

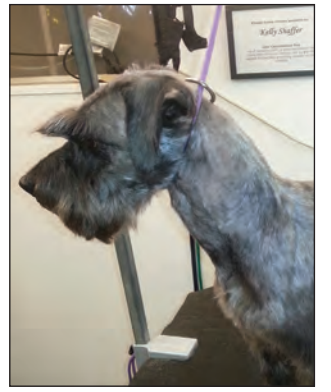


Voices choices
pg. 14

VOICES

OF CENTRAL PENNSYLVANIA

Thoughtful. Fearless. Free.



Dog grooming
pg. 22



Folk music of Centre County
pg. 20



Campus victims deserve justice outside the criminal justice system
pg. 8

PSU OVER ZONING

A look into local escalating boundary violations. How corporate Penn State's housing project "The Cottages" threatens Ferguson Township farmland and the quality of local drinking water - and what citizens can do about it.

Pg. 3

What motivates us as volunteers? • PSU planning another boundary violation • **Campus victims deserve justice outside court** • A Personal Memoir of a Civil Rights Activist • **How has ISIL attracted so much attention?** • PSU developing products for visually-impaired • **VOICES Choices** • BIRDWATCH: American Robins • **Letters to the Editor** • Wind turbines - blowing away energy costs • **Does the box store bird sing?** • Thar she blows: The LAGuide to winter weight • **SUDOKU** • Whitey Blue • **NATURAL LIFE: Age spots aren't forever**

Page Two: What motivates us as volunteers?

I was just looking at political cartoons on the Internet, and in one of them two men were talking about writing for a certain past president. The first guy said, "Man, how can you stand writing all that crap for him?" And the other one said, "Because they pay me to."

That got me thinking about our publication. Voices' writers are volunteers, and that means that their motivation is obviously not money, so it must be something else. What could that something else be?

As I look at this month's articles I think I have some ideas: It could be the need to promote justice, the

drive to contribute to the struggle for equality for all individuals, the desire to understand global conditions and to communicate that understanding with a pro-active audience. It could be that writers would like to support and share ways that people can keep themselves, their pets, and all sentient beings healthy and chemical free. Some writers may feel the need to celebrate and share creativity. Some are concerned about the need to encourage the fair use of our planet's resources, while protecting our precious environment for future generations.

Our readers pick up the paper expecting to see elucidating,

interesting, and useful ideas about alternative ways to get along with one another and to improve our environment.

This is why Voices means something to this community, because its mission is not to make money or to blindly sway people to our belief systems, but to educate and elucidate about



MARILYN JONES
Editor in Chief

thousand a month to keep us running, and that does not count the many volunteer hours that are donated every week. If you are interested in contributing through writing, please contact us at editor@voicesweb.org. If you have money to donate, please contact us at pmorris05@gmail.com, or send your donation to: Voices, P.O. Box 10066, State College, Pa. 16805. You may be able to do a lot or a little – whatever you can do, we

are very grateful. We would also like to say goodbye to our intrepid layout editor, Amanda Dash, who has done a wonderful job for us and is leaving to move upward and onward to a layout design position at the York Daily Record. Her work is always excellent and she will be truly missed. Good luck, friend! ■

We are always looking for two things: well-researched stories about issues and situations that affect us in Centre County, and donations to keep us going. Surprisingly, it costs a couple

Thoughtful. Fearless. Free.

© 2015 Voices of Central Pennsylvania Inc.

April 2015, Issue #215

EDITORIAL BOARD

EDITOR IN CHIEF

Marilyn Jones

editor@voicesweb.org

LAYOUT CHIEF

Amanda Dash

arts@voicesweb.org

ASSISTANT LAYOUT EDITOR

Luciano Sormani

COPY EDITOR

Katherine Watt

OPERATIONS

Advertising Manager

Jon Vickers-Jones

advertising@voicesweb.org

Circulation Manager

Kevin Handwerk

circulation@voicesweb.org

Webmaster

Bill Eichman

bill@voicesweb.org

BOARD OF DIRECTORS

President

Elaine Meder-Wilgus

Vice President

Arthur Goldschmidt Jr.

Secretary

Chip Mefford

Treasurers

Peter Morris & Jesse Barlow

LETTERS TO THE EDITOR

Voices encourages letters to the editor and opinion pieces commenting on local issues.

Letters should be a maximum of 250 words; opinion pieces should be a maximum of 800 words. We reserve the right to edit length. Because of space limitations we cannot guarantee publication.

Send submissions to:
editor@voicesweb.org

Letters become the property of Voices.

ADVERTISING POLICY

Write to [advertising@](mailto:advertising@voicesweb.org)

voicesweb.org for rate information. Only publication signifies acceptance of an ad by Voices. Publication of an ad does not imply endorsement or recommendation by Voices of any product or service.

Deadline to reserve space is the 15th of the month. Cancellation of an ad by the customer after the 15th incurs full charge.

Voices accepts political ads regardless of party or viewpoint.

SUPPORT VOICES

Voices of Central Pennsylvania is a 501(c)(3) nonprofit volunteer organization. Your donations and bequests keep Voices free and independent. Donate at voicesweb.org or email voices@voicesweb.org for details.

CONTACT US

Voices of Central Pennsylvania

P.O. Box 10066

State College, PA 16805-0066

voices@voicesweb.org

voicesweb.org

In This Issue...

- 2 — PAGE TWO: What motivates us as volunteers?
- 3 — PSU planning another boundary violation
- 5 — A Personal Memoir of a Civil Rights Activist
- 8 — Campus victims deserve justice outside court
- 9 — NATURAL LIFE: Age spots aren't forever
- 11 — Theatre for personal and societal change
- 12 — How has ISIL attracted so much attention?
- 13 — PSU developing products for visually-impaired
- 14 — VOICES CHOICES
- 16 — American Robins: the true herald of spring
- 17 — Building up VOICES and saying goodbye
- 18 — Letters to the Editor
- 18 — Wind turbines - blowing away energy costs
- 19 — Does the box store bird sing? Or is it trapped?
- 20 — Taking a look at the folks behind folk music
- 21 — Thar she blows: The LAGuide to winter weight
- 21 — SUDOKU
- 22 — Down 'n' dirty in the dog grooming business
- 23 — Whitey Blue on high-rise apartment buildings

PSU planning another boundary violation

By: LAURA DININNI
CUSUMANO
and KATHERINE WATT
Lmd242@gmail.com
katherine_watt@hotmail.com

****This article was written for VOICES, but was inadvertently published first on Steady State College.****

Another planned luxury student housing development in Ferguson Township highlights escalating boundary violations in an increasingly abusive relationship between private interests aligned with corporate Penn State, and the residents and governments of surrounding communities.

“The Cottages” is a 1,093-bed luxury student housing development planned by Penn State Vice-President for Finance & Business Dan Sieminski, Richard Keyser of Toll Brothers, and Jon Williams of Williams & Associates, for a roughly 40-acre parcel at the intersection of Whitehall Road and Blue Course Drive, near the triple border of Ferguson, College and Harris townships.

If built, the project will sit atop the recharge area for the Harter-Thomas wellfields that supply two-thirds of the five million gallons of clean drinking water used daily by 75,000 State College area residents, on high-quality agricultural soil and karst limestone.

Scripted rollouts of these types of community-undermining projects are a depressingly common experience for municipal staff and elected officials, who have said that Penn State’s long-range plan is to fully develop more than 500 acres of university-owned land in the Slab Cabin Run watershed – traversed by an extension of Blue Course Drive between Whitehall Road and Route 45. “The Cottages” is just the tip of the spear.

Penn State spokesmen tout loudly and often the many benefits to the local economy provided by tuition, housing and food dollars spent by Penn State students. They frame demands on municipal governments in terms of “what’s good for Penn State is good for the surrounding communities.”

But concerned and increasingly angry citizens are amassing a large body of evidence for the opposite assertion – “What’s bad for the community is also bad for Penn State.”

Each new boundary violation – Circleville Farm development, the Columbia Gas pipeline controversy, the ongoing State College struggle

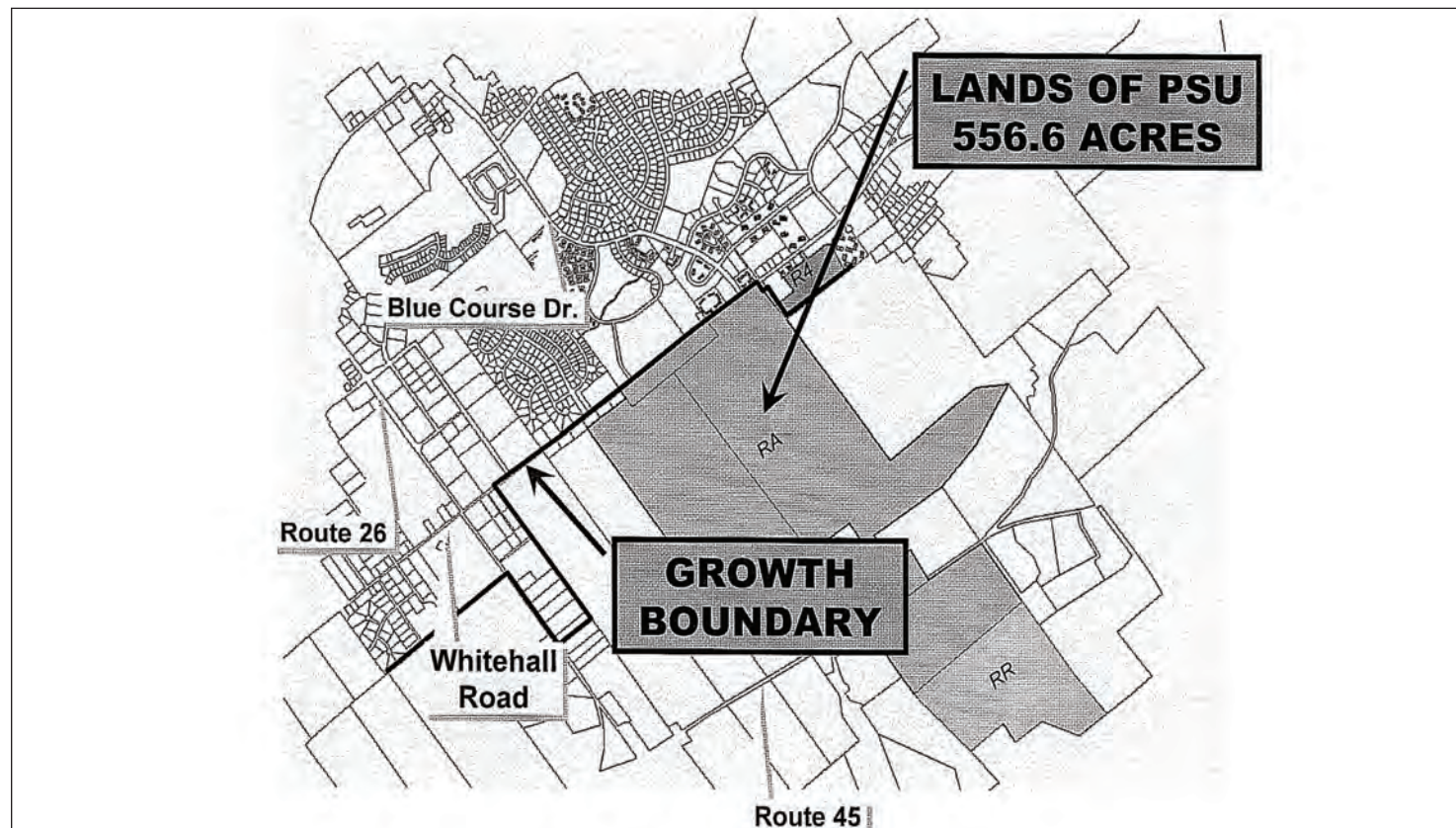


Image by Ferguson Township Planning Commission

Map showing proposed development area of “The Cottages.” The 1,093-bed luxury student housing developing is located at the intersection of Whitehall Road and Blue Course Drive and will sit atop the recharge area for the Harter-Thomas wellfields.

around overlay zoning, and now the attack on our public drinking water supply – demonstrates a powerful, inhumane momentum to shape the entire community to feed Penn State’s corporate appetites. Corporate Penn State does not account for the diminishing returns posed by constant enrollment and construction growth on a finite land mass: threats to drinking water, stormwater and sewage disposal overload, increasing traffic, deteriorating air quality and higher demands on public services.

Growth pressure is enrollment-driven.

Corporate Penn State does not provide public information about enrollment growth projections. It’s not in the 2009-2014 strategic plan, or in the current draft of the 2015-2019 plan.

They do publicize the “2+2 enrollment model,” which encourages students to attend branch campuses for two years and then transfer to University Park. As a result of this policy, the undergraduate population at University Park is disproportionately juniors and seniors of drinking age, steered to off-campus housing by the lack of available on-campus beds.

Even if upper-classmen wanted to live on campus, corporate Penn State has strategically undermined its residential building program for the past 30 years to externalize housing and

food services. In 1980, University Park had 33,800 students and 13,200 beds, offering housing to 39 percent of enrollees. By 2013, there were 46,200 students competing for 13,600 on-campus beds. So over the past 30 years, enrollment has increased 37 percent, while available on-campus student housing increased 3 percent.

It’s not for lack of funding. Over the same period, corporate Penn State and mega-donors shelled out hundreds of millions of dollars for vanity projects including the Bryce Jordan Center (\$55 million); Medlar Field at Lubrano Park (\$31.4 million); Katz Law Building (\$60 million); Millennium Science Center (\$225 million) and Pegula Ice Arena (\$90 million). The current capital plan includes a new Chemical and Biological Engineering building (\$140 million) and a new University Park Data Center (\$69 million).

Instead, it’s a deliberate externalization of costs, taking the housing and student-supervision responsibility from corporate Penn State and giving it to local governments, for-profit private developers allied with University administrators, and neighborhoods. The developers make money. The university cuts costs.

But students driven off-campus are burdened with higher debt loads to pay for luxury housing off-campus. And municipalities – which rely on

earned income taxes from wage-earners and property taxes (from which Penn State is exempt) to fund schools, police and fire protection, water and sewer service and system maintenance, trash-collection, snow-plowing and public employee pensions – find themselves struggling to make ends meet as the proportion of students to adult residents keeps rising.

Whitehall Road/Blue Course incursion.

