

The Global Lion

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**Students Offer Microloans to
Aid Small Business Owners
Around the World**

**Penn State Campus
Restaurant Offers
International Cuisines**

World Recipe: Ducana



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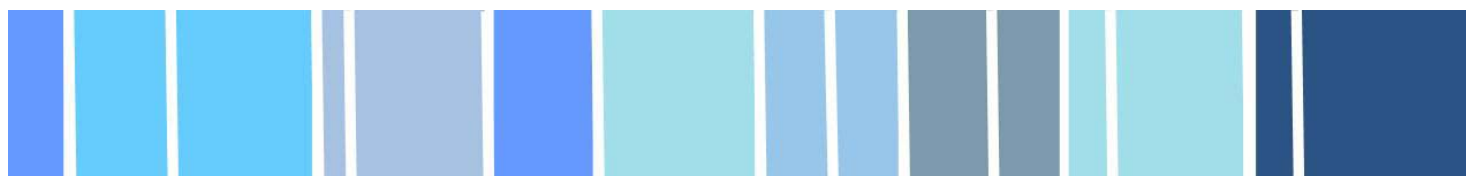
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To post information about volunteer opportunities, club meetings, upcoming events or other programs, email program coordinator assistant, Brittany Reutzel at bmr199@ip.psu.edu.

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Helping International Development is As Easy as “Lending” \$25

By Nicole Güven

Lori Shapiro, a graduate student studying entomology, is a KIVA lender. Shapiro is one of 67 Penn State community members who have contributed a total of \$17,875 in loans to people around the world since August 31, 2008.

KIVA is a non-profit organization founded in November 2005 and is the world’s first online micro-lending platform. KIVA, meaning “unity” or “agreement” in Swahili, showcases profiles online to help lenders choose the specific person to whom they would like to lend money to. This allows lenders to help a particular area of the world or a specific business. All one needs to participate in the program is a credit card or PayPal account. One can lend in amounts as low as \$25.

KIVA has more than 100 field partners, microfinance institutions that find entrepreneurs who need microloans. The field partners are also non-profit, but collect interest from the borrowers to cover costs. They collect the repayments and return it through KIVA back to the lenders. The lender then has the



Truphena Anyango from Kenya received a loan to help her buy merchandise for her pharmacy and cosmetics store.

Photo courtesy of John Briggs.

choice to either withdraw the funds, donate them to KIVA to help the organization cover operating costs, or lend them again to someone else. Lenders do not collect interest, but receive their loans back in as little as six months. KIVA has a 98.57 percent repayment rate.

“The loans go to places in the world that don’t really have banks,” Shapiro says. “There’s no

access to credit. Even if you have a small business or a shop or a farm, there is not a way to take out a loan to upgrade, which is something we take for granted here. Every time we use a credit card we have instant credit. But those banks don’t serve people who don’t have enough money to open an account.” (continued on page 4)

International Development continued

What else do microloans do? “They aim to close the divide in gender equality between men and women,” says Shapiro. “In a lot of less developed countries, women don’t have any social or economic power, so they don’t handle any money. But women, when they do handle money, usually invest it in long-term things like their kids’ education or better nutrition, whereas if men handle it, they spend it on immediate consumption. More than 80 percent of the loans on KIVA are to women. That’s why most of these organizations lend to women. That investment goes much farther because women make those different decisions which have much greater long-term developmental effects.”

KIVA has facilitated over \$100 million in loans since November 2009.

“It’s a way to provide somebody else with a service that we take for granted,” says Shapiro. “Having a strong business base is important. Having money flowing through is important for most aspects of development. It will give people money to buy food, to pay for school fees. It has large effects.”



Sopheha Chum received a loan of \$600 to purchase silk materials for her and her husband's weaving business.

Photo courtesy of John Briggs



Akai Olivia Domefa from Togo received a loan to help buy products for her hair salon

Photo courtesy of Abby Gray

For more information, visit KIVA’s website at: www.kiva.org, visit Penn State’s KIVA group at: http://www.kiva.org/team/penn_state_uni, or e-mail Lori Shapiro at Irs200@psu.edu.

International Opportunities

The Penn State International Affairs and Debate Association



The Penn State International Affairs and Debate Association is a student run organization comprised of students pursuing a diverse array of academic and professional fields. We participate in Model United Nations style competitions across the United States and Canada as well as hosting our own conference every spring for college students as well as a high school conference every fall. We are open to all students of any background or major. As well as competing we hold weekly discussions, coffee hours, and many social events throughout the year. If what you've just read sounds interesting keep an eye out for us at the Fall Involvement Fair. For more information, contact us at contact@psiada.org or visit www.psiada.org.

