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WILLIAM PENN UNIVERSITY

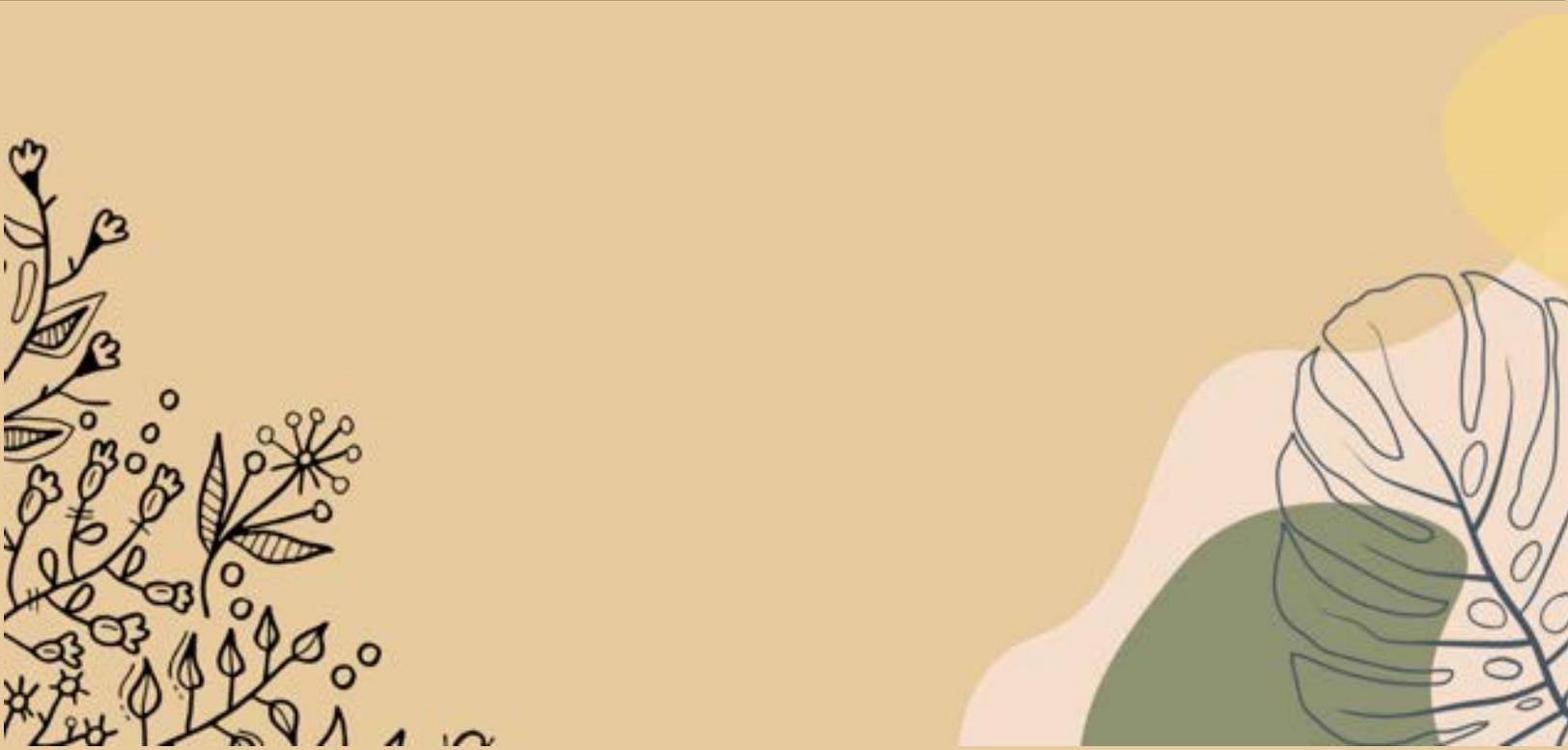
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## Nutrition & Wellness

November brings the excitement of Thanksgiving and Christmas feasts. To help you navigate the holiday season, here are some nutrition and wellness tips with a touch of personality:

1. Don't rely solely on carbs or protein for your meals. Strive for a balanced diet that includes carbs, proteins, fruits, veggies, and dairy if needed. Get these nutrients from various sources, not just Ramen Noodles and frozen meals. Your body deserves better fuel!