On August 25, 1999, the Richard King Mellon Foundation (the philanthropic arm of Bank of New York Mellon) sold a 26.3-acre Whitehall Road parcel to Penn State. There are at least two recorded deeds: one for \$1 and one for \$99,307.

In the 2000 Centre Region Comprehensive Plan, the six participating municipalities identified strategic regional goals, including balancing community growth; protecting environmental resources such as drinking water supplies; directing growth to areas efficiently served by public utilities, services and transit; preserving and enhancing the low-density community character in rural areas outside the Regional Growth Boundary; and preserving farmland for agricultural use.

from **violation**, pg. 3

In November 2003, Penn State submitted a three-part request to the Ferguson Township Board of Supervisors, asking supervisors to: rezone 26 acres of the Whitehall Road parcel from Rural Agricultural (RA) to Multifamily Residential (R-4); expand the Regional Growth Boundary past the north side of Whitehall Road; and amend the Centre Region Act 537 Plan to extend sewer service from the University Area Joint (Sewage) Authority into the new development tracts.

When asked by Ferguson Township officials to review the application, Centre Region Planning Agency staff submitted a report in March 2004 urging supervisors to deny the application, maintain the growth boundary and leave the agricultural zoning intact. Reasons included hydrogeological evidence that development at the site would threaten the safety of Centre Region residents' main drinking water recharge area, and the availability of other vacant R-4 land within the growth boundary to meet anticipated demand. The report cautioned: "Opening an arterial street into this area outside the Regional Growth Boundary would represent an important revision to the concept of containing higher density development north of Whitehall Road."

On September 7, 2004, Centre Region Planning Agency Senior Planner Sebastian DeGregorio attended the Ferguson supervisors meeting, strongly urging the board to uphold the Rural Agricultural zoning to protect regional water supplies and the integrity of regional growth boundaries. The supervisors spurned DeGregorio's warnings, and voted 3-2 to approve Penn State's rezoning request. Richard Mascolo, Cecil Irvin and George Pytel voted "Yes"; Steve Miller and Richard Killian voted "No."

In 2011 Penn State sold Ferguson Township a nearby parcel for parkland, opened the proposal process for the student housing development and selected Toll Brothers as developers. On May 4, 2012, the Penn State trustees approved the sale of two Whitehall Road parcels, a total of 40.39 acres, to Toll Brothers subsidiary Springton Pointe LP, for \$13.5 million. The trustees added an additional 5.5 acres – still zoned agricultural – to the planned sale on September 20, 2013. (Trustee Karen Peetz of BNY Mellon – the landowner that sold the property to Penn State in 1999 - didn't recuse herself.)

In December 2012, Toll Brothers

presented their first concept plan to Ferguson supervisors: 493 units for 1,600 students. Almost a year later, in November 2013, they updated the proposal to include a mix of apartments and townhouses with 1,544 student beds. Although the land was still zoned R-4, the developers said they planned to request rezoning to PRD (Planned Residential Development).

In the spring and summer of 2014, Toll Brothers delayed public hearings on the plan, because they were fielding investment interest from "national student housing corporations" and setting up a business partnership with Williams & Associates. On October 6, the developers submitted a Tentative PRD Plan for 268 units containing 1,093 beds (to rent between \$500 and \$900 per bed per month), and announced a single-phase build schedule to begin in May 2015 and be complete by August 2016.

Multiple reviewers examined the plan and weighed in on water and other issues, including Kenneth Beldin of Gwin, Dobson & Foreman; Ron Seybert (Ferguson Township Engineer); and Scott Brown of Newell, Tereska & McKay.

Brown expressed concern about "soils or geologic limitations ... including ... the risk of sinkhole formation, particularly as related to potential impacts to the State College Borough Water Authority wellfields which are down-gradient from the site... and explicitly ... any limitations caused by the observed shallow depth to bedrock and high bedrock infiltration rates in the vicinity of proposed infiltration facilities and sedimentation control basins."

David Yoxtheimer, Principal Hydrogeologist of Aqualith Technologies, submitted another analysis of groundwater impacts, warning: "the proposed project area is upgradient and within the delineated Zone 2 wellhead protection areas for both SCBWA wellfields. Accordingly this project is contained within the ground water recharge area of these primary regional public water supplies and raises concern for potential ground water resource impacts. The surface drainage that would be routed via a large natural swale... from the proposed project area would be ultimately directed toward Slab Cabin Run and Wellfields 1 and 3. A fracture trace was previously mapped to

be coincident with a portion of this swale, therefore the swale's subsurface is interpreted to be a zone of increased bedrock fracturing and therefore a zone of enhanced ground water recharge and flow. Previous dye trace testing demonstrated that Wellfields 1 and 3 receive at least some surface recharge from Slab Cabin Run, therefore any contaminants in surface runoff from the housing project could potentially have adverse impacts on regional drinking water quality. Potential contaminants of concern in the surface runoff would consist of oil, grease, fuels, glycol, and de-icing agents from the site parking lots, fertilizers used on site vegetation, as well as waterborne pathogens such as coliform bacteria."

But concerned and increasingly angry citizens are amassing a large body of evidence for the opposite assertion - "What's bad for the community is also bad for Penn State."

The paper trail for this multi-year process also includes boundary disputes between Ferguson, Harris and College Townships; jurisdictional shifts for erosion and sedimentation control and enforcement between Ferguson Township and Centre County

Conservation District; stormwater management concerns raised by the COG Public Services & Environmental Committee; a developer application to the Federal Emergency Management Agency (FEMA) for "a conditional revision to the Flood Insurance Rate Map"; work by the PA Fish & Boat Commission to have Slab Cabin Run designated as a high quality coldwater fishery; problems with sewage treatment capacity, organic overload, Slab Cabin Run flooding, and prohibition of beneficial reuse water discharge due to the high quality fishery designation (encountered by University Area Joint Authority officials); concerns about the comparative effectiveness of gravity-driven vs. pump-driven sewage systems at the site (raised by DEP); and legally-problematic phasing of the sales agreement between Penn State and Toll Brothers in terms of permitting procedures.

By mid-January of this year, Autumn Radle at Centre Region Planning Agency received "a final subdivision and lot consolidation plan." Radle responded, noting concerns about including the additional 5.5 acres for stormwater management facilities as inconsistent with the "goals and objectives and intent of the 2013 Centre Region Comprehensive Plan," because it's outside the Regional

Growth Boundary and Sewer Service Area, will retain Rural Agricultural zoning without meeting the minimum 50-acre threshold, and violates land use goals for "protection of agricultural areas to maintain their future agricultural use."

Radle concluded: "...allowing developers to build facilities, calculate density, and satisfy open space requirements using parcels outside the RGB and SSA sets an undesirable precedent that erodes the integrity of the RGB and SSA."

However, she then suggested that the Township respond to those clear boundary violations – not by firmly denying the developers' improper application – but by literally moving the regional growth boundary to the developers' advantage and the region's self-protective disadvantage.

There's no evidence in meeting minutes that Ferguson supervisors read these reports or considered the

seriousness of the water safety issues; Board Chair Drew Clemson admitted on March 16 that he was not aware of the Yoxtheimer report and hadn't read it. So, ignoring 11 years of documented warnings, the Planning Commission split 3-3 on the Tentative PRD on February 23, and the supervisors approved the plan on March 2 by a 3-1 vote (Miller, Clemson, Killian voted "Yes;" Whitaker voted "No;" Mascolo absent.)

By township ordinance, the next stage of the PRD process is a 90-day design review period, a Final Plan

Submission, a 45-day review period, and then another supervisor vote on the final plan. Two days after the

tentative plan approval, the developers submitted a variance request to the Ferguson Zoning Hearing Board, asking to be exempt from the 90-day Pre-Final Design Review. (The supervisors endorsed the developers' request, which was scheduled for the zoning board's review on March 24, after Voices went to press).

Penn State's cognitive dissonance.

In recent years, some Penn State administrators have tried to project an image of transparency, engagement and sustainability, while cutting faculty and community members out of key strategic discussions, prioritizing financial profit over all other considerations, and refusing to strengthen weak open records and conflict of interest policies.

Corporate Penn State spokesmen

see **violation**, pg. 5

from **violation**, pg. 4

appear regularly at public meetings, lobbying hard to undermine community priorities like clean water, clean air, firm growth boundaries and productive agricultural soils, and instilling fear of legal retribution and lack of confidence in community members and elected officials alike. At the same time, Penn State Extension staff present webinars on “land use planning to protect water supplies.”

The Ferguson Township website presents the results of a resident survey, praising the “natural, pastoral beauty.

When asked what they enjoy most about living in Ferguson Township, residents said they appreciate the Township’s farmland and open spac-

es, as well as its safe neighborhoods.” In 2012 – motivated by those same values – Ferguson residents adopted a Community Bill of Rights, the first of which is “the right to pure water.” But time and again, we sit in meeting rooms and speak up at public hearings to support our values and priorities, only to see Penn State bully municipal officials into submission. The notion that resistance is futile becomes a self-fulfilling prophecy when resistance isn’t even attempted. Citizens are relegated to being witnesses watching bullies win. It’s a pattern of collective civic traumatization.

Township officials can shift from resignation to resistance. They can, in fact, deny all applications for further zoning changes, variances, waivers,

extensions, subdivisions, sewer planning modules, permits and the final plan approval, and instead rezone the area back to Rural Agricultural (RA) or to Natural Resources (NR-1), citing the wealth of evidence that RA zoning is a crucial component of drinking water protection and their obligation as public officials to protect public health, safety and welfare.

COG, UAJA and individual municipalities can establish growth boundaries and sewer service areas as firm; regional planning can be aligned to zero-growth projections and replacement of aging building stock with basic, affordable, energy-conserving structures. DEP can deny permits and add wellhead protections to the recharge area. Community activists

can continue to investigate, collect documents, and serve as an educational and advocacy resource for governments and neighborhoods as these types of conflicts continue to flare. All of these public entities can respond to the litigation threat by drawing the legal challenge: we can force corporate plaintiffs – led by Penn State – to sue in open court for judicial endorsement of their plans to contaminate the regional drinking water supply. ■

Laura Dininni Cusumano (PSU Class of 1991) is a Ferguson Township resident and community organizer. Katherine Watt (PSU Class of 1996) is a State College writer and community organizer. Research on this story is ongoing.

Personal Memoir of a Civil Rights Activist

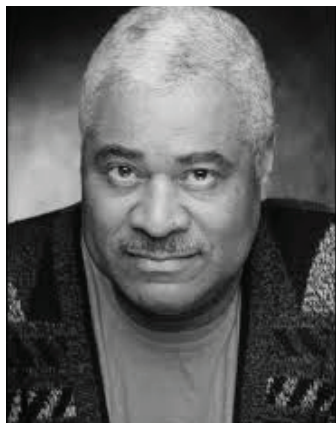
Part 5 - FIFTY YEARS LATER - REUNION AND REBIRTH PART 2

By **CHARLES DUMAS**
cxd28@psu.edu

I returned to New Haven in the Fall of 1975 in order to attend Yale Law School. The hospitality and friendship I established earlier with Rev. Sloane Coffin had a major influence in my choice. Yale had a reputation for focusing on ethical and humanitarian principles. The current US President at the time, Gerald Ford, had graduated from Yale Law as had two sitting justices on the Supreme Court: Potter Stewart and Byron White. Two future justices had recently graduated from Yale, Clarence Thomas in ‘73L and Samuel Alito in ‘75L. A third member of today’s Supreme Court was to enter the Law School the following year, 1976, Sonia Sotomayer. Bill ‘73L and Hillary ‘72L Clinton were also recent graduates. Both George Bushes’ had graduated from Yale undergrad but not the Law School.

I was very proud to be at Yale. It was a triumph, though not a personal one. A few of my African-American colleagues were upset because they felt that our white classmates looked at us, Black students, as beneficiaries of affirmative action, that we were at Yale not because of merit but government mandated largesse. I knew I was there because of the sacrifices of those who

had gone before me, opening doors, crashing ceilings, busting down walls of intolerance, and providing avenues of opportunity. I was at Yale because of the struggles of family, friends, and fellow activists. I was riding the coat tails of my Alabama great grandma, Willie, who didn’t get a chance to go to high school in the Jim Crow South but made sure her children did. The winds beneath my wings were generated by Martin, Malcolm, Medger, Fannie Lou Hamer, Mickey, James, Andy, Viola Liuzzo, Jimmie Jackson, Rev. Reeb a quarter million marchers from 1963, hundreds from Bloody Sunday in Selma, and literally millions who had given sweat, tears, and blood so we could enter these ivy covered walls to arm ourselves with knowledge in order to pursue our dreams. I was determined to do the best I could to honor their sacrifices. Though I did spend the first few months thinking that I was at Yale because of an administrative mistake.



CHARLES DUMAS
Theater Professor, PSU

I was there during the time that the Bakke decision was before the Supreme Court Our local Black Law Student Association filed an amicus brief. Several of us re-started the Waite Inn Chapter of the Phi Delta Phi, which had been first organized in 1887 but dormant since the 60’s. It was my job to contact President Ford,

Associate Justices Stewart and White, and others who had been members. We invited them to attend the recreation ceremony. They didn’t, but sent nice letters of encouragement. I worked with the Prisoner’s Legal Defense team, helping write appeals for inmates at the Federal Detention Center at Danbury.

During my first summer vacation I worked as an organizer for the farmworker project for Mid-Hudson Legal Services (MHLS). The Congressionally funded agency helped poor people with civil legal issues in a five county area of upstate New York. Later I became President and interim CEO of MHLS. MHLS had three cases, which were argued before the Supreme Court. I was called to testify before a subcommittee, examining whether the Legal Services Corporation should be allowed to continue its work. LSC was refunded but at a fraction of the former level.

During my second Summer I worked as an intern in the corporate offices of IBM. I had been an assembly line worker in the IBM Poughkeepsie plant. After graduation I returned to IBM corporate as a law clerk. It was a good company to work for. Their policies regarding affirmative action were among the most progressive of any corporation at the time. And I was privileged to work under Nick Katzenbach, one of the heroes of the Southern movement.