International Coffee Hour

Join the University Office of Global Programs every Thursday from 3:30 to 5:00 PM in the Global Programs Lounge (410 Boucke Building) for coffee, tea, snacks, and international chat.

All summer long!

Penn State Lehigh Valley Campus Provides Smaller Scale for International Students

By Hannah Rishel

When most people think about Penn State they think of the University Park campus. However, there are 19 commonwealth campuses that are also part of Penn State. Like University Park, many campuses have an international student population, but on a much smaller scale.

One such international student who is studying at Penn State Lehigh Valley is Jagroop Aulakh, who hails from Punjab in northern India. Currently a freshman, he's studying electrical engineering.

Originally Aulakh started out at Ohio University, but felt it wasn't a good fit for him.

"I thought about going somewhere else where I could adjust in a better way," he said.

After doing some extensive research, Aulakh finally decided on Penn State, but he did not want to attend University Park because he thought it would be too big for him.

"One of my friends in India told me that he had some relatives in Pennsylvania," he said. These relatives live in Easton, PA, which is where Penn State Lehigh Valley's campus is located. "I'm living off-campus in a rented apartment because I like living on my own."

Aulakh says that it's easier to adjust to a small campus. "Everyone knows you and thus you know him or her, so it's easier to make friends on a smaller campus," he said. "The



Nittany Lion Shrine at Penn State Lehigh Valley

Photo Credit: Kate Morgan (taken from live.psu.edu)

class sizes are smaller and the teachers know you by your name. I guess that isn't the same at University Park or at a bigger campus."

Arlene Quesada, the campus nurse at Penn State Lehigh Valley, serves as the liaison between international students on her campus and the University Park Office of Global Programs.

"International students appear on our campus if they have a relative in the surrounding area and are able to live with them, as we are a totally commuter campus," she said.

Now that he's studied at Penn State Lehigh Valley, Aulakh says that he would definitely consider transferring to University Park. He says that he wants to complete his

studies here in the States as soon as possible and then go back to India. His future plans are to either join a multinational company or join the Indian Army.

Currently one of his favorite things about his campus is introducing cricket to his American friends. Cricket is a very popular sport in his native India, but it is not very well known in the United States.

"Many of my American friends love to play with me and some other Indian friends," Aulakh said. "The only thing missing here is more sports opportunities. Only a few games are played like flag football or tennis or golf, which I guess not every international student is good at."

International Theme Dinners Offered at Café Laura

By Christiana Shyllon

Sometimes students get a little tired of eating the same food from the same common areas on campus day after day. Additionally, some international students would like to eat cuisines that are similar to those that are made back in their home countries. Café Laura is a solution for students who fall into these categories.

Café Laura is a dining establishment on campus where people can make reservations for dinner. On many of the nights there are themes, some international and other random themes. Café Laura is located in the Mateer Building, which is across the street from the Nittany Lion Inn Parking Garage.

Peter Yersin, senior and lead instructor in food and beverage operations, graduated from the Hotel, Restaurant, and Institutional Management (HRIM) program in 1987 and has been teaching for twenty years.

The last fourteen years, Yersin has taught the Wine Appreciation, Beverage Management class and the HRIM 430: Advances Food Production and Service Management Laboratory class. HRIM 430 is the class that runs and controls the dinners at Café Laura.

Yersin says, "The students choose their own theme the first day of class." Therefore, Yersin does not know what the themes for Fall 2010 will be.

Some dinner themes for this past



Photo taken from Café Laura Web site

year were "Tour of the Rivera: France, Italy, Morocco, Monte Carlo," "Southern Comfort Southeast of the Mississippi," "A Tribute to the Emerald Isle: Ireland's Finest Tavern Cuisine," and "Food Inspired by Hollywood Films."

Two of the last theme dinners for this semester are on Wednesday, April 28, 2010, which is "El Corazon De Espana" and on Thursday, April 29, 2010, which is "Romantic Cities of Europe."

"You name the country, we have probably done the cuisine," says Yersin.

On average, Yersin explains that about 95 to 100 patrons attend the themed dinners, but they will accept reservations for up to 110 individuals per meal.

Patrons are able to call or send an email in order to make reserva-

tions to attend one of the themed dinners. Like any restaurant, there is a price for the dinners, which vary depending on the meal.

The prices, along with the menu selection for each themed dinner can be found on the website.

Café Laura is a dining experience for people who want to dine out and get a taste of diverse cuisines from different countries, ethnicities, and U.S. coasts. However, the students who are taking the HRIM class and are behind the scenes of Café Laura also receive their own experiences.