2. Finding the right serving size can be tricky. If you're on the thinner side, aim to eat more by incorporating snacks like almonds or protein bars throughout the day. For those looking to trim down, trick your brain by using smaller plates, bowls, and cups. Opt for calorie-dense options to feel satisfied without constant munching.

**Plan Like a Pro:** As busy college students, we're always juggling multiple responsibilities. Take a moment to plan your meals for the week, using a planner or an app to track your calorie intake. This small investment of time will save you from impulsive Taco Bell runs and ensure you're prepared to conquer hunger with a ribeye steak (or your personal favorite).

Remember, good nutrition is essential, but there's always room to add personality to your healthy choices. Embrace these tips and enjoy the upcoming festivities guilt-free!

**“Failure is not the opposite of success. It is part of success.”**

***Arianna Huffington***

# STUDENTS SPEAK ON CAFETERIA

**Welcome to the** heart and soul of the campus - the cafeteria! It's the place where students gather, fuel their bodies, and share moments of laughter and camaraderie. But let's get real for a moment - is the campus cafeteria truly living up to its full potential? To uncover the juicy details, we embarked on a survey adventure, tapping into the taste buds and opinions of our fellow students. Brace yourselves for some enlightening revelations!

When asked to rate the overall quality of food served in the cafeteria on a scale of 1 to 5, the responses were as diverse as the flavors of a buffet. While a handful of students expressed sheer disappointment with a rating of 1 out of 5, a few dared to muster up some generosity with a rating of 4. Surprisingly, nobody gave a perfect score of 5, leaving us wondering if the culinary gods have yet to bless our beloved campus kitchen.

Now, let's talk cravings! How often do students flock to the cafeteria in search of culinary satisfaction? According to our survey, there's a medley of dining habits. Some students dabble in cafeteria cuisine 1-3 days a week, others become frequent flyers with 4-7 visits weekly. We even found a couple of gastronomic adventurers who



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**Thursday, Nov 30th**  
**6:00 - 7:30pm**



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indulge in not one, but two cafeteria feasts each day. Now that's what we call dedication to the art of campus dining!

Ah, the eternal struggle of finding food that caters to our dietary quirks and preferences. Brace yourselves for a battle of opinions! The students surveyed were split into three camps: the "Yes, I'm content with the offerings" crowd, the "No, I'm not satisfied" rebels, and the "Maybe, I'm still on the fence" thinkers. It seems there's an unmet yearning for a more diverse range of options to tantalize your taste buds, satisfy our vegetarian, vegan, and gluten-free cravings, and make every plate a personal masterpiece.

Now, let's dive into the realm of imagination and desire. We asked students for their wildest dreams when it comes to menu items and food improvements. Brace yourselves, because the suggestions range from mouthwatering to downright revolutionary! Healthy food enthusiasts long for a paradise of fresh fruits beyond the usual suspects, while the champions of variety yearn to break free from the shackles of repetitive burgers and fries. Some students demand better-cooked and seasoned dishes, putting an end to the reign of blandness. And who could resist the call for Greek delicacies, Mexican delights, and a wider array of tantalizing choices? We hear you; we're salivating too!

Timing is everything, they say, but do the cafeteria hours align with students' busy schedules and growling stomachs? The survey reveals a somewhat mixed bag of opinions. While a dozen students find solace in the current operating hours, there's a vocal group of seven who raise their forks in dissent. The call for extended dinner

hours and the convenience of to-go bowls for soups echo through the hungry halls.

This is mainly heard among our athletes, who spend long nights practicing and, due to scheduling that is out of their hands, miss out on nightly meals.

But wait, there's more! The students had plenty of suggestions to enhance the overall dining experience. From taste-testing food before it's served to bidding farewell to paper plates and cups in favor of true silverware, these ideas are as diverse as the students themselves. The desire for more variety, better seasoning, and a team of culinary superheroes to tackle the long lines during peak hours resounds loudly among the hungry masses.

As we wrap up this savory survey, let's take note of the additional comments and suggestions shared by our fellow food enthusiasts. They call for inspiration from renowned schools within the Sodexo network, urging the cafeteria to ascend to new culinary heights. Concerns about food shortages and the need for extended hours resonated with students, especially those who emerge from sports practice, their stomachs growling with frustration. Collecting student feedback and ensuring food quality were emphasized as key ingredients for success.