During my third year at Yale I spent the Fall semester working as a legal researcher for the Centre for Transnational Corporations (CTC) at

the United Nations. The two projects I worked on were 1) a code of conduct for Transnational Corporations, and 2) preliminary research on transnational corporations in South Africa which lead to the publication of: Policies and practices of transnational corporations regarding their activities in South Africa and Namibia. It was an exciting time to be in the UN. Andrew Young had been appointed US Ambassador by President Carter. Young had been one of MLK’s assistants. His presence created credibility for the United States among many African liberationists. 1977 was also the first year that the Republic of Viet Nam was admitted as a member nation. I was privileged to be sitting in the observer section in September when they assumed their seat.

I walked with the class of ‘78 in our provisional graduation. Many of us wore black armbands to protest Yale’s investments in apartheid South Africa. I did not actually get my juris doctorate until ‘79. I needed to finish a report, which required a field trip to South Africa. John Opel, the president of IBM, was also interested in what was happening on the ground in South Africa. He arranged a loan to cover expenses.

I spent about a month in-country. It allowed me to see apartheid up close and personal. I was there when the trials were going on for the students who had been arrested at the Soweto uprisings. I even had a scheduled

see **memoir**, pg. 6

from **memoir**, pg. 5

appointment with Botha, the Prime Minister. He never showed after keeping me waiting for three hours. I recall standing at the dock sending a prayer across the water to Nelson Mandela and the other political prisoners on Robben Island. The pilgrimage to South Africa helped strengthen my resolve to fight against apartheid, racism and oppression in any form.

1981 -1992 REAGAN/BUSH

The country and world went through major transformations during the dynasty of Presidents Reagan and Bush. The Empire of the Soviet Union imploded and after a brief period of democracy was taken over and ruled by billionaire gangsters. In the US the top income tax rate paid by the wealthiest people in society dropped drastically. In 1963 the top rate was 91%. The last year of Reagan's presidency, 1988, it was 28%. In 2013 it was about 39%. This has had a major effect on income distribution. In 1976 the top 1% of the population controlled about 20% of the country's income. In 2007 the share of the nation's wealth controlled by the top 1% was 35% and climbing. Today the top 1% control about 40% of the country's wealth according to *Vanity Fair*.

This growing income inequality between the very rich and the rest of us has had a profound effect on the civil rights movement. The priorities of every day Americans switched from issues of justice and equality to strategies of economic survival. Many people of color, including myself, have been lifted out of the doldrums of hand to mouth, paycheck-to-paycheck existence. Many others have been left to try to find traction in the slippery slime of an economic swamp. The super rich in America, Europe and ironically formerly communist Russia and China are getting richer while the rest of us, black, white and brown, struggle to hold our heads above water.

To stop this trend in 1980 we fought to save President Carter and the Democratic administration. I ran for local office, the New York State Senate. We organized a Get-Out-The-Vote campaign. We registered hundreds of people and articulated the progressive economic policies of the Democratic Party's platform. We ran the campaign in much the same way we had run civil rights campaigns by attempting to 1) raise the consciousness of ordinary working people, 2) register and mobilize voters, 3) focus on specific issues of concern, 4) organize what we

called a "rainbow coalition." We ran on a platform of civil justice, women's rights, environmental sanity, income distribution, more jobs at decent salaries, better education.

We had some support from the national party. Coretta Scott King, MLK's widow, came to town to support us as did my former boss, Congressman Charles Rangel. Then Lt. Governor Cuomo lent support. Joan Mondale included us in her junket around the State. I was asked, along with Congresswoman Shirley Chisholm and Rangel to welcome President Carter on one of his visits to New York. We got some economic support from the unions. My friend Hodding Carter came by to visit and gave us a nice donation as did former NYC's mayor, John Lindsay. Along with the President and much of the Congress we lost the election. The Reagan landslide swept the country and transformed America.

1993 BILL CLINTON

Bill Clinton, Yale Law grad, and Rhodes Scholar from Arkansas, became the third consecutive Democratic President from the Deep South. As the Governor of Arkansas he was considered progressive in matters of civil rights and foreign policy. He helped right the tottering economy and not only balanced the federal budget but created a surplus. His wife, also a Yale Law grad, was a former head of Legal Services Corporation and became a Senator from New York and Secretary of State under Obama. One of the happiest moments of my life was taking my Mom, a long time Democratic poll judge, to the Democratic Convention in Chicago to see the President re-nominated for a second term.

Bill Clinton, because of a personal indiscretion, was brought up on articles of impeachment. He was acquitted, but the damage was done. His vice president, Gore, lost in a close election. Gore actually won more popular votes. But a close race in Florida required a recount. The US Supreme Court voted in a 5-4 decision to stop the recount in Florida, effectively giving the state and the presidency to George Bush Jr.

2001- 2008 GEORGE BUSH JR.

The coming of a second George

Bush was distinguished by three major events: 1) the attacks on September 11, 2001), 2) The wars in Afghanistan and Iraq, 3) the economic collapse. All three of these things were connected.

On the morning of 9/11/2001, I was in New Jersey, having just left New York City. We were filming an episode of the television show, ED. I played a recurring character on the show, a judge. We had just finished the first part of a courtroom scene when the word came down. The City was on immediate lock-down so we couldn't cross the bridge. Our floodlights were taken to use at the crash site.

As with all Americans, the September 11 attacks changed my life. The following year I was serving as a Fulbright Fellow at the University of Stellenbosch in South Africa. I was repeatedly asked about the effect of 9/11 on America. I decided to write a narrative

play based on the observations of ordinary people. I drew from my own experiences, research, and stories I had heard. The United States Consulate in Cape Town sponsored a reading of my play, "9/11 A DAY IN THE LIFE OF A PEOPLE," for the Capetown diplomatic community. It has been performed every year on the anniversary of 9/11 in different venues including twice at the National Constitution Center in Philadelphia. It was the first play presented (as a reading) at the PSU Downtown Theatre Center. It won The 2010 David Award for Activist Art.

The 9/11 attack led to a debate as to the appropriate response. Some thought the correct response would be to seek out the persons who organized the attack through a criminal manhunt. Others thought the appropriate response was to invade Afghanistan to root out Al Qaeda. The hawks won. I was in Africa when the debate about the invasion of Iraq started. Despite the fact that the largest demonstrations against a war since Vietnam were happening around the world - I was told that a million people demonstrated in New York - the US invaded Iraq.

I believe that the financial collapse, the Great Recession, was a direct result of Reagan/Bush economic policies. Attempting to run wars without raising taxes, allowing excessive spending and corrupted speculation by banks and

large corporations almost destroyed the US economy.

2009 – 2015 OBAMA

We watched President Obama's first inauguration from the very same spot where I had listened to Dr. King's speech in 1963. My wife and I had tears in our eyes. A few years ago I listened as President Obama eulogized former President Nelson Mandela. We couldn't have been prouder. He has been the most courageous leader of the Movement and our country in our lifetime. He brought us out of the Recession, concluded two wars, expanded justice for all peoples, tried to bring us some form of universal health care coverage, and attempted to recreate the idea of collective consensus in foreign policy while all the time being attacked, vilified and disrespected by enemies, haters and sometimes by so-called friends.

When the second presidential campaign started we decided to also run for the Democratic nomination for the US House of Representatives, fifth Pennsylvania district. The fifth is the second largest district east of the Mississippi. It covers all and parts of fifteen counties in Central Pennsylvania. The African-American population is less than one percent. Some of the counties have no Black folks at all. It is overwhelmingly Republican. The last and only Democrat since WWII to win was right after Watergate for one term. We wanted a chance to articulate some of the president's and the Democratic Party's policies. We felt those policies would benefit the middle class and working people of our extended community. We attempted to run a grass roots campaign. We had very little money and no support from the national party. They considered the fifth a lost cause. They were right. We lost. But we got over 100,000 votes and over 37 percent. More importantly, the President won Pennsylvania and the national election.

1964 MFP REUNION

In 2014 several hundred of us, volunteers and staff, from the Mississippi Freedom Project gathered in Tougaloo College in Jackson, Mississippi. Tougaloo had been one of the staging grounds and organizing centers for Freedom Summer. It was a chance to see some old friends and colleagues, Bob Moses, Charlie Cobb, and to meet some of the new young people from new projects around the country. There were many more new

see **memoir**, pg. 7

from **memoir**, pg. 6

folks than old, which was encouraging. It felt as if the Movement was back. But, in reality, The Movement has grown. There were many issues: environmental, labor, women's rights, anti-fracking, gay rights, indigenous people's rights, education equity, voter suppression, and immigration reform were discussed and new strategies were formulated.

Calling us veterans of the Movement, the young people listened to us politely and with seeming interest. There were dozens of volunteers and staff. Some had written books about their Movement involvement. It was a wonderful and touching time, especially when we shared stories about the brothers and sisters who weren't there. We promised to stay in touch... and to meet at the reunion in Selma.

2015 SELMA REUNION

The 50th Reunion of the Selma to Montgomery March across the Edmund Pettus Bridge was bigger than anybody expected. Predictions were between 15-20,000. Some local police estimated there were 60-65,000 on Sunday. The very successful film, SELMA, had a lot to do with it, but so did the presence of the First Family. What struck me about this March was how many young people and children there were. Parents had dressed their



Photo courtesy of CHARLES DUMAS

Charles Dumas and his wife Jo at the Edmund Pettus Bridge. The gathering had 60-65,000 people show up for the 50th Reunion of the Selma to Montgomery March.

children up in their Sunday best to go see the President and to participate in history. It was a true blessing. Someone articulated the meaning of this special moment far better than I could. President Obama said:

"For everywhere in this country, there are first steps to be taken, there's new ground to cover, there are more

bridges to be crossed. And it is you, the young and fearless at heart, the most diverse and educated generation in our history, who the nation is waiting to follow. Because Selma shows us that America is not the project of any one person. Because the single-most powerful word in our democracy is the word 'We.' 'We The People.' 'We

Shall Overcome.' 'Yes We Can.' That word is owned by no one. It belongs to everyone.... Fifty years from Bloody Sunday, our march is not yet finished, but we're getting closer. Two hundred and thirty-nine years after this nation's founding our union is not yet perfect, but we are getting closer. Our job's easier because somebody already got us through that first mile. Somebody already got us over that bridge. When it feels the road is too hard, when the torch we've been passed feels too heavy, we will remember these early travelers, and draw strength from their example, and hold firmly the words of the prophet Isaiah: 'Those who hope in the Lord will renew their strength. They will soar on wings like eagles. They will run and not grow weary. They will walk and not be faint.' We honor those who walked so we could run. We must run so our children soar. And we will not grow weary. We believe in the power of an awesome God, and we believe in this country's sacred promise. May He bless those warriors of justice no longer with us, and bless the United States of America." Amen! ■

Charles Dumas, a Fulbright Fellow, is a theatre professor at Penn State, a professional actor, director and writer, and the artistic director and co-founder of The Loaves and Fish Traveling Rep Company.

WEBSTER'S

BOOKSTORE CAFE

Used Books · Records · Cafe · Events
Coffee · Tea · Vegetarian & Vegan Fare

Sunday Brunch Rocks (& rolls)

Every Sunday from 10-2 we serve a special brunch menu full of wonderful meals for the vegan, vegetarian, and carnivore. And each week we have live music for you by the best musicians in town.

Normal Hours
Mon-Fri: 7:00am - 9:30pm
Saturdays: 8:00am - 8:00pm
Sundays: 8:00am - 8:00pm

See our website for all of the events happening at Webster's this month and every month.
WebstersBooksAndCafe.com

**Support your local bookstore
Become a member!**

For \$60 (\$50 senior/student, \$100 family) you get:

- \$1 coffee
- unlimited free wifi
- limited edition Webster's mug
- 10% off book purchases and beverages

133 E. Beaver Ave.
State College, PA 16801
814-272-1410 (under Uncle Eli's)

P.S.U. Misclassified Workers


ARE YOU AWARE THAT

YOU ARE PROBABLY UNDERPAID?

You have **NO JOB PROTECTION?**
Your benefits are **NOT NEGOTIABLE?**

If so...

Contact us now



Like us on Face Book

Brought to you by
Teamsters Local Union No. 8
PRIDE • UNITY • STRENGTH
1-800-537-1757 www.IBTLocal8.org
Affiliated with the
INTERNATIONAL BROTHERHOOD OF TEAMSTERS

Campus victims deserve justice outside court

By: SHARON BARNEY, Esq.
sharon@sharonbarneylaw.com

You may see teal ribbons, a symbolic expression of support for ending sexual violence, on jacket lapels and floating in the trees outside of the courthouse in Bellefonte this month. Since 2001, April has been recognized nationally as Sexual Assault Awareness Month (SAAM).

Sexual assault, especially on college campuses, has become a topic of national interest due to increased media attention, grassroots activism, and the willingness of brave victims to tell their stories. Beyond Jerry Sandusky's sexual assault of children on Penn State's campus, other high-profile stories involving college athletics have been reported recently. Jameis Winston, star quarterback of Florida State's football team, was investigated for allegedly sexually assaulting another college student in December 2012. And this January, a jury in Tennessee found two Vanderbilt football players guilty of raping a college freshman.

Last year, Emma Sulkowicz, a Columbia University senior who was allegedly raped by a fellow student, began carrying her mattress around campus to raise awareness about sexual assault. In her endurance art project—entitled “Carry That Weight”—Sulkowicz carries her mattress as a symbol of the painful burden she still carries due to the sexual assault. She vows to continue to carry the mattress until her rapist is expelled or leaves the university. Inspired by Sulkowicz's story, Penn State students created a similar event last fall. The students walked through campus and downtown State College with a mattress to show solidarity for other sexual assault survivors, including Sulkowicz.

The statistics surrounding sexual assault on college campuses are jarring. A 2000 study by the National Institute of Justice estimates that 20-25 percent of college women are victims of rape or attempted rape during the course of their college studies. Ninety percent of these victims know their offender. Less than 5 percent of rapes or attempted rapes of college students are reported to law enforcement. And only two-thirds of victims tell someone else, usually a friend, about the crime. Nationally, according to Justice Department and FBI statistics, only 32 percent of sexual assaults are ever reported to police, with 2 percent leading to felony convictions and jail time for perpetrators.

At Penn State, 17 forcible sexual offenses were reported on-campus and 11, off-campus in 2013. This academic year alone, as of March 15, there have been 42 reported sexual assaults, with 19 of those reported to have taken place within the past two months.