"Students recognize this class as the closest experience to actual management in the curriculum," says Yersin, "Live associates, live customers, live situations. Problems and solutions on a nightly basis."

For more information about the location, prices and menus for the themed dinners, visit http://www.cafelaura.psu.edu/theme_dinners.htm.

Climate Change, Food, and Health

By Michael Solomon

On Tuesday, April 20, 2010, Professor Dorothy Blair from the Department of Nutritional Sciences gave a presentation titled "Making Connections: Climate Change, Food, and Health." The event was part of Penn State's Green Week and took place at the Life Science Building's Berg Auditorium from 7:00 PM to 8:00 PM.

Professor Blair's thesis states that industrial food systems are a widely unnoticed yet prevalent contributor to greenhouse gases and emissions. Blair claims that food has moved from a source of sustenance and survival to a means of sensual gratification. Therefore, people today consume much more food than is necessary for survival. What we fail to understand, according to Blair, is the environmental impact overeating can cause.

Using a wide range of statistics, Professor Blair supports her claim by stating that not only do we overeat, but we eat too much of the wrong foods. According to Blair, 40% of the calo-

ries we consume are added sugars and fat. In addition, only 15% of the calories we consume are protective foods such as vegetables, fruits, eggs, nuts, and whole grains. Not surprisingly, 67% of the adult population in the United States is overweight or obese.

From an environmental standpoint, the overeating prevalent in the United States contributes to an estimated waste of 1.74 billion gallons of gasoline a year. 27% to 30% of our food is wasted and on average this leads to a family of four wasting as much as 122 pounds a month. This wasted food is often placed in landfills and contributes negatively to the environment in the form of producing methane gas.

Aside from the direct waste we create by throwing out food, we use a large proportion of our water and crops merely to feed the livestock we eat. One half of the water in the United States is used for animals and 55% of the corn harvested is used for animal feed. Blair uses these facts

to introduce the argument that Americans eat too much meat. Beef creates 30 times the amount of carbon dioxide in comparison to legumes and vegetables. Another staggering statistic is that an estimated 18% to 50% of the world's greenhouse gases are produced by livestock. These emissions take the form of the carbon dioxide the animal's breath themselves and the overall emissions produced in feeding and caring for the livestock.

The answer for Blair is not a strict withdrawal from meat. Instead, Professor Blair believes that we must minimize the amount of meat we eat in order to maintain a healthier environment and to increase our own health. The challenge Blair sites is to keep our Earth a sustainable habitat for human kind. Therefore, we must keep food sustainable, organic, and local as possible. In addition, we must take the necessary steps to cut down our environmental impact for the preservation of our survival and the planet's survival.

For more information on the Department of Nutritional Sciences go to <http://nutrition.hhdev.psu.edu/>

Photo of the Week



A Waterfall at Ricketts Glen State Park, PA

Submitted by Nicole Güven

The Global Lion Photo of the Week features photographs taken by international and American students. For the chance to have your picture featured as Photo of the Week, send an email to Events@ip.psu.edu with subject heading: Photo of the Week



Ducana—*A Taste of Antigua and Barbuda*

Located in the Eastern Caribbean, Antigua and Barbuda cover 442.6 sq km of land and have a combined population of 85,632 according to the CIA World Factbook.

While Antigua is the largest island of the British Leeward Islands, it is still a relatively small region. **Lyndsay C. Luff** explores the BIG flavor Antigua and Barbuda has to offer.

Ingredients:

- 2 cups grated coconut
- 2 cups grated sweet potatoes
- 1 can of coconut water
- 2 cups of sugar
- 1 tsp cinnamon
- 1 tsp grated nutmeg
- 1 tbs of vanilla extract
- 1 cup of raisins
- 1 ½ cups of flour
- Aluminum Foil

Preparation:

Blend coconut and sweet potatoes with an electric blender. Add approximately one and one half cups of coconut water to the blend for a smoother texture. Add the remainder of the ingredients to a medium sized mixing bowl and fold in blended sweet potato and coconut mixture. Spoon the mix into the center of the aluminum foil and fold the foil so that it cov-



ers the mixture. Fold the mixture between two to three times, keeping the ends flat so that the mixture is sealed in. Tightly fold up each end of the foil to seal the batter in completely. Drop the

wrap in boiling water and cook for about 30 minutes. Remove wraps from the water and let cool for 10 minutes. Once the wraps are cool, unwrap and enjoy!

Ducana is traditionally paired with salt fish and vegetables such as okra, spinach, or pumpkin for dinner, but this sweet dish is delicious enough to indulge in on its own at any time of day!