Now that we've uncovered the hidden cravings and dreams of our campus community, it's time to pass the torch to the cafeteria. Let's satisfy our taste buds, invigorate our senses, and create a cafeteria that truly leaves its mark on the heart and stomachs of every student at our beloved university. Bon appétit!

# PENN TIPS & ADVICE

## Healthy Dorm Recipes

### College Kitchen Chronicles: Tasty & Simple

If you're a busy student looking for a fast healthy meal, and you want to be able to do it from the comfort of your dorm. Try this frozen vegetable stir-fry. Here's a step-by-step guide to making this dorm room delight without messing it up:

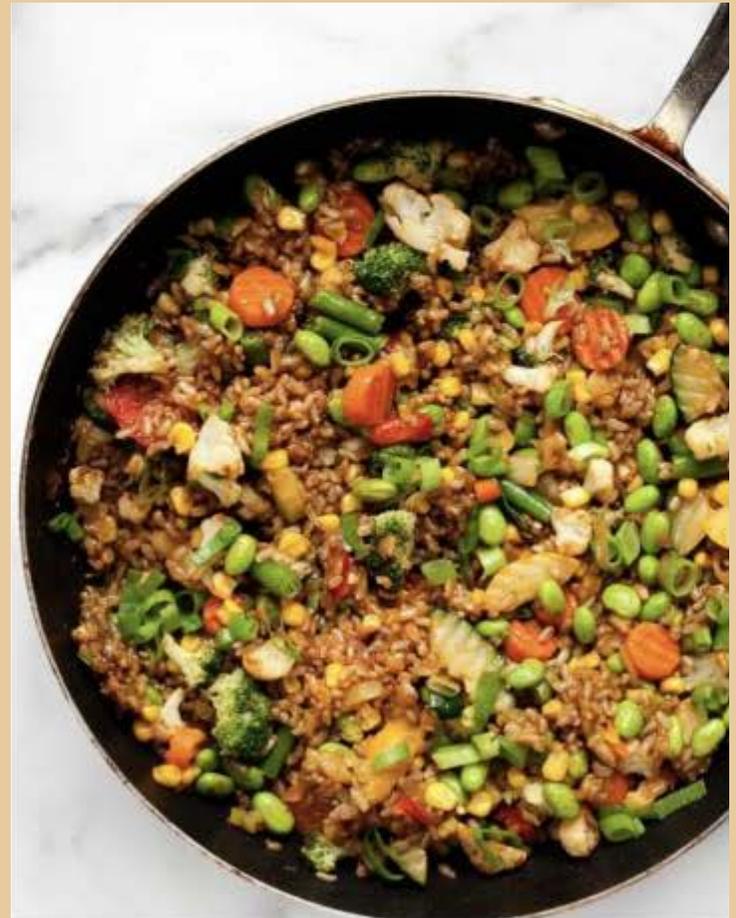
#### Electronics Needed:

Microwave  
Microwave safe bowls and cups  
Airfryer

#### Ingredients Needed:

Assorted frozen veggies  
Microwaveable brown rice  
Red pepper flakes  
Vegetable oil  
Scallions                      Ginger  
Garlic                          Soy Sauce  
Sesame oil                    Rice Vinegar

1. Toss your assorted frozen veggies straight into the basket of your airfryer. Season to your liking.
2. In 4 minutes at 350 degrees, your veggies will be heated through.



3. While your veggies are sizzling in the air fryer, grab that cold brown rice from the cabinet. Microwave it for a quick warm-up.
4. In a microwave-safe bowl, combine minced ginger, garlic, and scallions. Place them for 45 seconds in the microwave.
5. Stir in your minced ginger, garlic, and scallions into the brown rice.
6. In a microwave-safe cup, whip up the sauce—soy sauce, sesame oil, and rice wine vinegar. Place in the microwave until it's bubbly and ready to mix with your rice.
7. Now finally, Fold in the air-fried veggies into your rice and sauce.
8. Enjoy!

# —FOUNTAINHEAD FEATURES—

Anita Meinert, Director of Vocal and Keyboard Music

Anita Meinert is the Assistant Teaching Professor of Vocal and Keyboard music here at WPU. Originating from Ottumwa, Professor Meinert has always stayed close to her community. She gained her master's in music education from Boston University, then returned home to work at Fremont CSD (prior to EBF consolidating). After she had her two children, she began accompaniment work for Penn before eventually taking on her current role.

