On Saturday, January 25, 2020, in between the Women’s and Men’s games, a ring ceremony was held to present our Mountain Lions at Penn State Wilkes-Barre their Championship rings. They are the 2018-19 Men’s Basketball USCAA Division II National Champions with an overall record of 25-5. Not only was this the first National Championship for our school, they were the first ever team from the PSUAC Conference to win a National Championship. Head Coach LeShawn Hammett also presented two special awards for outstanding support and dedicated work from Alaena Lloyd and Sheila Carr.

Article By: Scott Schival - scs5398@psu.edu
Photos By: Jason Kepner - jrk5819@psu.edu
Welcome Back!

Although we are beginning our spring semester, spring is nowhere to be found. If you are a snow lover or you are dreaming of that spring break paradise, the winter season may be interesting in different ways. The snow and the cold is here in full force and it’s time to make the best of it. Here are a few fun and practical tips to surviving these winter months:

1) **Dress warm**
   Layers, Layers, Layers. Layers are great to wear as they can be added or removed depending on the temperature of your surroundings. A good pair of winter boots, a hat, a pair of gloves, and a warm coat are important winter staples to have in your closet. They will come in handy when walking from class to class.

2) **If you commute, make sure your vehicle is winter ready and use common sense while driving.**
   It does not take long for the local roads to become slippery in winter conditions. No, having four wheel drive does not mean it is ok to do 50 mph on Hillside Road in the snow. Make sure your tires have decent tread and keep a reasonable amount of gas in your car, just in case you happen to get stuck. Also, it would be good to keep something on hand to clean the snow and ice off of your car, especially since that is now a law, and a cell phone charger.

3) **Get on campus or out in the community**
   The thought of Netflix, a warm blanket, and hot chocolate at home sounds enticing, certainly a good option on a snowy, sub-zero day. However, there are many great indoor activities to keep you busy in the winter. Come out and support our men and women’s basketball teams. Stop in the library for Game Night or the Student Commons at lunch-time for a hot coffee or a warm cup of soup. If you want to get off campus, head to Back Mountain Bowl for some fun, to Movies 14 for the
When you walk into the student commons now, you may see a few new differences, such as the brand-new foosball table and the newly felted pool table with the Penn State logo. There is also a courtesy charging station, for cell phones, next to the Radio Club office. If you have ever sat in the lobby of the science building, you may have noticed that when plugged into the tables that your laptops never charged. Well, fear no more because now we have power to those tables and you can plug into them and get a full charge.

What you may not know is, how all this got completed. You probably just think, “oh it must be the higher ups of the school”, well you couldn’t be more wrong. No, it is actually the students getting it completed. How you may ask? Issues like this are brought to the attention of the Student Government Association (SGA), then proposals are created and presented to the Student Facilities Fee (SFF) committee, which is made up mostly of students! With SFF it is discussed and voted on. If it is within budget and capable to be done, it is passed. Many students may not know how much of a voice, or in other words how much power we actually have here on campus. All you have to do is speak up!

This is just the beginning of things getting done by our student leadership. Right now, the proposal of a Veterans Memorial has been passed and being brought to University Park. Also, there are plans to update the interior design of the student commons with new paint and newer furniture. The Café Committee within the SGA is currently working with Housing and Food Services about getting the Cyber Café back up and running and/or getting vending machines with sandwiches, microwave meals, etc.

So, you see that if you want changes on campus, or you have any ideas for things to happen on campus, all you have to do is say something! It’s the students who have the louder voice, who have the power, who can make the change!

Article By: Scott Schival- scs5398@psu.edu

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4) Take time to enjoy the season

Whether you like snow or not, find the positives of the season and enjoy the beauty that winter brings. Go for a walk through campus or take a photo of the pretty snow covered trees. Head to the slopes for some snowboarding or a trip down the mountain in a snow tube. Grab a bunch of friends and have a snowball fight. You’re never too old to play in the snow!

I probably don’t need to tell you the importance of these college years and how fleeting they really are. Before you know it, spring will be here and another graduation will be upon us. Academics come first, as they should, but don’t forget to relax and have fun this winter season, even if it takes 6 layers to do so!

Article By: Jennifer Sgroi - jal958@psu.edu
Valentine's Day Sweets

Ruby Red Rice Krispies

Ingredients: 3 Tbsp. butter, 1 bag of mini marshmallows, 1/2 cup red velvet cake mix, 1 tsp. vanilla extract, 6 cups Cocoa Rice Krispies cereal, chocolate chips, 2 drops red food coloring (optional for color boost)

Directions: grease baking pan of choice or line with parchment paper, set aside. Melt butter in a large pot over low heat. Add in marshmallows, cake mix, and vanilla. Stir until marshmallows have melted. Add in rice krispies and stir until evenly spread. Next, transfer the cocoa krispie mixture into the coated pan. This will be sticky. Press the treats down evenly into the pan with a spatula coated in cooking spray then pat down until flat. Let cool. When cooled, cut rice krispies using a heart shaped cutter for holiday design. For an extra topping, melt chocolate chips of your choice in a bowl in the microwave. Transfer to plastic sandwich bag, cut a corner, and drizzle across as desired.

