

Week of September 8, 2008

Weekly

An electronic newsletter for the Penn State Harrisburg Community

“I knew that we were doing what we were supposed to do. I just happened to be in the right spot. Again, there was nothing magical that I knew that somebody else didn’t know. I was just making the calls that I thought were the right calls at the time...”

“What I saw pales in comparison to anything else I had seen previously”

“I can’t say enough about the people that were in those buildings. They were escaping from the worst catastrophe to befall the United States in our generation and they’re as calm as could be. As a matter of fact, as we’re going up, they were encouraging us...”

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Jay Jonas, now a battalion chief, brings his remarkable story of the men of Ladder 6 to Penn State Harrisburg’s Morrison Gallery Tuesday, Sept. 9 at 12:30 p.m.

Jonas’ presentation is free and open to the public. For more information, phone 717-948-6273.



Career Services Workshops for September:

On-Campus Interviewing and the Job Search :

a workshop especially for seniors, but open to all students.

Tues. Sept. 9 3:00-4:00 pm Room E314

Mon. Sept. 15 5:00-6:00 pm Room

project RESUME:

A 'Make It Work'shop

Tues. Sept. 9 12:30- 1:30 pm Room E212

Wed. Sept. 10 12:15-1:15 pm Room E310

Mon. Sept. 22 5:00- 6:00 pm Room E212

Please sign-up for all workshops in the Career Services Office, W-117 Olmsted, phone 948-6260, or email cmg11@psu.edu

The Learning Center at Harrisburg. Our job is to help you learn.

Drop in to see us in C-216 or schedule online for **writing and math** (through Calc II) tutoring at <http://www.rich15.com/psuh>. For **other courses**, email tutorrequest@psu.edu. Check the website, <http://www.hbg.psu.edu/LearningCenter>, or contact Janice Smith, coordinator, at jes57@psu.edu or 948-6475 with questions.

Dr. Richard Foxx of the ABA Program at Penn State Harrisburg has arranged for a talk by Dr. Neville Blampied of the University of Canterbury, Christchurch, New Zealand.

Understanding and Treating Infant Sleep Disturbance: Finding Best-Practice Interventions

Monday, September 8, 2008 at 6:00pm in C213 (Auditorium).

Infant sleep disturbances, such as chronic waking and crying, affect more than 25% of families with an infant aged less than 2 years. This talk will define infant sleep disturbance (ISD) and briefly review its epidemiology. I will then present a bio-behavioural model of the development and maintenance of ISD, and review treatment research, covering the search for effective treatments that minimise infant distress, are acceptable to parents, and positive in their effects on infant behaviour and development.

Neville M Blampied is Associate Professor of Psychology and Head of Department in the Department of Psychology, University of Canterbury, Christchurch, New Zealand.



Undergraduate Teaching Award nominations sought

Students are encouraged to submit nominations for the 2009 Undergraduate Teaching Awards to the Schreyer Institute for Teaching Excellence before the September 19 deadline. Electronic nominations are accepted at <http://www.schreyerinstitute.psu.edu/Awards/Form/>. Any student, faculty, staff, administrator, or friend of Penn State may nominate faculty members for the awards. Requested information includes a short comment about why the faculty member is being nominated.

Reading Group

The **C. S. Lewis Seminar** meets each Tuesday at noontime. All faculty and staff are invited to join the discussion of *The Screwtape Letters*, by C. S. Lewis, as the group attempts to separate fact from fiction regarding the Christian faith. Newcomers are always welcome. Contact w44 or pb11 for details.

Learning Styles Workshop

Does my temperament influence my study habits? How do I understand and work with others with different temperaments? Find the answers to these questions and more at the Learn Styles Workshops presented by Ms. Jessica Whittemore on September 18, 2008 in the Gallery Lounge, Olmsted W-107. There will be two sessions: 9:30 a.m.-10:45 a.m. and 12:30 p.m.-1:50 p.m. The 9:30 a.m. session will be directed to education majors. Supported by Student Activity fees and sponsored by the Learning Center.

Fall Career Days 2008 : <http://www.fairs.sa.psu.edu/fall/>

Billed as "the largest Campus-based career fair in the country" and featuring business, liberal arts, communications, engineering and science, education, and information systems. University Park, Bryce Jordan Center, Monday through Friday, Sept 15-19, 2008. No pre-registration needed. Just bring your student ID and plenty of resumes. Be sure to use their website to decide which days to attend and to preview employers.