Professor Meinert explained in her interview how important music education is to her and why her interest in it has kept her within the music industry. She explains that the fundamentals of music never change, but the way topics are presented does. Being able to keep up with teaching styles that work for students is an important part of continuing education as an educator.

Professor Mienert also stated her concerns with AI within the academic world. "AI has created a world where students do not have

to think. Technology has made our younger generation dependent on the computer and AI to generate answers to questions. It squelches curiosity and the need to remember things."

Her concerns are easily seen in many parts of the academic world and are a hot topic in education today. Being able to better understand AI and how technology affects our everyday academic lives as students is essential in order to know when to use these resources, and when they are better left alone.

Alone with technology, Professor Meinert discussed the importance of collaboration within the classroom and how that leads to being able to collaborate in the workforce once one leaves academia. She states that communication is the key to collaboration. Being able to communicate leads to multiple sides and viewpoints of a problem being seen, which can lead to better outcomes due to there being more insight that leads to the fostering of new ideas on how to



WILLIAM PENN UNIVERSITY  
MUSIC PROGRAM

~Fountainhead Features: Anita Meinert~



Director Anita Meinert  
William Penn University

address problems.

Professor Meinert's advice for students and what common mistakes students make go hand in hand. She emphasizes the importance of not only attending class but also being prepared for it.

"Understand that knowledge comes from more than just sitting in a lecture."

Doing your homework and readings for courses is essential in order to understand the concepts at a deeper level than what one gains just from lecture time. Being attentive and committed to coursework is essential for success, not just within academics, but also once one enters the workforce at any capacity.

If you're interested in learning about Athletic Bands, reach out at [anita.meinert@wmpenn.edu](mailto:anita.meinert@wmpenn.edu)!

≧Attention Students!≦

We want to hear from you. Submit your ideas for topics, interview subjects, or your own work. Recommend athletes, artists, or other students who deserve to be recognized. We are here to celebrate the diverse voices and talents of our student body, and we can't do it without your input.

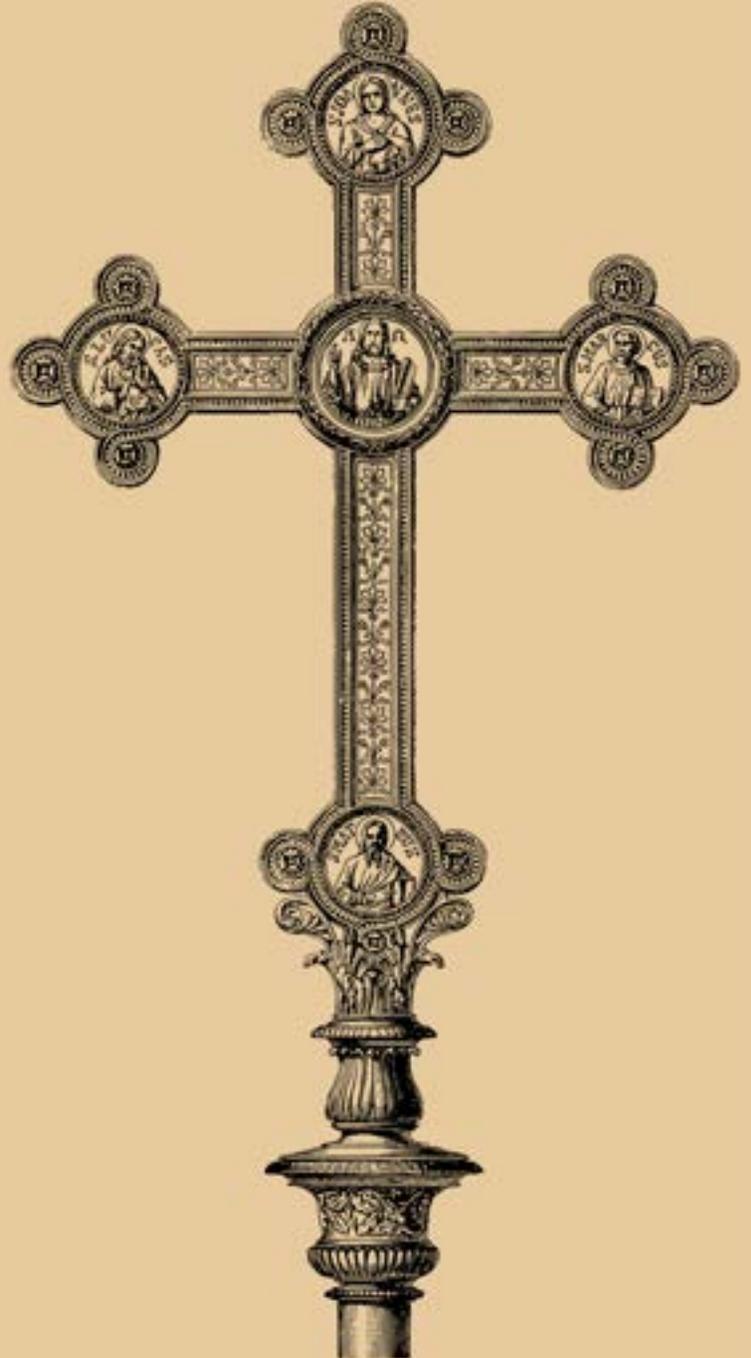
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## STUDENT SUBMISSIONS

