treatments are also offered by appointment.

For registration and more information concerning these classes and Medical Qigong Therapy treatments please call Loretta at 570-954-7483 at

www.lifelongcenterforqigong.com.

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