While the rate of reporting is increasing, the



Photo courtesy of Colorado Coalition Against Sexual Assault

April, since 2001, is national Sexual Assault Awareness Month, an increasingly relevant topic nationally and locally.

numbers shed light on the barriers victims face when deciding to come forward and report. In addition to the fear that they will not be believed, victims also fear being ostracized. College campuses contain a unique peer culture: victims fear that they will become social outcasts since perpetrators are often within their same social circle. Internalized feelings of shame, or denial that someone they know and trust could have perpetrated a crime against them, may cause victims to persuade themselves that a crime did not occur. Some victims are aware of the consequences of moving forward with a criminal investigation, including the fact that it will take months or years before they see a jury, with a strong possibility that their perpetrator will walk away with no jail time. Many student victims would rather care for their mental and medical needs and successfully complete their college degrees than open the doors to pain, frustration, and re-traumatization in the criminal justice system.

Two major federal laws provide civil remedies outside of the criminal justice system for student victims of crime: Title IX of the U.S. Education Amendments of 1972 and the Clery Act. Title IX states that schools that receive federal funding cannot permit sex-based discrimination, which includes sexual harassment and sexual violence, like rape and sexual assault. Title IX mandates that schools must maintain certain procedures and protections for victims to remain compliant with the law. Student victims can file a private lawsuit against noncompliant schools to seek monetary damages and force the schools to act in accordance with the law.

The Clery Act requires that colleges and universities must accurately publish statistics related to crimes that have occurred on their campuses each year. The Clery Act also contains the Campus Sexual Assault Victim's Bill of Rights, which requires that victims of crime on college campuses are notified of resources available to them and the disciplinary procedures available at the school. Failure to maintain compliance with the Clery Act can result in fines up to \$35,000 per incident.

Currently, there are 94 colleges across the nation, including Penn State, that are being investigated

by the U.S. Department of Education's Office of Civil Rights for Title IX violations related to the treatment of sexual violence on their campuses. A new documentary, “The Hunting Ground,” now showing in select theatres, highlights the violations of some of these universities by showing the lack of transparency in campus administration, the barriers student victims face in reporting their assaults, and the drive to seek justice under Title IX.

There has been pushback from defense attorneys, college administrators, and students themselves, who say that the “preponderance of the evidence” standard used in college disciplinary proceedings violates accused students' due process rights. A preponderance of the evidence means that a violation or crime occurred “more likely than not.” This standard is more lenient than the one used in criminal trials, which demands that the crime occurred “beyond a reasonable doubt.”

Other commentators believe that the higher education system is the wrong venue to decide these issues. All cases, they argue, should be referred to and handled by law enforcement and the criminal justice system. However, this argument does not recognize that all criminal disciplinary acts that occur on-campus, including burglary and simple assault, are decided by the same evidentiary standard. Title IX, moreover, already affords students the legal right to study on a safe campus, regardless of their choice to pursue criminal charges. Their physical safety, degrees, and potential careers should not hinge on a potential 3 percent prosecution rate.

On Penn State's campus, students have organized Sexual Assault Awareness Week, which will run from April 6 through April 10 and will feature events addressing the needs of the student community. Many of these events will focus on consent, counseling resources, and police response. Often, though, victims are not made aware of the legal resources available to them. While attitudes and procedures are changing, including the new recommendations to President Barron from the Penn State Sexual Assault Task Force, more needs to be done to ensure student victims have access to justice. ■

Sharon Barney practices immigration law, family law, employment law, and victim rights law in the Centre County region.



SHARON BARNEY
State College Attorney

NATURAL LIFE: Age spots aren't forever

By: LINDA MEEK
stonepondfarm@hotmail.com

In the face of potentially harmful skin bleaches that are offered in most stores, there are a multitude of natural remedies to help prevent and fade age spots.

Age spots, a most unbecoming quite unworthy name, are nothing more than excess pigment in the skin cells and are as harmless as freckles. Solar lentigines, aka sunspots, or liver spots, become more noticeable in the winter because as the sun decreases, the production of melanin in the skin also decreases. The skin then becomes paler and the dark spots remain, and seem darker than usual. Age spots, so called because they are most prevalent on aging skin, are caused by the pooling of pigment under the skin. They begin to form deep in the tissue under the surface of the skin long before one is considered aged. Then, as skin regenerates and sloughs off, they gradually rise to the surface over time. They show up as the skin begins to thin, typically after age 40. People with fair complexions or who have had a lot of sun exposure are especially prone. They can also be caused by oils and chemicals in skin care products and the UV lights in tanning booths, as well as genetic factors. Lentigines are usually found on areas where sun exposure was the greatest, such as the face, arms, shoulders, and the back of the hands. The biggest danger the spots



Photo by CARLO BARALDI// Flickr

Licorice (*glycyrrhiza glabra*) contains glabridin that helps fade age spots. The glabridin is very mild and works without causing any skin irritations and even helps soothe the skin. Unlike most store bought skin bleaches that contain hydroquinone, which limits melanin production, licorice isn't toxic and doesn't interfere with the melanin-forming cells.

present is that they could hide skin cancer. Any spot which changes color, size, texture or bleeds should be looked at by a dermatologist. For cosmetic purposes, many wish to lighten the spots so they are not so visible.

market that help in the lightening process. A bleaching cream is what you'll most likely find in department stores. Most of them contain a substance

There are a number of skin bleaches on the

see **natural life**, pg. 10



India Pavilion

EXOTIC INDIAN CUISINE

Halal Meat

Voted Best

Lunch Buffet Daily \$8.95

Carry-Out Food *Groups & Private Parties Welcome
Reservations Available * Accept all Major Credit Cards

More than 20 items, including appetizers and desserts.
The selection changes daily!
South Indian Dishes on Weekend Lunch.

222 E. Calder Way

Phone: 237-3400

www.indiapavilion.net

OPEN DAILY

Lunch: 11:30 am - 2:30 pm

Dinner: 5:00 pm - 10:00 pm

Coming to the State Theatre:

Tickets on sale now!

Go to
TheStateTheatre.org
24/7

Or call 814.272.0606
Or stop by our box office at
130 West College Ave



The Wood Brothers
April 12th



Shawn Colvin

April 16th

from **natural life**, pg. 9

called hydroquinone that limits the melanin production. Prolonged use of hydroquinone can increase your risk of cancer. It has a predisposition to cause dermatitis and many studies in rats have found increased tumors in the thyroid, liver, and kidney cancer. Its use has been banned in many parts of the world. The Campaign for Safe Cosmetics has raised concerns for its use in the skin care industry in our country. The Food and Drug Administration (FDA) has currently classified it as safe in topical creams. Hydroquinone is produced by several methods, one of which is a chemical reaction between benzene and propene. Propene is a volatile and flammable liquid that is usually kept under pressure and is very toxic when inhaled. Inhalation can cause a nesthesia effects and

unconsciousness. The Environmental Protection Agency (EPA) has listed propene as a hazardous pollutant.

Benzene was derived historically from "gum benzoin", sometimes called "benjamin" i.e.: benzoin resin, an aromatic resin known to European pharmacists and perfumers since the 15th century and a product of southeast Asia. The resin was gathered from a cut Balsamic evergreen tree, *Styrax benzoin*, and used to heal cuts and skin injuries, and as it has a strong vanilla odor, it was used in the early perfume industry. In 1845, benzene was isolated from coal tar and in 1849, the first industrial production of benzene, based on the coal-tar method began. The production of benzene today results in environmentally hazardous by-products requiring disposal.

There are several options for professional treatments from dermatologists for spots on the skin: chemical peels, laser therapy, and cryotherapy a method of localized freezing, retinol cream (vitamin A), HQ creams (hydroquinone), microdermabrasion, and light therapy are all used to lighten skin spots.

While all are efficient ways, some can cause unhealthy effects on the skin, can be expensive, and aren't always successful.

Natural and herbal, home remedies, and nutritional supplements have been used for many years to aid the fading of spots and have had a long history of success, the results fare just as well and the exposure to more harmful possibilities are greatly reduced.

Aloe Vera gel, lemon juice and apple cider vinegar all help to lighten skin and can be applied daily to fade spots. They are a safe way to diminish spots and there is no risk as there is with applying chemicals to the body. Here are some of the blends that have been reported with good results.

Lemon has long been known for its skin-bleaching properties. Using castor oil as a carrier oil, blend two or three drops of lemon essential oil. Castor oil has healing properties and helps fade spots.

Rub this blend directly onto the spots twice daily. The spots should

begin to fade in a couple of weeks.

A side benefit of castor oil: rub a little on those worry lines between your eyes, and it will help relieve those creases as well. However, since citric acid found in lemons increases the skin's sensitivity to sunlight, be sure to wash it off and use sunscreen before going out.

Apple cider vinegar is beneficial for numerous health and skin issues, including fading skin spots. You can combine two teaspoons of ACV with one teaspoon of orange juice, lemon juice or lemon essential oil and apply to the spots twice daily. Another ACV remedy is to add one teaspoon of ACV to one teaspoon of freshly ground onion juice. Mix well and apply it directly onto the area three times a day for five days, rest for two days, and then reapply. Results have been reported in just over three weeks. ACV seems

to work well when mixed with fresh ground horseradish, too, in much the same way. Some will notice that these remedies will sting, so apply only to the areas that you wish to fade.

Aloe, *Aloe barbadensis/capensis/vera*, juice or gel has skin healing properties. Apply it to spots to promote skin renewal and fade spots. Apply it to the spots twice a day and you should see results in four to eight weeks.

Gotu Kola, *Centell asiatica*, when taken internally improves collagen production and skin cell growth. Taking a 60-mg. gotu kola capsule twice daily rejuvenates the skin by encouraging healthy skin cells to replace pigment spots.

Mulberry extract, *Morus ruba L.*, derived from the roots of various species of mulberry, inhibits the pigment-causing enzyme, tyrosinase. Mulberry extract is mild and rarely causes skin irritations. Applying the extract in castor oil to the affected area a couple times a day will help fade spots within a few weeks.

Bearberry, *Arctostaphylos uva-ursi*, also known as arbutin is an extract from the *Uva-ursi* plant. It impedes the tyrosinase activity, preventing new pigmentation spots from forming and helps to fade the existing spots. Arbutin is very similar to hydroquinone, but much safer to use.

Licorice, *Glycyrrhiza glabra*, contains glabridin that also prevents the tyrosinase activity in the skin and helps to fade spots. Glabridin is not toxic and does not interfere with the melanin-forming cells. It is very mild and works without causing any skin irritations. Licorice is also anti-inflammatory and it helps to sooth the skin. Mixing licorice extract with castor oil and applying it to the area twice daily will help yield results and fading within a few weeks.

Vitamin C is an antioxidant vitamin and can prevent skin damage from sun exposure, including wrinkles and spots. Use vitamin C both topically and internally as one of the natural remedies for age spots. Take 300-500 mg daily to maintain good skin health and quality. Topically, use a lotion or cream that contains 10% vitamin C along with the use of sunscreen.

If you treat for spots before you actually see them surfacing, they

can be prevented. One way is to always use a sunscreen. Both Licorice and Vitamin C creams have been proven to stop the development of spots before they actually start to show.

Vitamin E is also an antioxidant vitamin and is helpful in preventing sun damage as well.

Take 400 IU of vitamin E in the form of d-alpha-tocopherol daily. Topically, using a cream or oil that contains at least 5% vitamin E after sun exposure can also be effective in reducing post-sun damage. Note: Because vitamin E itself produces free radicals when exposed to ultraviolet light, apply vitamin E oil or cream following, not before, sun exposure.

Vitamin A Many dermatologists recommend using Retin-A cream to fade spots. The cream comes in a variety of concentrations and is available only by prescription. It works by drying the surface skin and making it peel. After a few months, the spot should diminish and possibly even disappear. A common side effect of Retin-A is dry, sun-sensitive skin that can be irritated and scaly, so when using Retin-A, you need to use a moisturizer and sunscreen.

Using a natural lightening skin cream can be very effective if it has the right ingredients. The scientifically proven lightening ingredient, Extrapone Nutgrass has shown to reduce melanin production, and is actually soothing to the skin.

Yes, age spots are a sign of growing older, but correcting them is possible by practicing a healthy lifestyle and laughing and enjoying life. Maybe a few spots aren't such a disaster after all, but an indication of awareness, maturity, and aging gracefully. ■

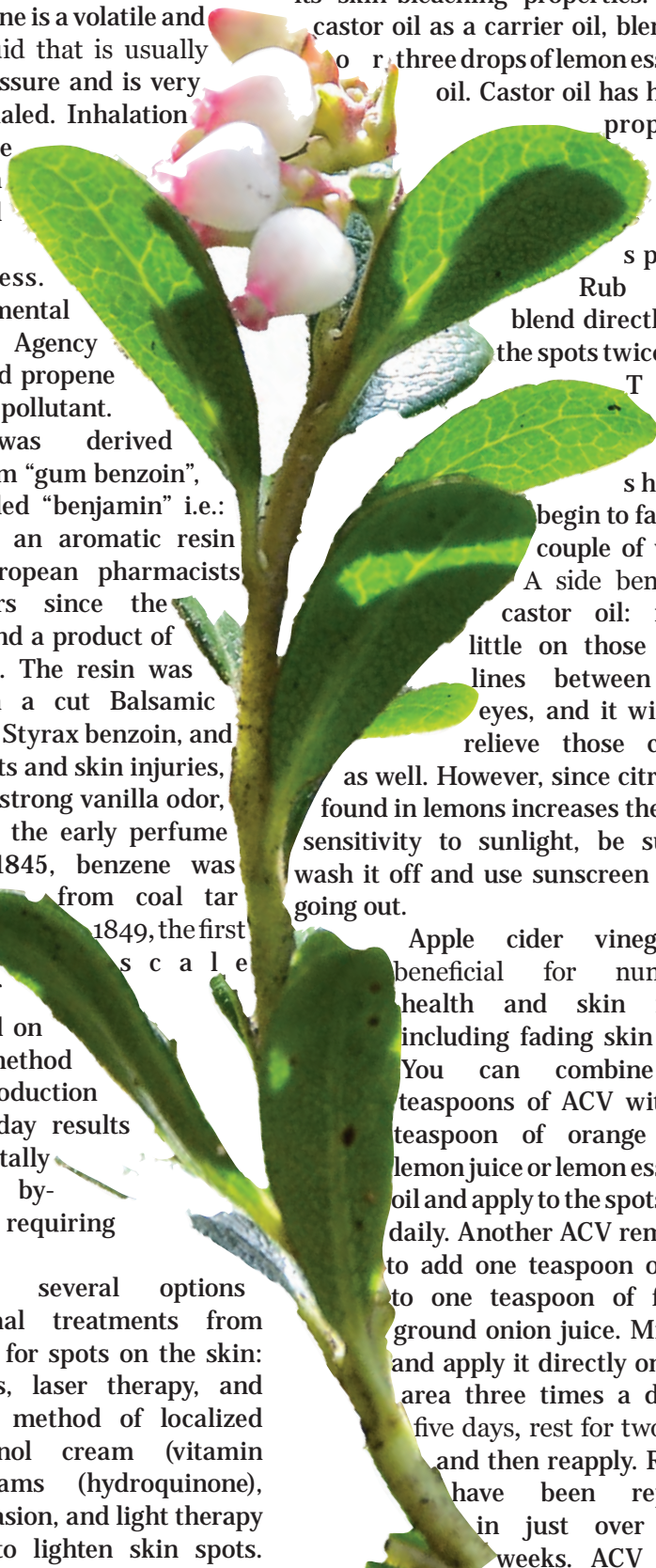
Linda Meek is the owner of Stone Pond Farm.