Danielle Williams  
"His Savior"

God lit the world aflame with anger  
God burned his people out of sight  
God signed what was once peaceful pasture  
God drowned all those not doing right  
God sent a famine. Blood spilt with  
sadness  
And he buried what was left  
Then of that nothing his hands sprawled  
out  
To then recreate this mess  
I fear that he left long ago  
To fend for ourselves alone  
His own misdeed, our endless breath  
This old rock we must call home  
And those of us who seek his light, we  
flock to every pew





Those endless nights we scream and shout

As we know not what to do

We drag the children to the pits and  
submerge them in this dream

We beat them, flog them, cast them out  
call it "begging" to be clean

The blood that spills no longer the lambs

His cruelty becomes us

Aggressively we grasp, but there's no  
savior among us

And every Sunday back to back

"His" people flood the streets

With foaming mouths and demon eyes

Brandishing guns to "keep the peace"

We learn no lesson, see no lies, seek  
only retribution

In ignorance no planet lies, only godless  
institution

And every year we fear ourselves

As we burn life to the ground

We destroy this isolated globe

Hoping God may come around.

A word from the author:

While this piece SEEMS  
sacrilegious, it's really more a  
criticism of people and less a  
criticism of God. It's that to I  
mean, the criticism of the concept  
of God we have as humans.

- Danielle Williams

# —THE ARTS—

## WPU 3D DESIGN CLASS: HOLIDAY PREP



In the spirit of artistic innovation and festive celebrations, the William Penn Creative Arts - 3D Design Class is gearing up for an exciting project for the upcoming 2023 Lighted Christmas Parade. Building upon the success of last year's Woolly Mammoth and Muse puppets, created by the Theatre Department, our talented class is ambitiously crafting their own unique puppet concepts to captivate parade-goers.

The journey began in our autumn class when we embarked on the task of bringing these imaginative creations to life. Our first step was to create molds, providing a foundation for our puppet designs. Layer by layer, we meticulously sculpted clay

atop the molds, shaping the intricate details that would set our puppets apart. The collaborative spirit within our class flourished as we shared ideas, techniques, and expertise.

With the clay sculpture complete, it was time for the next crucial phase - paper mache. Working together as a team, we carefully applied layers of paper and adhesive, patiently building up the forms of our puppets. A combination of precision and creativity, the paper mache process allowed us to refine the details and establish the desired visual character.

As we approach the final stages of this project, we are adding the finishing touches to our remarkable creations. Each member of the class is pouring their heart and soul into their puppet, striving to breathe life into these enchanting figures. The anticipation is palpable as we eagerly await the moment when our puppets will come alive in the dazzling lights of the Christmas parade.

While our project is still a work in progress, we are thrilled to offer you a sneak peek into what we have accomplished so far. One puppet in the making is a whimsical

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Open today from 1pm - 7pm!

Pumpkin-Person, exuding the essence of autumn charm. Adorned with vibrant colors and intricate details, this puppet promises to captivate the imaginations of parade spectators.

Another puppet ready to embark on its celestial journey is a green Alien, a creature from the stars! With otherworldly features and an aura of mystery, this puppet will showcase the boundless creativity of our class.

But that's not all! In the coming week, we will also be crafting lanterns to accompany our puppets, adding an ethereal glow to the grand spectacle we're preparing.