Lockers are available in the Olmsted Building to rent for the semester. The cost is \$6.00 per semester. To rent a locker, please stop by the Student Assistance Center, Room W-117, Olmsted Building. Office hours are 8:00 a.m. to 8:00 p.m., Monday through Thursday and 8:00 a.m. to 5:00 p.m. Friday.

Proposals for Student Activity Fee Funding

The Student Activity Fee Committee will be accepting Proposals for Student Activity Fee funding for the fall 2008 semester starting August 29th, 2008. Forms can be picked up in Student Services, C120, or they can be downloaded from the web at <http://www.hbg.psu.edu/studaf/>.

Deadline for submission is September 10th, 2008 by 5:00 pm in the Student Services Office, C120 Olmsted. The form

must be submitted with twelve (12) copies, Must be typed, and must be 3-hole punched to be accepted. Please note: Proposals can be submitted by students, faculty and staff. If you have any questions, please call Student Services at 948-6180.

Your Student Activity Fee funds provide and generate guest speakers, entertainment events, conferences, trips, recreational equipment, campus activities and programming.

There is free shuttle service from the campus to the Village of Pineford in Middletown and to the Willow Garden Apartments in Highspire. The shuttle will leave at 9:15 p.m. from the bus stop located behind the Olmsted Building (Penn State Way), Monday through Thursday. For information, contact the Student Services Office at 948-6018.

Penn State Harrisburg International Study Tours announced!

Register now for Peru!

Peru - January 4-11, 2009 - LA 199/499 - 3 credit course

Registration for the Peru Study Tour trip must be done by September, 22 2009. Stop by the International Programs office, C-114 Olmsted, for a detailed brochure and registration information or contact Jose Vargas jl10@psu.edu in the Humanities Office.

Spring 2009 Study Tours (course planning in progress):

Spain (March 2009 - LA 199/499 - 3 credit course)

Rome (March 2009- INART 001/499 - 3 credit course)

Brazil

France

London

Germany

Summer 2009 Study Tours (course planning in progress):

Poland



For more information contact:

Marie-Louise Abram, Director, International Programs

Penn State Harrisburg C-114 Olmsted Building

E-mail: m1a9@psu.edu • Phone: 717-948-6003

Save Karns Markets Register Receipts!

ASL, the adult student honor society, will be continuing its participation in the Karns Markets Register Receipts Rebate Program, "1 for the Schools". ASL uses the proceeds to award book grants to adult students at our campus. Please send or bring in your receipts to Charlotte Spector in the Student Assistance Center, W117 Olmsted. (Only the bottom portion showing the "1 for the Schools" amount is necessary.) For spring 2008 we awarded \$50 in book grants to 5 students, and hope to meet or exceed that number this year. Please help by saving your receipts for our group. Tell your friends. Everyone can contribute!

PSH Sports Schedule

Sep 6— Cross Country at Lebanon Valley College, 9 a.m.

Women's Soccer vs. Susquehanna University, 1 p.m.

Sep 7— Men's Soccer vs. Medaille College, 1 p.m.

Women's Volleyball vs. Ramapo College at LVC, 3 p.m.

Women's Volleyball at Lebanon Valley College, 5 p.m.

Sep 8— Penn State Harrisburg Golf Invitational, Noon

Sep 9— Women's Volleyball vs. College of Notre Dame, 7 p.m.

Sep 10— Women's Soccer vs. Penn State Altoona, 4 p.m.

Sep 11— Women's Volleyball at Rosemont College, 7 p.m.