Photo by TIM MELLING// Flickr

(Left): Bearberry (*Arctostaphylos uva-ursi*), also known as arbutin, helps prevent new spots from morning and fades existing ones.

Photo by RITCHIE PORCH// Flickr

(Right): Aloe (*Aloe barbadensis*) has juice or gel with healing properties that may promote skin renewal and fade age spots.



Theatre for personal & societal change

by ELLE MORGAN
 nlscripts@gmail.com

What would happen if a small ensemble of theatre “practitioners” visited a community, interviewed people, wrote their stories into monologues that became a mirror to reflect the pain, the struggle, the humor and the possibilities for healing? What would happen if members of that community would join in the writing, the acting, the solution-finding?

These are the questions a group of actors had begun to ask themselves after performing *What Makes a Healthy Person? Be Your Own Superhero*, over the last several months in State College and Boalsburg. Maybe this is an opportunity to create a new form, a new kind of community response, a new kind of healing around issues that need to be addressed.

As a member of the board of Centre County Partnership for Community Health, I helped to create a theatre piece that was presented at the first Super Fair in the area last fall. A second production of the show was done at the Municipal Building in State College shortly thereafter. This spring there will be another opportunity to engage in this new kind of theater at Connecting for Health: North Central Regional Health Summit.

Leslie Hosterman, health educator for Clinical Outcomes Group, Inc. (COGI), gives her reasons why she chose to use the Reader’s Theatre program at the summit: “As health professionals, we are often the ones giving the “expert” advice, referencing evidence-based curricula, or sharing other resources to help the patient make informed choices about their challenges, issues, diagnoses. I think this Reader’s Theatre piece will give the audience perspective, an insider look at what real people are thinking, feeling, and living through each day. I think the experience will help guide audience members in our professional roles. It will help us see that in addition to giving the advice, we need to help people become their own

Despite the best intentions, resources, and education, no friend, family member, counselor or doctor knows your body as well as you do. The end result of advocacy is empowerment. Self-advocacy, especially in terms of your health, is what makes you more than just a number or statistic.”

health advocates. Despite the best intentions, resources, and education, no friend, family member, counselor or doctor knows your body as well as you do. The end result of advocacy is empowerment. Self-advocacy, especially in terms of your health, is what makes you more than just a number or statistic.”

The Reader’s Theatre Group is encouraged by this and also by the response of the audiences. “I found the piece to be very effective and moving. Difficult topics, such as caring for a loved one with Alzheimer’s, or battling cancer were addressed with candor. The overall message was that all of us have inner strength to tackle challenges and embrace healthy choices, Dr. Marcia Tacconi, professor of musicology at Penn State, said, “I hope the work will be performed in other venues. It would be great to reach a broader audience.”

Is there some benefit to this type of “sharing” in a performance venue? Perhaps much more than we might realize.

The therapeutic benefits of theatre are as old as history itself. The very earliest forms of theatre derived from Greek Dionysian rituals in which active expression was given to the chaotic forces of life through the stories of Dionysus. These later evolved into drama competitions in which classical stories were re-enacted by masked actors. Plays such as the *Oresteia* tell of family tragedies on a grand, scale that make most families’ dysfunctions look positively tame.

In Dionysian rites participants reached an altered state known as ecstasy, which enabled the release of powerful emotions through wild ecstatic expression. This was developed by Aristotle into the theory of catharsis in which the dramatic action of the play’s events climaxed into a release of emotion which had a purging effect and brought about transformation.

The Greeks very clearly saw that it was necessary and healthy for the well-being of their society for emotions to be released.

Could we bring back this idea of theatre for health and well-being? What would it look like?

After one production, an audience member suggested: “How about visiting a community beforehand, and getting people from there to write and act in this piece, alongside the original troupe of actors?”

We could ask what people in Philipsburg consider healthy lifestyle choices. What are the health issues being faced by people in Penns Valley? What are the discreet stories to be found in every corner of the county?

What Makes a Healthy Person? Be Your Own Superhero, is not your typical theatre fare, but it is entertaining, provocative, and hopefully, healthy.

For more information on the Health Summit go to: www.ncpatcc.org/connecting-for-health-regional-summit.html ■

Elle Morgan is the director of The Elements of New Life Scripts and the facilitator of a retreat facility in Clearfield County, Halfmoon Hollow. She is completing her yoga certification and conducts workshops in public speaking, health and wellness, and personal transformation through theatre

The WORK Station

3WZ 95.3 FM

& 3WZ Streaming at 3WZ.com

**Home of the 9-to-5
No-Repeat Workday**

Huh?



- Full line of digital hearing aids
- Fitting, programming and service of most hearing aids
- Custom hearing protectors for music, shooting and motor sports
- Custom swim plugs
- Wide variety of assistive listening devices

Albrecht Audiology
Personal Hearing Care

814-867-HEAR (4327)

Parkway Office Center, State College • albrechtaudiology.com

Find us on Facebook! 

How has ISIL attracted so much attention?

By: ART GOLDSCHMIDT
axg2@psu.edu

Of the many movements and countries that disrupt peace and order in the Middle East, none gets as much attention, or has as many names, as the Islamic State. You may know it as ISIS (the Islamic State in Iraq and Syria, easiest to say quickly) or ISIL (the Islamic State in Iraq and the Levant, used by the State Department and by Barack Obama). It used to be Al Qaeda in Iraq (AQI in common speech). Arabs who don't like it say "Daesh." And most Arabs hate and fear it.

But why does an organization with so many names and detractors get so much attention? A Google search for ISIS yielded 252 million entries, few of which applied to the ancient Egyptian goddess, Lord Grantham's yellow Labrador in Downton Abbey, or Penn State's Integrated Student Information System.

Its story goes back to an Islamist movement founded by Abu Mus'ab al-Zarqawi, a Jordanian citizen, in Afghanistan around 1999 called the Organization for Unity [of God] and Jihad. It was closely linked to Al Qaeda ("The Base"), which had started as a means of providing services to Afghan and Pakistani Muslims fighting against the Soviet occupation of Afghanistan. After the US-led coalition invaded Iraq in 2003, Zarqawi's group moved there (where he was later killed by an American airstrike) and became Al Qaeda in Iraq. It killed about 700 Iraqis and attacked Shi'ite shrines in Baghdad, Kerbala, Najaf, and the al-Askari Mosque in Samarra. It intended to provoke antagonism between Sunni and Shi'ite Muslims, thwarting American efforts to establish a constitutional government in Iraq.

Other Islamist movements competed for power within Iraq. What distinguished AQI was its unyielding opposition to the Shi'ite-dominated regime of Nouri al-Maliki, its decision to extend its operations into eastern Syria (where Bashar al-Assad's regime was being challenged by disparate revolutionaries in the protracted Syrian civil war), and its welcoming Saddam Hussein's officers who had lost their commissions and salaries when the Americans took Baghdad.

AQI's Syrian operations failed at first, but the organization scored points with the Arab public when it renamed itself the "Islamic State in Iraq and the Levant" and denounced the Iraqi-Syrian border that it ascribed to the 1916 Sykes-Picot Agreement between Britain and France. What made the Arabs sit up and pay attention was its declaration of an Islamic state in eastern Syria's Raqqa province. It had been taken from the Syrian army by the Islamists



Photo by KHALED ABUKHALEFA// Flickr

The flag of the Islamic state. The Arabic words "La ilaha ill Allah, Muhammad rasul Allah" can be translated as "There is no deity but God, Muhammad is the messenger of God." It is the Islamic profession of faith.

in March 2013. ISIL gradually took control of the province, competing against rival Islamist groups, mainly the Nusra Front and Al Qaeda itself (from which it seceded early in 2014). Raqqa had 220,000 inhabitants in 2011, but is now largely depopulated.

The fighters for ISIL seized the main border post between Syria and Iraq in June 2014 and soon captured Nineveh Province, including the city of Mosul, from the demoralized Iraqi Army. Mosul's inhabitants are mainly Sunni Muslims, but its ethnic make-up includes Kurds and Turks as well as Arabs. Up to June 2014 there were 60 thousand Christians in Mosul. When the ISIL conquerors gave them a choice between paying a heavy tax, leaving town, or being put to death, nearly all Christians emigrated. ISIL also captured several villages of Yazidis, adherents of an ancient religion resembling Shi'ite Islam. It ordered many of the men put to death, took the women and children captive, and forced the younger women into marriages with the Islamic State fighters. Many Yazidis took to a nearby mountain, besieged by ISIL until their Kurdish protectors came to their rescue.

ISIL also destroyed the tomb of Jonah, one of the prophets of Islam, as well as a revered figure in both Judaism and Christianity. One of the Quran's chapters is called "Yunus" (the Arabic name for Jonah), and Muslims were furious when they discovered that copies of their holy book were

actually in the shrine when the ISIS fighters blew it up. They also have destroyed Mosul's churches and even a mosque that had been built when the city was a provincial center within the Ottoman Empire. Their destruction of Assyrian statues and other art objects in the Mosul Museum was widely publicized. They have purged many books and journals, deemed "anti-Islamic," from the municipal and university libraries of Mosul. The city had a population of 1.8 million in 2008; at present slightly more than a million remain.

ISIS has also won world attention for executing thousands of their war prisoners and for cutting off the heads of Western captives and broadcasting the decapitation process on video.

The declaration by Abu-Bakr al-Baghdadi (both names are pseudonyms that hold deep significance for

Muslims) that he was the caliph of Islam caused great excitement, for the caliphate as an institution had been abolished by Kemal Ataturk in 1924. Since then Muslims have tried many times to revive the caliphate. In historical fact, however, the caliphs exercised no independent power after the mid-ninth century (the third century of Islam) and were never obeyed by the Shi'ites. This self-styled caliph has rarely appeared in public, and no Muslim government has recognized his claims to power.

Although ISIL fighters proceeded down the Tigris River to take Tikrit and to threaten Baghdad, their conquest of northern Iraq was stopped by resistance from the Kurdish militias, called Pesh Merga, and in 2015 have been driven back by the Iraqi Army, reinforced by an American training mission and airstrikes, but more effectively by Iranian militias. Iraq's mainly Shi'ite areas, Baghdad and lands south, resist ISIL.

ISIL's expansion in northern Syria has faced fierce resistance from the Kurds, who have broken away from Syrian Arab control. The struggle for Kobani, a city on the Syrian-Turkish border, ended in an ISIL defeat. The Turkish government, although it professes to oppose the Islamic state, has not

from **middle east**, pg. 12

ordered its troops to fight against it, and has failed to block the movement of volunteers coming from Europe to help the ISIL fighters in Syria.

ISIL's attractiveness to volunteers, numbering more than 20 thousand, mainly unemployed youths from other Muslim countries, has helped sustain its strength and morale. Especially worrisome to the West are the estimated 3,400 men and even women who come from Europe and North America. The Islamic State has mastered techniques of luring young Muslims by targeting Twitter and Facebook messages at vulnerable individuals. Efforts by Western

governments to monitor social media, one-way tickets to Turkey, and demonstrations of Muslim support for the Islamic State have not halted this phenomenon.

Some say that discrimination against Muslims, which is growing in countries like France and Germany, is the main cause. Others say that Muslim youths, ill-informed about radical Islamism, are being drawn by propaganda that quotes directly from the Quran and statements of the Prophet and his companions in favor of jihad against "unbelievers." Both theories are partly true. Many Muslims sense that their religion is not respected and some think that it won't be until Islam returns to its golden age—the era of the Arab conquests in

the seventh century.

In addition, adolescent and young adult minds are apt to be inspired by the lure of fame and glory. But some are now returning disillusioned with the Islamic State. And some are prevented from returning.

The Islamic State is metastasizing in other parts of the Middle East and Africa, notably in Libya (widely considered a failed state) and in the Sinai Peninsula, which Egypt seems to be unable to govern. ISIL has lately been recognized by Boko Haram in Nigeria. The Houthi takeover of San'a is a Shi'ite gain, but Sunni tribes elsewhere in Yemen may link up with ISIL to protect their interests.

Combatting the Islamic State by military means alone will not succeed.

A successful strategy against Islamism will require action on many fronts: greater opportunities for Muslim youth to advance in Europe, better standards of Muslim education, improving ties between Iran and the West, mitigating the Israeli-Palestinian conflict, more coordinated efforts at resolving or at least managing civil strife in Syria, and resettling Syrian refugees now crowding camps in Jordan, Turkey, and Lebanon. None will be quickly and easily done. There are no easy answers. ■

Art Goldschmidt is Professor Emeritus of Middle East History at Penn State.

PSU developing products for visually-impaired

By: **CHRIS DORNBLASER**
czd5134@psu.edu

For the past two years, Penn State, along with several other universities, has been working on creating a device called the Visual Cortex on Silicon that will assist with human vision:

"This project is trying to create cameras that will be intelligent, and have kind of the same analytical capabilities as your human eyes," said Vijaykrishnan Narayanan, Penn State professor of Computer Science & Engineering, and Principal Investigator for the Visual Cortex project.

According to the Visual Cortex website, the research is aimed at developing products to assist visually-impaired people and enhance driver attention, among other goals - a "machine vision system that will approach the cognitive abilities of the human cortex."