As dedicated artists, we understand the power of art to bring communities together, uplift spirits, and ignite joy. Through our puppets and lanterns, we hope to create a magical experience for all who witness the 2023 Lighted Christmas Parade. Stay tuned for more updates as we continue to breathe life into our creations and prepare for this mesmerizing event!



## THE INKWELL INSIDER

—Danielle Williams—

Danielle Williams, a 22-year-old freshman with a double major in Bio and English, is the featured artist of the month. Though originally from Florida, Danielle has spent a significant amount of time in Fairfield. Graduating in 2019 from Penn Foster High School through online homeschooling, she began her academic journey at William Penn University (WPU) during the winter of 2020.

Passionate about both writing and film, Danielle is an active member of the film club at WPU. Her future aspirations

include writing science dissertation papers or pursuing a career as an actress/activist.

She exemplifies the spirit of an artist, driven by her passion, her resilience, and the pursuit of creative expression—landing her as William Penn University's artist of the month!

SOPHOMORE

•  
BIO / ENGLISH

# ==ATHLETICS==

NOV 14 | W Basketball | 6pm | Ellsworth CC

NOV 15 | W Basketball | 5:30pm | Graceland

NOV 15 | M Wrestling | 7pm | St. Ambrose

NOV 15 | M Basketball | 7:30pm | Graceland

NOV 16 | M Basketball | 7pm | Grand View JV

NOV 17 | M Cross C. | TBA | NAIA Nationals

## Recent Game Highlights

*November 14th, 2023*

### Team of the Week:

Women's Wrestling

The William Penn women's wrestling team is not just good or great; they are on another level of excellence. Led by head coach Kadel, who brought in talented transfers from Iowa Wesleyan, the Statesmen are poised to dominate the NAIA wrestling scene. Highlighting their roster are national runner-up Mia Palumbo at 109 pounds and national champion Aduogo Nwachukwu at 136lbs. The team boasts talent across all weight classes, making them a formidable force. Recently, 3 wrestlers claimed titles, including Palumbo, Catherine Steinkamp at 123 lbs, and Devin Patton at 136 pounds - a great performance by the team as a whole.

### A PEAK PERFORMANCE



Emma Carmean, a 20-year-old junior studying music (performance) at William Penn, is the talented artist of the month. From Preston, MD, Emma initially joined as a recruited member of the Women's Wrestling team. However, after her freshman year, she made the decision to fully devote herself to her music career.

### JUNIOR

### MUSIC PERFORMANCE

In addition to pursuing her degree, Emma actively participates in the Jazz Band as an extracurricular activity. Her dedication to music extends beyond the university, as she plans to audition for military bands in the Marines, Air Force, and Coast Guard upon graduation.

Reflecting on her decision to attend William Penn, Emma credits the warm and welcoming people she met during her tour. The sense of community she experienced made her confident that she had found her home at the university.

### Male Athlete:

Sean Bohan - Soccer

Sean Bohan, WPU goalkeeper, has been a standout player. With an impressive 11-3-4 record this season, Bohan earned First-Team All-Heart honors. He held opponents to a 1.02 goals against average and recorded 8 shutouts, making him an unstoppable force.

### Female Athlete:

Alyssa Young - Volleyball

Alyssa Young, a senior from Florida, has consistently delivered a strong offense, frequently achieving double-digit kills that includes 18 kills in a match against Graceland. Young also excelled at the service line, recording 24 aces, and showcased her defensive skills with 71 digs.

# Fueling Athletic Performance

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## *A Guide to Healthy Eating for Athletes*

In the competitive world of sports, athletes need to refuel to maintain their peak performance. Refueling can come in various forms, such as relaxation, quality sleep, and engaging in enjoyable hobbies. Yet, ultimately, athletes must consume the right fuel to stay at the top of their game. This article aims to shed light on the importance of a nutritious diet, explore specific dietary considerations for different sports, and address common challenges athletes face when adhering to dietary plans. By following these strategies, athletes can strive for optimal performance and achieve improved strength, speed, intelligence, and overall health.

Let's start by addressing the question of how much food an athlete should consume. Caloric intake can vary significantly, with Dartmouth University, among others, recommending approximately 17-23 calories per pound of body weight (Dartmouth, 2022). For instance, a 215-pound football player would need to consume around 3655-4945 calories. It's important to note that calorie counts may vary widely depending on individual factors and

specific weight or strength goals. One crucial factor to consider is the basal metabolic rate (BMR), which determines how many calories your body expends versus gains. BMR is influenced by various aspects, including current weight, exercise level, sex, age, and the sport you play. Understanding your BMR is key to managing weight effectively as an athlete.