Aquatics Info

- The pool is now open and gearing up for a busy season. All faculty and staff are considered “members” and can use the pool during membership times. Please consult the web page or stop by the CUB for a pool schedule.
- Water Fitness Classes are underway and as “members”, faculty and staff receive a discount when registering for this program. Water Fitness Classes meet every Monday, Wednesday and Friday from 12:00 noon – 1:00pm and every Tuesday and Thursday from 5:30 – 6:30pm. Persons interested in registering should stop by the CUB desk, complete a registration form and pay \$45.00 for a 14 class punch card that can be used any day or time that the class is offered.
- Fitness Swim Club – swim during lap swims and for every 25 miles receive a certificate of merit and an incentive prize. the goal is to swim 100 miles in a year! Our own Professor Peter Swan is currently working on his second 100 miles! Come join him!
- Adult Swim Lessons - Tuesday and Thursday evenings, 6:30 – 7:15pm, Sept. 16 – Oct. 9. 8 lessons for \$55.00. You may also register now for spring classes. Please check the internet for dates and times.
- Youth Swim Lessons – Saturday morning Learn to Swim Program gets underway Oct. 4 and runs through Nov. 22. Classes are available for beginner through advanced swimmers ages 6 – 13 years. Go on-line for a brochure and registration form. Register now for winter and spring sessions as well.
- Pre-School Swim Lessons (ages 4&5 years) offered on Saturday mornings, Oct 4 – Nov. 22 or on Tuesday mornings. Sept 30 – Nov. 18. go on-line for a brochure and registration form. Register now for winter and spring sessions as well.
- Water Polo -For students, staff and faculty. Learn the fundamentals of the game and get a great workout! Tuesday evenings, 8 – 10pm, as follows: Oct. 7, 21, Nov. 4,18, Dec. 9.

INTRAMURAL SPORTS INFORMATION

Intramural Officials Needed - Anyone interested in officiating IM Softball and/or IM Flag Football, please see the job description at <http://php.scripts.psu.edu/dept/iit/hbg/fitness/intramurals.php> or contact the IM Sports Coordinator, Julie Stoehr at 717-948-6267 or jrs1017@psu.edu.

Capital Union Building Fitness Facility - All students, staff, and faculty entering the Capital Union Building (CUB) must swipe their PSU ID+ card at the front desk. This policy also includes Kinesiology students attending class in the CUB as well as intercollegiate athletes. Please visit the Intramural Sports/Fitness/Recreation web page at <http://php.scripts.psu.edu/dept/iit/hbg/fitness/> to learn more about the fitness facility and intramural sports.

Weight Room Construction - Entrance to the weight room in the Capital Union Building is through the racquetball hallway courts only. Please do not enter through the construction area. Heavy weight bags and the speed bag will be hung once the weight room walls have been painted.

Penn State Harrisburg

777 West Harrisburg Pike
Middletown, PA 17057
Phone: 717-948-6029
Fax: 717-948-6370

To add an event to Weekly, to the online campus events calendar, or to the TV monitors on campus, e-mail ecb14@psu.edu

The deadline is noon Wednesday for the succeeding week.

Want to stay up-to-date on news and upcoming events at Penn State Harrisburg?

Then subscribe to the Penn State Harrisburg Newswire and receive the latest news via e-mail.

To subscribe to the Penn State Harrisburg Newswire and other newswires offered throughout the University system, simply access the Web page at <http://newswires.psu.edu/>.

Schedule Change !!

Due to a change in group leader assignment, the Weight Watchers At Work Program for Fall Semester 2008 has been rescheduled! Meetings will now be held on Fridays from Noon to 1 p.m. The cost of the series remains \$144, payable at the first meeting by credit card or by check. If paying by check you may elect to make two payments of \$72.00 each (turned in at the first meeting.) To compensate for this change in schedule, the At-Work Coordinator has authorized an extra week for the same price. That's 13 weeks for \$144.

The "Four Pillars" of the Weight Watchers approach to weight loss include...

- > Promotion of healthy habits
- > A supportive environment
- > Exercise
- > Making smarter food choices

Fall Weight Watchers at Work

To host the Fall series, we must have a minimum enrollment of 15 people. If interested, please contact Barbara Hundertmark at x6004 or email bch5@psu.edu before 5pm. Tuesday, September 9, 2008.

FRIDAY, Noon - 1pm.

September 19 - December 19, 2008
Room 207W, Olmsted Building

Starting next week and continuing through mid-October, Weight Watchers will donate \$1 for each pound lost by a Weight Watchers group member. The money will be donated to two organizations... Share Our Strength and Action Against Hunger. So those planning to participate in our Fall At-Work program will have an added incentive. As we learn a healthier lifestyle and shed our pound and ounces, we will be helping others be healthier too.