

Community and Lifestyles

Local instructor shares passion for yoga

by Heather House

Theresa Shay, a yoga practitioner in State College, stumbled into her career and life's passion almost by accident.

Shay's love of yoga developed over several years when she started taking yoga classes to "maintain sanity." As a new middle school teacher putting in long hours, Shay found she was headed for early burnout.

"I knew I needed to do something," Shay recalls. "I went to the local movement studio near my house in Media and decided to take whatever they offered on Monday evenings." It was a choice between hip hop dance and yoga.

"Hip hop wasn't my thing, so I asked, 'What's yoga?'" she laughs.

It wasn't long before she found herself looking forward to Monday evenings. Shay's passion for yoga came as a surprise for her, since until she began practicing yoga, she had not been very physically active. In fact, she spent all of her high school years in a brace for scoliosis, which she used as an excuse to get out of gym class.

"I was frozen in my brace, frozen in my

body," she said. "Practicing yoga was like a big yawn for my body."

She believes that one of the main benefits of practicing yoga is the opportunity to cultivate a relationship with your own body, by slowing down and focusing inward. Shay says that as her body began to awaken from its long freeze she realized, in her words, that "there's a lot going on in here!"

After a number of years moving around and traveling overseas, Shay decided she was ready to get certified to teach TriYoga, the style of yoga Shay now offers in the State College area.

A relatively new style of yoga, TriYoga focuses on breathing, steadying the mind and body, and "spinal wave-like movements," according to Shay. These wave-like movements are also called flows, because the movements of TriYoga all flow together and make the body look and feel as though it is flowing in a dance sequence.

Shay, who believes her scoliosis is managed by her yoga practice, is adamant when she says that yoga is a physical activity accessible to everyone.

"TriYoga is for every body. If my body can do this, any body can do this," she said.

As Shay was cultivating her passion for



Photo by Heather House

Local yoga instructor Theresa Shay displays the braces she used for scoliosis in high school.

yoga, she found herself enjoying her day job less and less. In 2002, when Shay faced some tough personal challenges, she decid-

see **Yoga**, pg. 7

Achievements of State High's brightest overlooked

by Arthur Goldschmidt

Any local paper can be counted upon to report the triumphs of teams and individuals in such popular spectator sports as football, basketball and baseball. Band and orchestra competitions are also newsworthy events.

But if the stated purpose of schools is to educate young people in English, science, mathematics, foreign languages, history and social studies, why does competition between students in such areas get scant public attention?

Most newspaper readers know little about these competitions involving secondary schools in central Pennsylvania. They are far less likely to identify the top academic contestants than the star football players or figure skaters.

When State College Area High School was recognized as a Grammy Signature School for its music education program, the local daily interviewed music coordinator

Rich Victor and ran a photo of the State High String Orchestra.

This year, the State High Knowledge Masters, a team of students who take part in one or more regional or national inter-scholastic quiz bowl contests, have made their mark in several meets, a fact almost ignored by the local press.

Both the fall 2006 and spring 2007 teams finished first in the Knowledge Masters Open, a nationwide contest involving 727 public, private and magnet high school teams. In the spring contest, the State High team achieved a new benchmark by answering all 200 questions correctly.

State High Knowledge Masters A team recently finished second in the National Association of Quiz Tournaments High School Championships held in Chicago. Team Captain Alison Hudson, a senior, finished 16th among the 683 contestants. The B team, co-captained by senior Walker Yeatman and junior Molly Kozminsky but

otherwise made up of sophomores, finished in a tie for 21st place out of 160 teams, a rare feat for the scholastic equivalent of a junior varsity squad.

The NAQT chose State High as one of eight teams to be featured in a documentary film promotion to solicit future corporate sponsors for the organization.

State High also finished second this year in the National Science Bowl, scored highest among 70 Pennsylvania high school teams in the Scholastic Scrimmage and finished in the top ten in the National Ocean Sciences Bowl.

The school year may be near its end, but one more meet awaits the Knowledge Masters. The respected Partnership for Academic Competition Excellence will hold its tournament in Ann Arbor on June 9 and 10. Several State High seniors will pass up their commencement—no doubt dismaying their proud families—to test their wits against the nation's best and brightest

high school students. Captain Alison Hudson said the PACE contest matters more to her than attending graduation.