One device, for example, is designed to help visually impaired people with grocery shopping. Penn State graduate and undergraduate students are working on the project, and testing a prototype for the device.

"In its current form, basically what we are trying to do is identify a particular product that would be on a shopper's grocery list and then help them to navigate the grasp in the grocery aisle," said SiliconScapes CEO Kevin Irick.

Blindfolded researchers test machines by wearing a computer tablet on their chests, and gloves with cameras mounted on them. After the camera lens locates a specific product box, the computer program tracks it and buzzes directional information to guide the user's hand toward the box.

"We don't know if this feedback mechanism is ideal, so we also support audio feedback," Irick added. "We're doing some tests to see which mode is the best for visually-impaired, so we can support the one that is going to help them the most."

Narayanan said that faculty members are also



Photo courtesy of Visual Cortex

Penn State Graduate student Siddharth Advani using a prototype to try to find a box of cereal. The device recognizes the box, tracks it and then buzzes directional information to guide the users hand toward the box.

investigating privacy issues related to use of the device, such as whether the computer program should create logs of when users tend to be shopping, and whether such logs should be shared with stores to develop customized promotions for device users.

Narayanan also said that the visual recognition programs can also be used to connect images collected by the camera with online facial recognition or "tagging" programs. Such cameras could, for example, help soldiers distinguish allies from enemies on the battlefield.

People involved with the project are located all over the country. Project collaborators work at IBM, Intel,

York College of Pennsylvania, Stanford University, University of Pittsburgh, UC San Diego, UC Los Angeles, the University of Southern California and Massachusetts Institute of Technology. Research results will be shared online through written content and online lectures.

"Research at Penn State doesn't have boundaries," Narayanan said. "At every step, I really care that everyone feels they are making a contribution." ■

Christopher Dornblaser is a journalism major at Penn State



Poet of the Month ~ *Michelangelo D'Yarumal*

By SARAH RUSSELL
voicespoetry@aol.com

The play of color and light are the guiding principles in the art and poetry of Michelangelo D'Yarumal, a native of Columbia who now lives in State College. These principles have been hard won. As a child, D'Yarumal had a severe visual impairment.

When he was only six-years-old, a teacher told him and his fellow students to draw a black flower. D'Yarumal says, "I could not imagine a black flower. I had enough darkness in my life having to live every day with my left eye covered and the other eye with so little sight. It made no sense to me to paint a black flower." So he didn't. He painted a colorful one for which he was reprimanded, and an artist was born.

He calls the path he follows Anthrooartheism – an amalgam of the words meaning human, art, and spirituality. He believes his paintings and poetry are inspired by the Divine, and that it is his mission to share both his work and his spiritual path with others.

D'Yarumal paints with a translucent technique inspired by expressionism, surrealism, and the abstract. Often his work is enhanced by illumination from behind producing subliminal messages for the viewer. He adds an eye to each painting – a reminder of the gift of both physical and spiritual sight.

His poetry, written in Spanish, also reflects his romance with color and light, exemplified by this poem.

If you would like to be a Voices Featured Poet, please contact Sarah Russell at voicespoetry@aol.com. ■

COLORES DE VIDA

COLORES DE VIDA, COLORES DE PIEL,
 COLORES DE LIBROS, COLORES DE MIEL,
 COLORES SENCILLOS, COLORES AMARGOS,
 COLORES SIN RUMBO, COLORES AVÁROS.

COLORES DE VIDA, COLORES DE LEY,
 COLORES DE UNIVERSO, COLORES SIN VEZ,
 COLORES QUE CAMBIAN, COLORES AL REVÉS.
 COLORES SIN COLOR, COLORES SIN CREER,
 COLORES DEL TIEMPO, COLORES DE AYER,
 COLORES SIN ESPACIO, COLORES SIN LLANTO,
 COLORES SIN RISA, COLORES DE ESPANTO.
 COLORES QUE MUEREN AL PASADO Y AL AYER.
 COLORES DE VIDA... COLORES POR ESCOGER.

COLORS OF LIFE

Colors of life, colors of skin,
 Colors of books, colors of honey,
 Simple colors, bitter colors,
 Colors without a path, greedy colors...
 Colors of life, colors of law,
 Colors of the universe, colors without soul,
 Colors that change, colors inside out...
 Colors of time, yesterday's colors,
 Colors without space, colors without tears,
 Colors without laughter, colors of shock...
 Colors that have died in the past and yesterday...
 Colors of life... Colors yet to be chosen...

VOICES CHOICES

Restaurant of the Month ~ *Liberty Craft House*

By HANNAH GENOVESE
hrg5049@psu.edu



RACHEL ROBBINS//Flickr

There's a new bar & restaurant in downtown State College, but it's not your typical bar or usual restaurant.

Liberty Craft House, located next to Inferno and the newest addition to the Dante's bar and restaurant franchise, is a trendy place that promises to bring something new and fresh to State College dining. They certainly seem to take the "craft" in their name seriously. The menu, which is roughly twenty pages long, features not only an extensive list of available beer and liquor, but also a full food menu and many selections of artisan cheeses and meats that can be combined on an appetizer plate. Also, along with the standard sandwiches and salads, the menu features a collection of flatbreads, which can be shared as an appetizer or ordered as an entrée. I recommend the prosciutto and fig flatbread if you enjoy the unusual flavor combination of sweet fruit and salty meat.

Liberty also boasts a full bar with virtually any brand of liquor you can think of, and several available bottled beer selections.

Perhaps most remarkable about Liberty is its tap system, which features 47 different drinks. Not only do they serve beer on tap, but you can also find artisan coffee, soft drinks, wine, and even mixed drinks and cocktails flowing from the faucets. To find out what's currently on tap, one can simply take a look at one of the three television screens above the bar that shows the name of the drink, its alcohol by volume, and the type of drink. There is even an icon next to the listing that shows the current level of liquid in the keg. If your group is sitting at a table, you can also scan a QR code with your smart phone that takes you to a website that lists the drinks on tap.

As far as ambiance goes, Liberty gives off an industrial New York style vibe that is likely to be popular with grad students, professors, and other adults, but also younger students looking for something with a bit of sophistication. Outside, the brick façade is reminiscent of an old apartment building. Inside, the brick has the same effect with the dim lighting of Edison bulbs illuminating an intimate date or casual gathering of friends.

Overall, Liberty is a great place to hang out that promises good food, great drinks, and a cool, casual environment. Although they have a couple kinks to work out (the menu may be a bit too extensive to the point of overwhelming at times, and their staff may need some time to gain experience), it promises to offer a good time with a better-than-usual product. ■



LIFESTYLE.

"A choice of activities, organized and sponsored by residents, encourages participation and enriches our retirement years. As a bonus, we've made many new friends with diverse experiences."

- John Homan, Foxdale resident since 2007



Foxdale Village *Live an engaged retirement.*
To find out more call 272-2146.

Locally Owned and Operated Quaker-Directed Continuing Care Retirement Community

500 East Marylyn Ave. | State College, PA 16801 | (800) 253-4951 | foxdalevillage.org



CORRECTION FOR MARCH ISSUE

In regard to last month's article "Mush! The scenic detours of our lives," the photo of what was labeled Elle Morgan was actually a picture of Tara Caimi, local author and subject of the article. We apologize for any confusion to our readers, our writer, or Tara Caimi.

American Robins: the true herald of spring

By: JOE VERICA
joeverica@gmail.com

I was standing in my kitchen one morning in early March. The sun was just beginning to break above the horizon. As I was preparing my breakfast, I heard the faint sounds of bird song coming from the backyard. Is that a Robin? I asked myself. I opened the window to get a better listen. Sure enough, it was an American Robin singing his cheery whistled phrases.

I quickly scanned the yard and located the Robin perched atop an apple tree. His warm orange breast was radiant in the light of the rising sun. The broken white ring around his eye and the thin white streaks on his throat contrasted nicely with his grayish-brown back, jet-black head and yellow bill. What a handsome bird!

As I watched the cantor deliver his musical sermon, I noticed that there was another Robin foraging on the ground below. The pale colors indicated that it was a female. She was delightful to watch as she briskly scampered along the ground. After a short distance, she abruptly stopped. She cocked her head to the left, paused for a moment, then righted herself and took a few more steps. She stopped and cocked her head again. This time she followed-up by lunging forward and thrusting her bill into the ground. A tug-of-war ensued as she struggled briefly to pull an earthworm from the soil. How did she know the worm was there?

The American Robin was named for its superficial resemblance to the orange-breasted European Robin; however, the two birds are not closely related at all. The European Robin is a member of the Old World Flycatcher family, whereas the American Robin is a member of the thrush family (which includes the familiar Eastern Bluebird and the Wood Thrush).

To many people, the American Robin is a true herald of spring. It is not uncommon to hear them singing in late February or early March, prior to the Spring Equinox. They breed throughout North America, from the far reaches of northern Canada down to central Mexico. While Robins are one of the earliest nesting songbirds and are most conspicuous during the breeding season, the fact is that Robins are present throughout the U.S. on a year-round basis. The reason for their apparent scarcity in the



Photo by DAKOTA LYNCH//Creative Commons

American Robin (*Turdus migratorius*) are one of the earliest nesting songbirds, hence being considered the herald of spring. While Robins are present on a year-round basis, their scarcity in the winter is due to switch in the availability of food. Those that stick around head to wooded areas populated by fruit trees while the rest migrate to the south.

winter is due to a switch in habitat in response to the availability of food.

During more temperate months, Robins are primarily ground foragers. They feed largely on a diet of insects, grubs and other invertebrates such as earthworms. These items are easily procured from our groomed suburban landscape. The majority of the Robin's prey is located by direct sight; however, research by Dr. Robert Montgomerie and colleagues at Queen's University in Canada suggests that they may also locate subterranean prey such as earthworms by listening for the subtle sounds the worms make as they move through the soil.

As winter approaches and these food items become harder to find, Robins switch to a diet dominated by fruits. To this end, they leave the lawn and garden and head into wooded areas populated by fruit trees. If your neighborhood is planted with trees such as Callery Pear, Crabapple, or Cherry, you should be able to find winter Robins by scanning the treetops.

In addition to a change of foraging habitat, many Robins also migrate south en masse

during the winter months. Those that breed here in Pennsylvania migrate to the southern half of the U.S. and northern Mexico. Some may even travel as far south as Central America. The departed birds are replaced by Robins from further north in the U.S. and Canada. As spring approaches, they retrace their route as they make their return journey to their breeding grounds.

During migration, it is not uncommon to see large flocks of Robins travelling together. In the early spring of 2011, I was birding at Millbrook Marsh in State College when I noticed a loose flock of a few hundred Robins moving past Medlar Field (Spikes Stadium). As I continued to watch, waves of Robins just kept rolling in. I excitedly ran back to my car and drove around to Lot 25 behind the baseball stadium for a better view. There, I had one of my most memorable birding experiences. Over a period of less than one hour, I counted upwards of 5,000 Robins as they streamed by. The Robins were flying less than 50 feet overhead. I could hear the whooshing sound of the air rushing over their wings. I stood there transfixed. I lost track of space and time. It was a fleeting moment of Zen. ■

Joseph Verica is a vice-president of the State College Bird Club. He received a PhD in Biology from Penn State in 1995. He has been a birdwatcher for over 30 years.

Mom's Spa Getaway
WEEKEND AT GATEWAY LODGE
IN COOK FOREST, PA
May 8-10th

Package Includes

Two Nights in a Fireside Jacuzzi Suite
One 30-min Head & Foot Massage
Wine Reception Friday Night
Breakfast Friday & Saturday Morning
Mother's Day Sunday High Tea
\$499/COUPLE



(814) 744-8017
GatewayLodge.com

Building up VOICES and saying goodbye

By: AMANDA DASH
Layout Chief
ayd5192@gmail.com

When I joined VOICES back in February of 2013 things were certainly different than the way they are now. Even though I had no major experience editing or writing for any publication, for some reason VOICES allowed me to be a section editor. Yes. That was back when VOICES still had sections.

Sean Flynn, the former managing editor and editor-in-chief, saw something in me that I suppose I hadn't really seen in myself yet. I was a junior at Penn State, fresh out of layout design class, and ready to do something, anything, to get my foot in the newspaper business. So I started managing writers and writing in the arts and entertainment section of VOICES (this explains why the email address for layout has been arts@voicesweb.org since I took over).

Looking back at those first few months I wasn't very involved. I rarely showed up to meetings, and let's be honest, I wasn't the greatest leader of a group of writers barely my age. But what I loved was designing my section in the paper. Layout design is like a jigsaw puzzle with words and pictures. It can be as boring as a 3-column article with a picture, or as intricate as cutout pictures and graphics.

The way the paper was set up back then was I was in charge of designing my own section- about 3-4 pages of the paper. When it became evident that was more of my strong suit, I slowly took on the responsibility of more and more pages of the paper.

Around September Sean suddenly left the paper and we were left with and plenty of confusion. Sean having



Photo by MARILYN JONES// VOICES

Here I am at my work desk in the VOICES office where I sit next to Marilyn as we chat about the articles. Generally I spend about 12 to 15 hours a week in this chair trying to make VOICES look as pretty and hopefully as presentable as possible.

done the editing, layout, and lots of the writing, there weren't many people left who knew the jobs. All of a sudden there I was, a 20-year-old left in charge of designing a newspaper overnight. It wasn't my finest hour, but the job got done and I've been stuck in the role ever since.

This left me as...well I actually got to make up my own title. Layout Chief seemed to sound grander than the work I was probably doing, but appealed to my 'layout is life' outlook I had so recently taken. After Sean's departure, there was very little shuffling of roles as I jumped ahead and Marilyn Jones took over the paper as Editor-in-Chief. Marilyn ended up working with me

as a collaborator and friend. Though she never touched the computer and I never seemed to edit anymore, we managed to share ideas in ways that helped make the paper stronger.

For the past eight months I've been designing each paper, growing stronger as a designer and more patient as a collaborator. Balancing working fulltime, roller derby, and VOICES has never been easy, but it's certainly not a burden I mind taking on.

At the end of my journey I find myself doing work that I never could have dreamed of being capable of at the start of my adventure as a section editor. I went from a 20 year old with dreams of being an editor

to a confident 21-year-old with three degrees and a job doing layout at the York Daily Record.