Now that we have a basic understanding of calories and metabolism, let's explore some recommended dietary guidelines for athletes. While we may recall the food pyramid from our elementary years, it's essential to acknowledge that the proportions depicted are not universally applicable. Athletes require more protein, carbohydrates (grains), and healthy fats due to their higher calorie expenditure and potential muscle gain. While fruits and vegetables should still be part of an athlete's daily intake, the University of Nevada Las Vegas (2022) and the National Institute of Health (2021) suggest that athletes should consume approximately 75-85% of their calories from protein

and carbohydrates. So, how can athletes incorporate these macronutrients into their diet without breaking the bank? As college students often face financial constraints, we need practical, budget-friendly meal ideas. While numerous resources provide guidance in this regard, here are a couple of personally tried-and-tested meals that won't break the bank:

### Steak Quesadillas:

Tortillas, string cheese, beef.

### Chicken Alfredo:

Fettuccine, rotisserie chicken, cream, chicken broth.

Maintaining a healthy diet is crucial for the success of any athlete. Understanding how metabolism functions and tailoring your dietary choices to meet your specific needs will help you excel at the highest levels. Consult with your coaches and trainers to determine the best approach for you, and remember that everyone's nutritional requirements differ. This article serves as a valuable guide to help you prioritize your health and achieve optimal physical condition.



Meet Alexandra Rose, a senior at William Penn University majoring in exercise science, an active member of the Kinesiology Club, and Track & Field Team. I sat down with Alexandra to gain insights into her journey with the club, the exciting activities they engage in, and why she believes it's a must-join for students interested in the field.

### 1. Her Beginning

Alexandra's journey into the world of the Kinesiology club began with a combination of her academic pursuits and friends already involved in the Kinesiology Club. "What inspired me to join the Kinesiology Club was my major in exercise science, as well as my friends who were also a part of it," she shared. This combination of academic curiosity and the shared interests brought her towards the club.

### 2. Community

The Kinesiology Club isn't just about academic discussions and lectures; it's about actively engaging with the community. Alexandra highlighted their recent involvement in Trunk & Treat, where they distributed candies to children, bringing a lot

# SHINING A SPOTLIGHT:

## Kinesiology Club

—

### A WPU Senior's

### Perspective

—

of joy to the local community. Looking ahead, she mentioned an upcoming PE day event after Thanksgiving, providing all students with an opportunity to unwind before the stress of finals kicks in.

### 3. Building Connections and Exploring Career Paths

One of the club's strengths is its diverse range of speakers who share insights into various career paths within kinesiology. "Because we have a lot of different speakers come to our meetings, we are informed on many different career paths that are taken with kinesiology," Alexandra explained.

### 4. The Uniqueness of the Kinesiology Club

According to Alexandra, the

club stands out for its educational focus and its commitment to kinesiology into daily life beyond the academic side. "I believe the club is unique as we are educationally focused and find more ways to bring kinesiology into our lives outside of school," she emphasized.

### 5. Encouragement to Join

As a longtime member, Alexandra encourages others to join the Kinesiology Club. She stated the importance of hearing from speakers relevant to one's intended career path. "I would encourage others to join because they hear from different speakers for their intended career, and since we pick the speakers, it can be from any field. Plus, you make a lot of friends," she concluded.

The Kinesiology Club at William Penn University brings together learning, community engagement, and friendship. If you would like to step into the world of kinesiology at WPU, contact:

Prof. Jennifer Peterson ([jennifer.peterson@wmpenn.edu](mailto:jennifer.peterson@wmpenn.edu))

And/Or

Prof. Mauricio Nunez ([mauricio.nunez@wmpenn.edu](mailto:mauricio.nunez@wmpenn.edu))



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MONDAY

TUESDAY

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SUNDAY

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**Nov 30th 6:00-7:30pm**

For a detailed account of what is going on, take a look at the William Penn University [Events Calendar!](#)

Come visit our Penncember booth to learn more about Penn & Ink, and the events planned for the upcoming semester!

*Don't hesitate to come and join the fun!*



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**Destiny Kiddoo**  
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## The Scribblers