Molly Kozminsky, a budding scientist also on the A team, explained that she will be needed because some other A team members will instead be competing in the National Biology Olympiad. At that contest, Walker Yeatman will captain a B team made up of three promising sophomores who he hopes will advance to leadership roles next year. He proposes to coach them in practice sessions this summer, even though he will have graduated by then.

Next year, Hudson will be reading history (British, possibly U.S. or Middle East) at Oriel College in Oxford, England. Yeatman will be enrolled in the Schreyer Honors College at Penn State, majoring in history. He said a student group hopes to revive

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Trash to Treasure sale offers lots of everything

by Leslie Rosenbaum

By 8 p.m. on Friday, May 25, 2007, all of the goods for the sixth annual Trash to Treasure sale had been sorted. Shortly after that, a group of State College Area High School students parked themselves outside of Beaver Stadium to await the beginning of the sale.

At 7:30 the next morning, the line to get into the sale went from Gate B at Beaver Stadium out to Curtain Road and around the corner, almost to the new baseball stadium. Hundreds of people lined up with wagons,

dollies and food, waiting for the gate to open so they could find their treasures.

Early birds who arrived during the first hour and a half of the sale paid \$5 for access to the best items.

"All of the good stuff is gone in the first half hour or so," one shopper said. "Those people in the back of the line won't get anything at all."

Penn State students donated about 70 tons of unwanted stuff this year, one volunteer said.

"We have everything from couches, futons, house wares, electronics, clothes,

sporting equipment and tons of carpets," she said.

The yearly sale benefits many people in the community. During the last two weeks of the semester, students donate unwanted items, which then get sorted and priced.

The proceeds from the sale go to the Centre County United Way, and everything that is not sold is donated to other charitable organizations. Last year, the Trash to Treasure sale made \$49,870 for the United Way.

"The great thing about this sale is that nothing gets thrown away," said another volunteer. "We are able to save all of these things from going into a landfill."

Community and university volunteers work together to sort and price the items. Volunteers earn a \$5 voucher for every shift worked.

Also benefiting from the sale are the shoppers. From the sleep deprived student volunteers dying for the X-Box they saw when they were sorting and pricing to people just trying to find a good deal, everyone

comes to Trash to Treasure hoping to find something outstanding in someone else's leftovers.

Scott Schuler, 23, of Lock Haven, said this was his third year at the sale. Last year he found a really nice TV for \$5, and his friend came away with a pool table, he said.

Schuler and his friends left Lock Haven at 3 a.m. to come to the sale. One friend said that last year she got almost an entire new wardrobe, paying \$20 for 15 outfits.

Penn State student Amanda Khazem was looking for similar things.

"Clothes, furniture, anything I can find that will look good in my apartment next year," she said.

Another group of bargain hunters said their plan was to get their hands on anything and everything they could, pick through it at home and then sell whatever they didn't want on eBay.

"They are selling designer jeans for \$4 here, one of them said, declining to provide her name. "I can resell them on eBay for \$20 or \$30!"



Photo by Doug Bauman

Treasure hunters dug through rugs and tons of other items at the annual Trash to Treasure sale.

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Advice from Donna: Don't let resentment fester

by Donna Corleone

*Dear Madrone,
What do you tell someone who has no clue? I mean, the person in question thinks that her husband is faithful, that her children are smart and that her clothes fit. And that's just the beginning of what she doesn't know. She also thinks that the earth, the sun and the moon revolve around her pinky toe.*

*She is my brother's wife. I won't use her name, but let's just say it begins with "C" for Clueless, and she is the burr on my a**, excuse my French.*

I have to see her every Sunday for a barbecue, and I have to listen to her go on and on about how great she and everything she touches is. I have to smile, because my mother, god bless her, will not allow anything but smiles, and I am a good daughter.

I could put up with it, I really could, if it was just about me, but last Sunday, at the

barbecue, her brat child snatched my daughter's Napoleon and ate it right in front of her while the tears ran down my daughter's face.

Clueless laughed it off, saying her daughter did mine a favor, because since when did a fatso need another Napoleon? I managed not to throttle her, but with difficulty, even as my brother, due to his guilty conscience from all his running around, stuck up for her.