I know I'll miss the paper I molded and shaped into something to truly be proud of, but I think it's time I utilized those degrees and explore the world outside of State College. I'm leaving layout design in the capable hands of Luciano Sormani who helped design part of the paper this month. Honestly, it's a weight off my shoulders to see the paper will be just fine when I'm gone. ■

Amanda Dash is the Layout Chief of VOICES and Penn State alumna

Status

Photo

Ask Question

Milestone

NEEDED: SOCIAL MEDIA INTERN TO DEVELOP A VOICES PRESENCE ON FACEBOOK, TWITTER AND OTHER SOCIAL MEDIA, AND TO KEEP OUR WEBMASTER INFORMED OF UPDATES AND CHANGES. E-MAIL MARILYN JONES AT: EDITOR@VOICESWEB.ORG.

Public ▼

Post

Letters to the Editor

Voices encourages letters to the editor and opinion pieces commenting on local issues. Send submissions to oped@voicesweb.org. Letters should be a maximum of 250 words; opinion pieces should be a maximum of 800 words. We reserve the right to edit for length. Because of space limitations we cannot guarantee publication. Letters become the property of Voices.

Reply to banking article

Unfortunately, while it may be advisable to court over 82 banks to plant themselves in the Centre Region, the fact that each bank constructs monstrous edifices taking acres of land from tillage seems not only detrimental to the environment but also wasteful to the civic fabric.

Why doesn't the banking community establish

a consortium that constructs banking courts similar to food courts at places like malls or Sheetz where business could be transacted with tellers of their choice. Each bank along Atherton Street and College Avenue costs about a million dollars to construct, maintain, and staff. By consolidating services the taxpayers' interest rates might be cut and consumers would save money at the banking

institutions of their choice. As for safe deposit functions, those too could be installed in an underground bunker in a single property.

Alas, a futile suggestion flying in the face of the desire of bankers to aggrandize their all too power status. ■

Respectfully, Martha Evans

Wind turbines - blowing away energy costs

By: CHRISTINE DUA
cad5517@psu.edu

In Central Pennsylvania, it can be difficult to install wind turbines on residential property, as Victor Russo of Walker Township discovered.

"I worked in the wind turbine industry in the 1980s, so I had some knowledge about wind turbines" Russo said. "I live on a small farm and I wanted to build a 15-kilowatt turbine."

When neighbors argued that it would be too noisy, Russo decided to install solar panels instead.

Wind has been used to generate electricity in America for decades, providing energy from a renewable resource for relatively low cost with lower greenhouse gas emissions than fossil-fuel based generation. Wind drives turbine blades, which spin the main shaft of an electric generator.

Wind turbine size and location determine efficiency. Turbines range in power from 100 kilowatts to several megawatts; larger turbines cost more and generate more electricity, and are usually grouped together into wind farms to produce bulk power for the electrical grid. Smaller turbines, producing less than 100 kilowatts, are scaled for home use.

Large or small, turbines must be mounted on towers for altitude, to take advantage of faster and less turbulent wind.

Susan Stewart, a Penn State research associate in Aerospace Engineering and Architectural Engineering who focuses on wind power research, helps coordinate the Pennsylvania Wind for Schools Program, which has designed and installed wind turbines at Mount Nittany Elementary School

and in the Bellefonte area, and at other schools across the state. Stewart cautioned, "there are other issues that need to be taken in consideration when wanting a wind turbine, such as property lines, noise restrictions and shadow flicker analysis."

Shadow flicker is the flickering of shadow and light that people near a wind turbine experience on a sunny, windy day when the turbine is moving. Flickering doesn't occur during cloudy weather, when the turbines don't cast shadows, or when it's not windy, because the turbines aren't rotating.

According to GreenRhinoEnergy.com and the Massachusetts Clean Energy Center, shadow flicker analysis uses solar exposure and wind data about a specific location near a proposed turbine to calculate the maximum length (in minutes) flickering would occur on the sunniest day of the year; and the number of hours and days per year flickering is likely to occur.

The website, Energy Informative, summarizes some pros and cons of using wind energy. The pros: "Wind energy is a green energy source and does not cause pollution; the potential of wind power is enormous – 20 times more than what the entire human population needs; wind power is renewable and there is no way we can run out of it (since wind energy originates from the sun); wind turbines are incredibly space-efficient (the largest of them generate enough electricity to power 600 U.S. homes); wind power only accounts for about 2.5% of total worldwide electricity production, but is growing at a promising rate of 25% per year (2010); prices have decreased over 80% since 1980 and are expected to keep decreasing; the operational costs associated with wind power are low; and it has good domestic potential: Residential wind turbines yields energy savings and protects

homeowners from power outages."

Then the cons: "Wind is a fluctuating (intermittent) source of energy and is not suited to meet the base load energy demand unless some form of energy storage is utilized (e.g. batteries, pumped hydro); the manufacturing and installation of wind turbines requires heavy upfront investments – both in commercial and residential applications; wind turbines can be a threat to wildlife (e.g. birds, bats); noise is regularly reported as a problem by neighboring home owners; and how wind turbines look (aesthetics) is a legitimate concern for some people."

Pennsylvania is a particularly good state for the use of wind turbines because of our wind weather and the incentives that the state offers. According to the dasolar energy website: Current Pennsylvania wind energy incentives include generous rebates for wind turbine and wind generator installation. When combined with Federal wind energy rebates your commercial or home wind power installation will be approximately 50% less..."

The cite also explains that "A typical residential wind power installation takes 1-2 days after the wind generator and equipment arrive. Wind turbine installation will usually involve 2-3 State College installers working together to complete the job.

There are a lot of things to consider when deciding upon personal and regional energy systems, including local and state regulations. Diligent research would be the first step. ■

Christine Dua is a Penn State print journalism major and intern for Voices for the Spring Semester.

Photo by Grumps52// Flickr

Does the box store bird sing? Or is it trapped?

By: KASSIA JANESCH
kaj5227@psu.edu

For many, Walmart is the place to go for quick groceries, toiletries, electronics, and home décor items. What many people don't expect to find there is live birds.

In large box stores, like chain grocery stores, Walmart, and Home Depot, for example, birds frequently fly in through the automatic doors. This happens for several reasons: they are escaping the cold, looking for food, or landing there by accident. The wild birds aren't used to this kind of environment and become disoriented when inside. When they are confused and traumatized, they often cannot safely exit the building on their own.

Until 2011, Walmart used inhumane glue traps as one of their main forms of pest control. Though intended for rodents, they still caused death to birds, trapping and often killing whatever animals came across their path. Under pressure from PETA, Walmart said they removed the traps in the Indiana store where the traps were noticed and were then asked to remove them from all stores.

A former employee of the Home Depot in Altoona, who wished to remain anonymous, stated, "We would try to force them outside the doors, but if we couldn't get them out, they would fly away by themselves. On occasion, we would find them dead in the store." This method of forcing the birds out usually involved attempting to scare them away with brooms. Though not harming the animals, it put the birds in distress.

An employee at a Walmart in State College said that if anything was done, it seemed relatively harmless. She said that in general, the birds "coexist" in the building, surviving off of seeds



Photo by JANET BARNETT// Flickr

Birds often fly in through box stores' automated doors, not knowing that they can get stuck or potentially harmed in this area. While methods are no longer as harmful as they once were (pellet guns and glue traps), there is still a great confusion of how to remove birds that get stuck in stores. By ignoring the problem this still produces dead birds that can't survive in the manmade environment.

from the garden center – and if that isn't the case, they escape on their own, or die in the building.

Before this problem gained attention, it seemed that bird control was more violent than it is today – companies used to shoot birds with pellet guns, remove and dispose of nests and eggs, and use glue traps. Though the Migratory Bird Treaty Act of 1918 has been in place for almost a century, it does not protect all birds, and even if a bird is protected, it is unlikely that an average American would know that.

According to the U.S. Fish and

Wildlife Service, the act prohibits anyone, "unless permitted by regulations, to 'pursue, hunt, take, capture, kill, attempt to take, capture or kill, possess, offer for sale, sell, offer to purchase, purchase, deliver for shipment, ship, cause to be shipped, deliver for transportation, transport, cause to be transported, carry, or cause to be carried by any means whatever, receive for shipment, transportation or carriage, or export, at any time, or in any manner, any migratory bird, included in the terms of this Convention ... for the protection of migratory birds ... or any part, nest, or egg of any such bird.'"

Only 836 species are protected under this act out of a total U.S. population of over 21,000 (Current Results). As a result, groups and activists against animal cruelty were effective in creating change about the treatment of wild birds in box stores because not all birds are protected, and the law is usually not enforced all over the country unless someone makes a complaint.


Though the number of birds that enter, exit, or die in large box stores is not large compared to the 5 billion birds that die in the United States every year (*New York Times*), and

though the control techniques have moved from inhumane to essentially ignoring them, it points to a larger issue in American structures.

According to Leslie Kaufman, a science writer for the *New York Times* and author of the article "Conspiracies Don't Kill Birds. People, However, Do: The government estimates that strikes against building windows alone account for anywhere from 97 million to nearly 976 million bird deaths a year. Cars kill another 60 million or so. High-tension transmission and power distribution lines are also deadly obstacles... None of these numbers take into account the largest killer of birds in America: loss of habitat to development."

So yes, while it is shocking and even laughable to see a bird in a box store, it is indicative of a much larger issue: As our development expands into their habitats, wild birds sometimes find themselves trapped in stores, and, as a Walmart employee observed, forced to adapt to living there away from their natural home in the boundless sky. ■

Kassia Janesch is a senior studying English and Environmental Inquiry at Penn State.



**Centre County's Government
and Education Access Network**

*Channels 7 and 98 on the Comcast
and Windstream Cable Systems*

Meeting Coverage of all Centre Region
Municipalities and Bellefonte Borough, SCASD
and BASD School Boards, Centre Region COG
and County Government, Local Concerts, Sports
and Community Events...

Watch CNET Programs Online at cnet1.org!

www.cnet1.org

Taking a look at the folks behind folk music

By: HOLLY FOY
hollyfoy@gmail.com

Central Pennsylvania is a great place if you are a fan of folk music. Each month brings enough opportunities to leave you *reeling* from the concerts, workshops and jams all over the area. This article and a companion next month will highlight some local events and the folks behind the folk music in central Pennsylvania.

The Acoustic Brew Concert Series (The Brew) in Lemont, a volunteer-run non-profit holds 10 to 12 concerts each year, presenting acts such as Mike Seeger, Jessie Winchester, Dry Branch Fire Squad and Rory Block. Volunteers design the advertising materials, book the acts, house performers, bake sweets, make coffee and even haul chairs into the Lemont Center for Well Being, transforming the yoga center into a concert venue.

John Walls, who had helped at the Nameless Coffeehouse in Cambridge, Mass, began The Brew in 1992. Many of the current volunteers have been around since the inception. Baker (Goods) Coordinator Beth Shirey recalls bringing her daughter Kristina to her first show when she was only two-weeks-old. Mel DeYoung has been active since the early days and has done everything from acting as treasurer to designing and building a portable stage. His wife, Linda Littleton, is the fiddler in the group Simple Gifts, which happened to be the first band to perform at The Brew back in 1992. She performed again for The Brew's twentieth anniversary as the headline act for their festival that featured over 10 local bands and musicians including Doug Irwin, Richard Sleight, Callanish, Andy Tollins and Jim Colbert (who has done graphic designs for the Brew for over a decade).

If Mel DeYoung's name is familiar to you, it may be because he has been the radio host for WPSU's Morning Edition since 2011. He is also the driving force behind the Folk Show that has run on the weekends for over 25 years. For the last two years, WPSU has added the Folk Show Road Show, which does live recordings of local performances, to air on WPSU. These amazing concerts have already included the Celtic group, Long Time Courting, recorded at the Unitarian Universalist Church of Centre County's Untangled Strings Series. James McMurtry recorded at the Elk Creek Café and Jack Williams



Photo by PATTY LAMBERT//Callanish

The last Thursday of each month Irish tunes and songs are played, limericks and jokes are told in Kildare's, State College's Irish themed bar and eatery. Patty Lambert, flute player in the traditional Celtic band, Callanish, organized the State College Area Irish Session in 2007. The session's Facebook page has a list of songs often played and sheet music can be found on thesession.org.

recorded at a house concert.

House concerts, where music enthusiast homeowners open their residences as occasional concert venues, offer bands great gigs when traveling between larger cities. Laurel Zydney, who has attended the Kerrville Folk Festival since 1993, hosts a couple of concerts each year featuring talent she discovers there. Anna Marie and Ed Nachman host the Oak Mountain Hideaway Concerts that feature mostly Celtic acts. Their magnificent home in the rural hills of Kylertown makes these concerts extra special.

Not content to watch? Want to get out your instrument and make music? There are lots of opportunities. Each Tuesday night, from 7:00 - 9:30 at the Pine Hall Lutheran Church at 1760 West College Avenue, there is a Bluegrass/Old Time/Gospel Jam featuring fiddles, guitars, mandolins, banjos and more. Listeners and players are welcome, and Scott Krug

and Ron Strapel will encourage you to join the circle. Midway through the night there is a coffee break and perhaps some baked goods to share, before returning to the picking and singing.

Irish music more to your liking? Don't call it a jam, but the "session" happens at Kildare's Pub, 7:00 - 9:00 p.m. on the last Thursday of each month. Patty Lambert, flute player in the traditional Celtic band, Callanish, organized the State College Area Irish Session in 2007. In addition to traditional Irish tunes and songs, limericks and jokes are told. Instruments usually include fiddles, flutes, whistles, a concertina and bodhrans (Irish skin drums).

If "Old Time" music (music from the Civil War era) is more your style, then the Tussey Jams are for you. Begun at Tussey Mountain ski lodge back in 2003, the "Tussey Jam" currently meets at Webster's Bookstore on the

third Wednesday of each month at 7:00 p.m., led by Catherine Grigor.

More Old Time music jamming happens on the last Wednesday of each month at 7:30 p.m. at the Green Drake Gallery in Millheim, run by Bill Smedley.

If you enjoy jamming, a folk festival may be in your future. Tune in next month to read about Folk College, Greenwood Furnace Folk Gathering, Webster's Brunches, open mics and more! Check the WPSU Event Calendar for details about most of these folk happenings. So, until next month, hunt up that old harmonica, find your fiddle, dust off the Dobro and join us folksy folks! ■

Holly Foy came out of the Folk Music closet, in 2000, (thanks to Simple Gifts and Folk College), has volunteered with the Acoustic Brew for 13 years, and been the guitarist in the Celtic band, Callanish, for five years.