Summer Volunteer Opportunities with UOGP

General Volunteers for Orientation

We are seeking volunteers to help us run the New International Student Orientation Program from August 9 to August 22. Volunteer responsibilities include: leading social activities (mainly in the evening), assisting presenters at information sessions, supervising the computer lab at Findlay Commons, helping students find off-campus housing, welcoming students at the airport, assisting with Document Check-in, and assisting students moving out of orientation housing and into permanent housing. You do not have to be available for the entire duration of the orientation to be a volun-

teer. Please contact Natsuki Ikeda at nzi102@ip.psu.edu if you are interested.

Blog Contributors

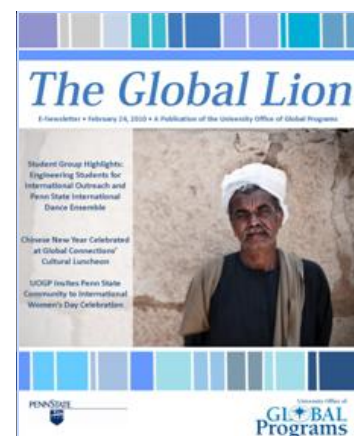
Do you like to write? UOGP needs several writers to update a blog for New International Student Orientation. The contributors will introduce fun facts about Penn State and State College, and help new international students learn about our community before their arrival. You do not have to be in State College during the summer to help with this project. This is an excellent opportunity for those who want to volunteer from home/abroad. Visit uogporientation.blogspot.com to view the

blog. Contact Natsuki Ikeda at nzi102@ip.psu.edu if you are interested.

Photographers Needed for Orientation Handbook

A few photographers are needed to take photos of students on campus. The photos you take will be used in the Orientation Handbook and various other publications from the University Office of Global Programs to introduce campus life to prospective international students. Volunteers are expected to work on this project from after finals week to early June. Please contact Natsuki Ikeda at nzi102@ip.psu.edu if you are interested.

UOGP wants to know...
What do YOU think of
The Global Lion?



Take a few minutes to complete our survey! Your feedback will help increase the satisfaction of *Global Lion* readers:
<http://www.surveymonkey.com/s/TY7M2WX>

Announcements from University Health Services

Free Meningococcal Vaccine Available at UHS

University Health Services (UHS) is offering the meningococcal vaccine, Menactra, free of charge to incoming and currently registered Penn State students. College students are strongly encouraged to receive the meningococcal vaccine prior to starting at Penn State; those who live in University-owned housing are required by Pennsylvania law to

either be immunized against meningococcal disease or complete a waiver of exemption. Students can receive the meningococcal vaccine at UHS by scheduling an appointment online at www.sa.psu.edu/uhs or by calling 814-863-0774. For more information about meningitis, visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov/meningitis/index.htm>.

Free HPV Vaccine Offered Through PA Department of Health

The Pennsylvania Department of Health (PA DOH) is offering the HPV vaccine (Guardasil) free to both men and women between the ages of 19 and 26. Supplies are limited. For more information or to make an appointment, call the Centre County State Health Center at 814-865-0932.

University Health Services Summer Hours

- University Health Services (UHS) will follow summer operating hours from Monday, May 3, 2010 through Monday, August 16, 2010. Summer hours are 8:00 AM to 5:00 PM on Mondays, Tuesdays, Thursdays and Fridays and 9:00 AM to 5:00 PM on Wednesdays. UHS does not have Saturday hours during the summer. Please note, UHS will be closed Monday, May 31 for Memorial Day and Monday, July 5 for Independence Day. On Tuesday, August 17, UHS will be closed from 8:00 AM to 1:00 PM for all staff professional development.
- Clinical Services will offer care on the fourth floor of the Student Health Center; the Allergy Clinic will remain open on the third floor with limited hours—Mondays from 1:30 PM to 4:00 PM and Thursdays from 8:30 AM until 11:00 AM.
- University Health Services provides a telephone advice nurse and ambulance service even when the building is closed. The UHS Telephone Advice Nurse is available for Penn State students 24 hours a day, seven days a week at 814-863-4463. The UHS ambulance service is also available 24/7 for medical emergencies by calling 911.
- Counseling and Psychological Services (CAPS) hours are Monday through Friday from 8:00 AM to 5:00 PM. Students can call 814-863-0395 during those hours to schedule an appointment for a triage initial contact or crisis intervention. CAPS Services are located on the fifth floor of the Student Health Center. After hours and on weekends, students can call the CAN HELP 24 hour crisis line for assistance at 1-800-643-5432.

This publication is available in alternative media on request.

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact the University Office of Global Programs at 814-865-7681 in advance of your participation or visit. Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce.

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