Now I ask you: Am I within my rights to tell her off? Or must I hold my tongue for peace in the family?

Enraged But Contained (Barely)

Lewistown

Dear (Barely),

Madre Mia, where to begin? First, what family peace are you talking about? That's not why you're holding your tongue.

You have many conflicting interests here: You owe your mother respect, even if she's

blind; you owe your brother loyalty, even if he's a rat; you owe your daughter protection, you need to set an example of how not to be a doormat; and you owe your sister-in-law nothing, but mixing it up with her means that you tangle with your brother and your mother.

Now don't get me wrong, I'm not saying that any of the above people deserve what they are owed. They may or may not. You are in a bind, and there's no way around it: you are going to have to throw someone under the bus. I don't think it should be your daughter. God bless.

Dear Madrone,

I want to go to back to the old country for a visit. My mother tells me I have to bring my cousin Sybil, because fifteen years ago, when my mother and father (may he rest in

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Donna Corleone

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ed to make some changes in her life. She quit her job as a middle school teacher and promised to take some time for herself.

"I decided to allow myself to either take a year off from work or spend half my savings before I panicked or changed the plan," she said.

She spent quiet time in her cabin practicing yoga, doing only work she loved and watching the trees grow. During that time Shay kept teaching yoga and expanding the number of classes she offered. Five years later Shay smiles and said, "I still haven't spent half my savings!"

From her trial class in 2000, Shay's business has grown so that it now allows her to

earn her entire living from teaching yoga. In addition to teaching classes five days a week in three locations, she also dedicates the occasional weekend to training new TriYoga teachers.

In fact, one of Shay's first State College students, Jill Buchanan, now offers a yoga class of her own.

Shay first and Buchanan first met at the State College Friends Meeting House in January of 2000, when Shay posed a simple question to the young woman: "Would you like to be my practice yoga student?"

"I had no idea when I met Jill, seven years later we'd still be meeting weekly for yoga," said Shay.

"For me, this yoga came at a time when I was ready to shift my focus inward," said

Buchanan, a nurse practitioner. "After raising my three kids, I was ready to commit to my own body's needs."

When asked about the secret of her success, Shay answers thoughtfully.

"My time invested in my own practice comes through when I teach or assist others. I'm living a very conscious lifestyle that is about attending to clarity. Many people are looking to experience that in their own lives," she said.

Each January, Shay's classes swell with people who have made getting in shape one of their New Year Resolutions. And like the average American who has only a fifty-fifty likelihood of sticking with their resolution for more than three months, Shay sees a lot of students come and go. S

hay insists that it is not because her classes are too difficult. In fact, TriYoga is recognized as a style of yoga that can be as gentle or as challenging as one desires.

Still, it quickens Shay's heart to see the same faces week after week.

"When I see a student who attends class as faithfully as I did when I first started, I realize this person loves this yoga," she said.

Shay makes it easy for people considering yoga to drop in on a class for free. And since she offers classes in eight-week sessions, you don't have to worry about making a long-term commitment.

To learn more about TriYoga classes, visit www.pennsylvaniayoga.com or call 814-364-2435.

Huh?

What did you say?

Could you repeat that?

If you're frequently asking these questions,
maybe you have hearing loss.

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from Achievements, pg. 5

Penn State's team to compete in national and regional quiz bowl meets on the collegiate level.

Supporting the students in the bewildering variety of contests is Julie Gittings, team coach and learning enrichment teacher. Gittings said she began her State High coaching career with a Scholastic Quiz meet hosted in 1976 by the University of Pittsburgh at Johnstown. Trained as an English teacher, she has gradually assumed responsibility for advising academically gifted high school students and coaching their competitions.

"I found I was much more competitive than I had imagined I would be," she confessed.

She serves Knowledge Masters as quiz-

master for twice-weekly practice sessions, making up lists and assignments but also encouraging students to compose their own questions. She administers trial tests, written by the seniors, to assess the strengths of aspiring new knowledge masters.

The students stressed the benefit of frequent and intense practice sessions and ascribed their competitive successes to teamwork, classes and teammates' abilities. Gittings, who often drives the students to their meets, said they spend hours of their travel time reading and quizzing one another.