Thar She Blows: The LAGuide to winter weight

By **STEVEN DEUTSCH**
VOICES Satirist
 sdeutsch22@gmail.com

It was pure coincidence that had me driving past the small a-frame that my Uncle Frankie and Aunt Ruth had lived in since before the beginning of time, just as an emergency vehicle pulled into their driveway. My aunt and uncle sell costume jewelry at the local flea markets in the area and spend the winter months securing pieces of colored glass into prefabricated gold-like fittings. They do very well. I skidded to a stop and rushed into their house. I was relieved to find that the emergency was not medical. The two of them had finished work and dinner. They had turned on "House of Cards" and were playing their usual after dinner game—a two way Rocky Road and Pringles eating contest, when the couch they were sitting on collapsed. The EMT's were busy trying to get them on their feet.



STEVE DEUTSCH
 VOICES Satirist

My aunt and uncle were never lightweights, but as they rose from the floor, I could see that they had really chunked up this past winter. Later, over tea and pastries, they confided that they had rarely left the house lately. They had donned their most comfortable sweat pants and shirts, draped bathrobes over their ensembles and subsisted on foodstuffs delivered to their door. Once a week they made it out to the Asian buffet on the Boulevard. Ruth and Frank are hardly alone. In fact, I drove past their house as I was coming back from the mall where I had bought three new pair of pants—size 38's instead of my usual size 34's, and replaced a belt that had apparently shrunk.

It is important to realize that the latest scientific research suggests that winter weight gain is not entirely our fault. A study by Smith, Smith and Jones (2015) of 20,011 Americans residing in upstate New York, clearly shows that the only systems that do not shut down during February are the finger muscles necessary to power the remote and the entire digestive

system. All else is mush. Blame or no, the weight-watchdog group, FLAB, estimates that where the weather was cold and snowy this winter—in the mid-West and Northeast, Americans gained an average of 38 pounds. Where the winter was mild—in the South and the West, the weight gain was only 36 pounds. And that is the reasons, we, at Stevieslaw, feel compelled to publish: Thar She Blows; The Less-intelligent-than-average-American Guide to Shedding

Winter's Weight. In the guide, we first establish motivation through the following medically approved tests, which are detailed in the guide:

1. Shock and Awe: To get you to recognize the scope of the problem, we will get you into a room—devoid of foodstuff—and have you peel off as much of the clothing you have spent the last three months in as you are comfortable doing. Don't worry about the clothing. Research suggests it will decompose

in under an hour. The room must be equipped with a large floor to ceiling mirror. Open your eyes. Scream. Look down and try to locate your toes. Scream. No, we swear your toes are still there. Somewhere.

2. Discomfort: Find a casual outfit that you were comfortable wearing the last time the temperature was over 40 degrees. Spend the next two days shoehorning yourself into these clothes. Remember, all buttons and zippers must be fully closed and shirts and blouses must be tucked. Try to breathe. Now, find your image in the mirror once again. Scream. Breathe.

With motivation in place, we will debunk the traditional remedies:

3. Diet: Most diets fail because you have to give up eating large quantities of the foods you love. For completeness, the guide will include the essentials of the 26,493,16 diets currently being practiced by someone, somewhere in the United States, as evidenced by a best-selling book and a television spot on QVC. None of these diets are effective for more than 11 days. That raises the possibility of losing weight in the long- run by

To get you to recognize the scope of the problem, we will get you into a room—devoid of foodstuff—and have you peel off as much of the clothing you have spent the last three months in as you are comfortable doing. Don't worry about the clothing. Research suggests it will decompose in under an hour.

switching from diet 1 to diet 2, etc., every 10 days. Our cousin, Bobby, was able to do just that, alternating 4006 diets, and lost so much weight in a year and a half that he vanished—never to be seen again. For most of us, jumping from diet to diet leads to trouble. It is inevitable that you will eat a grapefruit when you should have been munching on a rutabaga, and the weight will pour on. Never diet.

4. Exercise: People don't exercise because it produces an odd feeling in the previously unused body tissue known as your muscles. Moreover, people have been known to produce large quantities of an awful smelling liquid, termed sweat by NIH scientists. Have you ever gotten sweat in your eyes? Believe me, you don't want to. Worse yet, people who exercise often can't catch their breath and are forced to practice unnaturally deep breathing—where the abdominal and

chest muscles painfully expand and contract. These are all warning signs that should not be ignored. Never exercise.

We are left with:

5. Be Happy: Spring is here, people. Smile. Go outside and plant dandelions. Did we remind you to smile? Through the guide, we will teach you to believe that spring heals all wounds. Or as we'd said in the sixties, lighten up! Right now, you should be outside in the fresh air, doing somersaults on the grass, while humming some tune about the birds and the bees.

Buy the LAGuide today. It's the book with the flowers on the cover. ■

Steve Deutsch, who has lived in the region since long before the beginning of time, believes that all citizens would benefit by giving the Senate a six-year time-out.

8		6	5		2		7	
2		5	4					
4		7	9			2	5	
							8	7
9		1				3		6
6	4							
	2	9			4	8		3
					3	7		5
	6		7		8	1		2

Sudoku answer on pg. 23

Down 'n' dirty in the dog grooming business

By: SAMANTHA KREBS
sjk5296@psu.edu

Grooming dogs is not quite as fun and squeaky-clean as you might think. While dog grooming may be a day at the spa for your pooch, it's really a dirty, unglamorous job for the hard-working pet groomer.

Kelly Shaffer, owner of Wipe Your Paws Dog Grooming, located at her home in State College, has seen it all when it comes to grooming, including fleas, ticks and anal glands. Yes, you read that right - anal glands.

Grooming dogs is much more than getting a clean, nice-smelling pup at the end of it. It's really all about the health of the dogs.

Shaffer, 45, explains why several aspects of regular grooming are so important to a dog's health. One grooming necessity is to keep the dog's toenails well clipped. "When they [the toenails] get really long it tends to create stress in the wrists all the way up through the shoulders and into the back. Sometimes the nails can actually curl all the way around where they grow into a circle and they can grow right back into the pad. We've seen that," Shaffer said. "It's clearly a health issue."

Another reason dogs need regular grooming is because of their coats. Some dogs can get matting in their coat, which pulls at the dog's muscles. In more serious cases, if left untreated, a matted coat can even be a breeding ground for maggots.

And of course, grooming is important for keeping man's best friend clean and pest-free.

Shaffer said, "Yes, I want to make them look good; yes, I want to make them smell good, but it's for the animal itself."

In business since 2000, Wipe Your Paws goes the extra mile to make sure your dog is taken care of. First, the dog is prepped for his day at the spa. Prepping includes cutting the dog's toenails, cleaning the ears (and plucking ear hairs if necessary) and eyes, and brushing the entire dog from head to toe. Then, after checking the dog for matting, the dog heads to the tub for two baths. But before rub-a-dub-dubbing, Shaffer expresses the dog's anal glands.

According to Petfinder.com, all predators (your dogs included) have anal glands located on either side of the anus. The anal glands produce fluid



Photos by KELLY SHAFFER//Wipe Your Paws

(Above): A Before photo of one of Wipe Your Paws' many Westies prior to being groomed. Owner, Kelly Shaffer, recommends that dogs be groomed every six to eight weeks to cut down on various health problems such as matting and toenail and paw care.

(Below): An After photo showing the results of grooming a Westie. The owner of State College's Wipe Your Paws Kelly Shaffer has been in the dog grooming business for the last 15 years and grooms all breeds of dogs that weigh up to 60 pounds



with a distinctive odor that identifies your dog and tells other dogs his or her sex, age, and health status, among other things. Healthy anal glands will express, or empty themselves when your dog has a bowel movement.

Shaffer recommends that the anal glands be evacuated whenever the dog

is groomed because sometimes they do not get expressed when they should. A sign that your dog's glands need to be emptied is if your dog is scooting his bottom on the floor. It's also important to express the anal glands because dogs can get cancer in the glands, which can spread quickly to the rest of the body.

It is also an option to have the glands removed, but of course, as with any surgery, there is risk involved. Shaffer says that while most dog grooming practices (other than veterinarians) do not express the anal glands, Wipe

from **grooming**, pg. 22

Your Paws is sure to check and empty the glands during each grooming session.

After that, it's time for the bath. The first bath is a basic shampooing. The second bath can be more specific to the dog, including medicated shampoos from the vet, an oatmeal bath to soothe rough skin, or whitening and blackening shampoos to enhance the sheen of the coat of certain breeds. After bathing, the dog is taken to a grooming table where he or she is blow-dried using a forced air hose dryer.

Shaffer says that they use a forced air dryer for a few reasons. One is that the forced air helps with another level of the de-shedding process because any loose hair is blown away. Another reason is that the forced air parts the dog's coat, allowing Shaffer and her team to check the body for any lumps, bumps, fleas or ticks that might need attention. She says Cage dryers can not only burn the pads of the dog's feet, but any dog, old or young, with health

problems, can have seizures or heart attacks from it and could die.

After the finishing haircut, the dog is done and the owner is called for pickup.

For most dog breeds, Shaffer recommends that they be groomed every six to eight weeks. A grooming session can take anywhere from 45 minutes to five hours depending on the breed and size of your dog, but she says that for a dog that is groomed every six to eight weeks, it usually takes about an hour and a half. Unfortunately, that time can double if fleas or ticks are found.

Shaffer and her employees are constantly on the lookout for them. If ticks are found on a dog, they are carefully removed and placed in a small gas chamber to kill them, and the owner is notified. But fleas are a bit more of a nuisance.

If Shaffer notices a dog scratching, she immediately investigates. If she finds a flea, it goes in her "flea swimming pool," a small container filled with a mixture of Dawn (the dishwashing soap) and

water. When fleas are placed in the "pool" they are dragged to the bottom and drowned. Then the dog is treated with an all-natural flea shampoo that stuns the fleas long enough for each flea to be picked off and drowned. After making sure they got all the fleas off the dog, Shaffer and her team spray down the kennels and grooming tables with flea spray to kill any remaining fleas, and the owner is notified. For her own dog, Shaffer uses Canine Advantix and recommends it to any dog owner.

So while dog grooming might not be the glamorous job you thought it would be, someone has to do it, and Kelly Shaffer has stepped up to the plate.

"I want to make sure that your dog is good physically, not just smells good, not just looks good, but that what we're seeing is good, because it's really for the health of the dog." ■

Samantha Krebs is a senior at Penn State and will graduate in May with a Bachelor's Degree in Print Journalism.

Whitey Blue on high-rise apartment buildings

By: **DAVID M. SILVERMAN**
VOICES Satirist
 dsilverman104@comcast.net

I was talking the other day to Whitey Blue, longtime Centre Region resident and hardnose.

Whitey, we may have discussed this before, but now it seems that there may be some high-rise apartment buildings put up in areas that presently

have only modest size houses and shops. What do you think?

"It's a great idea! This is a college town, so if we need more off-campus housing for students, let's build 'em!"

Do you think, then, that no neighborhood should have the right to limit the height of buildings in their area?

"Like I've said before - if people can't adjust to tall

buildings near them, then they should move out into the boonies somewhere!" ■

David M. Silverman grew up in Atlantic City, N.J., living in apartment buildings and a walk-up apartment above a liquor store. In the Army in WWII, of course, he had ground-level living quarters.

Sudoku answer

2	4	1	8	9	7	3	6	5
5	9	7	3	6	2	4	8	1
3	6	8	4	5	1	9	2	7
9	1	5	7	2	3	8	4	6
6	2	3	5	4	8	1	7	9
7	8	4	9	1	6	2	5	3
1	5	2	6	8	9	7	3	4
8	3	6	1	7	4	5	9	2
4	7	9	2	3	5	6	1	8

Unrelated political cartoon



VOICES

OF CENTRAL PENNSYLVANIA

Thoughtful. Fearless. Free.

THE BANFF CENTRE PRESENTS 2014/2015

BANFF MOUNTAIN FILM FESTIVAL WORLD TOUR

12th Year in State College

THE WORLD'S BEST MOUNTAIN FILMS

The Banff Centre
inspiring creativity
banffmountainfestival.ca

Will Gadd climbing Louse Falls, Banff National Park © Kennel & Currier

NATIONAL GEOGRAPHIC THE NORTH FACE

CLIF Bataleon Bataleon

PETZL WORLD

April 10 + 11, 2015

The State Theatre, State College

Different Films Each Night at 7 pm

Doors open at 6pm to meet community groups

Tickets: \$18/night advance sale; \$31 in advance for both nights; \$16/night with student ID; \$20 at the door.
(includes ticketing fee.)

Local Host
SIERRA CLUB MOSHANNON GROUP



Tickets available at Appalachian Outdoors
123 S. Allen St. State College Or online at
www.appoutdoors.com

Regain Strength. Return Home.



If you or a loved one is experiencing problems with activities of daily living, consider calling HealthSouth Nittany Valley today for a no-cost rehabilitation assessment. Our rehabilitation nurse liaison comes to you in your home, physician's office or the hospital to determine if rehabilitation may be right for you.

Call 800 842-6026 and ask for a rehabilitation nurse liaison who will assess your needs, and coordinate with your physician and caregiving team.



The Joint Commission Disease-Specific Care Certification in Brain Injury Rehabilitation, Heart Failure, Parkinson's Disease Rehabilitation and Stroke Rehabilitation

HEALTHSOUTH
Nittany Valley Rehabilitation Hospital

550 West College Avenue • Pleasant Gap, PA 16823
814 359-3421 • NittanyValleyRehab.com

© 2015 HealthSouth Corporation 11063547 97

Volunteering for Meals on Wheels Easy and Rewarding

If you can give two hours a week, we need you at Meals on Wheels



State College Meals on Wheels is expanding from three to five delivery days a week. Volunteer any week day: kitchen volunteers help assemble meals from 8:00-10:30 a.m., drivers and visitors deliver meals from 10:00 a.m.-noon.

Visit our Open House
Mon-Wed-Fri, May 18-20-22, 9:00 AM-Noon
Grace Lutheran Church
205 South Garner Street

For more information or to volunteer,
call (814) 237-8135 or email
scmealsonwheels@gmail.com

Meals on Wheels



Delivering Meals to the Homebound Since 1971