Bellefonte Area High School also encourages active scholastic involvement. Its students participate in Academic Decathlon, Model United Nations, Knowledge Masters and a variety of quiz bowls.

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peace) took the trip, they went with Sybil's mother and father, who are my aunt and uncle and they paid for the hotels, which were not cheap, which my aunt has not let my mother forget.

This is all very well and good, but I would rather eat my salad first than spend any time with Sybil, and the feeling is mutual. She hates me. For my birthday, she called my mother's house to say she couldn't make it, because she was in the city going to the opera, but that wished me well.

I don't know what to do with my mother, who still thinks of us as babies together, which is where this all started. Sybil used to steal the meatball off my spaghetti, eat hers AND mine, and then say I had eaten both. But my mother never saw that.

*Hate My Cousin, Love My mother
Redstone*

Dear Aggravated,

My advice is to find it in your heart to ask your cousin to go on the trip. If she hates you, as you say, then she's going to say no. You'll get all the credit for asking and she is the one who looks like the ungrateful creep. And if she says yes, then maybe it was not so bad after all.

But—and this is a big but—if you can't ask with a gracious heart, under NO CIRCUMSTANCES should you make the offer. It will come back to bite you, guaranteed, whether Sybil says yes or no.

Resentment will lodge itself and fester, and one day, for no reason, when your mother asks you to pass the oil and vinegar, you will pick up the salad bowl, slam it on the table, break it in half, maybe even cut yourself or a little child will get a piece of glass in their eye, and you're the bad guy. Sybil will most likely be at the opera. God bless.

Community Calendar

Tuesday, June 5, 7 p.m.

Ni-Ta-Nee NOW meeting

Webster's Bookstore Café, 128 S. Allen St.

Ni-Ta-Nee NOW is the Centre County chapter of the National Organization for Women. Meetings are held on the first Tuesday of each month.

Wednesday, June 6, 5:30 p.m.

Anti-war vigil

The anti-war vigil is held each Wednesday at the Allen St. gates.

Wednesday, June 6, 6 – 7:30 p.m.

West African drum class with Chuck Greb

Fairmount Elementary Building Auditorium, W. Fairmount Ave. and Frasier St. Learn traditional rhythms and technique for djembe, dunun and more. Drop in classes \$12 each. For information: 814-238-5048, chuck@botefote.com, www.botefote.com

Thursday, June 7, 5 p.m.

Andy Shaw art exhibition opening

135 E. Beaver Ave.

The Artisan Connection will exhibit pieces by Philadelphia artist Andy Shaw for the entire month of June. A reception will be held from 5 p.m. until 8 p.m. Refreshments will be served.

Saturday, June 9, 10 a.m.

Live Auction

Grange Fair Grounds, Building 11

Preview begins at 8 a.m. All proceeds benefit the student ministry at Penns Valley Community Church. Concessions will be offering breakfast, lunch and snacks. Auction items include furniture, electronics, jewelry, music lessons, art, painting services and more.

Saturday, June 16, 8 a.m.

RBR Recumbent Bike and Trike Rally

Military Museum in Boalsburg

Enjoy a 66-, 37-, 15- or 5-mile mapped ride with leaders and sweepers. There will be demo rides and a tuning workshop in the Military Museum parking lot.

Thursday, June 21, 7:30 p.m.

Centre County Obama '08 meeting

State College Municipal Building

For more information: centrecountyobama08@comcast.net

Friday, June 29, – Sunday, July 1

Summer's Best Music Fest

S. Allen St., Hiester St. and Central Parklet

Three outdoor stages with over 30 local and regional performers.

Saturday, June 30

Annual Street Bazaar

S. Allen St.

Over 30 downtown merchants will participate this year, offering sales on various merchandise. Children's events include face painting, washable tattoos, sand art and other crafts. Food vendors will be available.

Got a local event coming up you'd like people to know about?

Submit your event to our online calendar at

www.voicesweb.org



State College Peace Center

www.scpeacecenter.org



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Wednesdays, 5:30-6:30

Saturdays, silent, 1:30-2:30

We will not learn to live together in peace by killing each other's children. - Jimmy Carter