Recipe & Photos from dahliastodoxies.blogspot.com

Valentines Day Muddy Buddies

Ingredients: 1/2 cup white candy melts, 1/2 cup pink candy melts, 1/2 cup red candy melts, 1 & 1/2 Tablespoon shortening, 3 cups of Chex cereal, 2/3 cup powdered sugar

Directions: Begin by Melting 1/2 cup of one color of candy melts in the microwave, heating for 25 seconds, then stirring, and reheating as needed until uniform. Stir in 1/2 Tablespoon of shortening, and 1 cup of Chex cereal until Chex cereal is coated. Put 1/3 of the powdered sugar (roughly 3 Tbsp) into a plastic sandwich bag and add the candy-coated Chex. Close the bag and shake for a minute or two. It is normal for the candy to not be completely coated because the goal is for the color to stand out. Allow to dry on a cookie sheet. Repeat the process with the other two colors. Let cool for one hour. Makes three cups.

Recipe & Photo from craftymorning.com
Valentine’s Day Sweets

Peanut Butter and Valentine

Ingredients: 1 cup sugar, 1/4 cup additional to roll cookies, 1 stick butter, at room temperature, 1 egg, 1 cup smooth peanut butter, 1 teaspoon vanilla, 1/2 teaspoon salt, 1/2 teaspoon baking soda, 1 & 1/2 cups flour, red food coloring

Directions: Preheat oven to 375F degrees. Grease a baking sheet. In a large bowl, combine sugar and butter. Then add in the egg. Add in red food coloring until desired color is achieved. Mix in peanut butter and vanilla until smooth and creamy. Add salt, baking soda and flour until well combined. Roll dough into 1 inch balls and then roll in sugar. Place on baking sheet and flatten with a fork. Bake for 12-15 minutes.

Recipe & Photo from foodnetwork.com

Pinkies

Ingredients: 3 & 1/2 cups flour, 1/2 teaspoon salt, 1 teaspoon baking powder, 1 cup butter, softened, 1 1/2 cups of sugar, 2 eggs, 1 teaspoons vanilla extract, 1 teaspoon red food coloring

Directions: Preheat oven to 350 degrees. Grease a cookie sheet. In a bowl, whisk together flour, salt, and baking powder. Set aside. In a mixing bowl, combine one cup of butter softened with sugar until light and creamy. Beat in the eggs, vanilla, and food coloring until combined. Add the flour mixture until a soft dough forms. Press into the bottom of the cookie sheet. Bake for 15 minutes or until the edges start to pull away from the sides, and a toothpick entered into the center comes out clean. Allow to completely cool before frosting. Top with icing of choice and sprinkle with your favorite sprinkles.

Recipe & Photo from tipsfromatypicalmomblog.com

Recipe Spread By: Kaci Grabowski - ksg5246@psu.edu
Our Lady Lions of Penn State Wilkes-Barre are now sitting with an overall record of 11-6 and a conference record of 7-6. Currently they are only 2 games behind 1st place, are on the hunt for a playoff run, and possible chance to go to Nationals.

The top 5 leading scorers for our Lady Lions currently are:

- Freshman #30 Jessica Charles 264pts
- Freshman #23 Qiana Vigo 171pts
- Freshman #3 Olivia Prato 130pts
- Senior #20 Alaena Lloyd 130pts
- Sophomore #14 Sheila Carr 113pts

Our returning USCAA National Champions the Mountain Lions of Penn State Wilkes-Barre are now sitting with an overall record of 15-4 and conference record 10-4. Currently they are in a 1st place battle with Divisional Rival Penn State York. Our Mountain Lions are looking at a repeat championship run.

The top 5 leading scorers for our Mountain Lions currently are:

- Senior #1 Khalil White 306pts
- Junior #10 Kevin Major 173pts
- Senior #3 Jayden Hampton 160pts
- Senior #30 Kevin Silverberg 140pts
- Senior #4 Dominique Stevenson 94pts

**Remaining Schedule**

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<th>Date</th>
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<th>MBB</th>
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<td>Sat</td>
<td>vs</td>
<td>Mont Alto</td>
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<td>3pm “Senior Night”</td>
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<td>Fri</td>
<td>vs</td>
<td>Scranton</td>
<td>6pm</td>
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Basketball Updates By: Scott Schival - scs5398@psu.edu
WBS Penguins Update

The Wilkes-Barre Scranton Penguins’ 2019-2020 season has felt like a couple of seasons mixed in one. The Penguins started the year off struggling and winning about half of their games, and then had a 12-game stretch that made fans think “This team may be the best in the AHL.” Since that stretch, the Penguins have had to deal with some production losses. Their leading scorer and best forward, Stephan Noesen, signed an NHL contract with the Pittsburgh Penguins and then claimed on waivers by the San Jose Sharks. Since this loss the Wilkes-Barre Scranton Penguins just weren’t the same. They also lost forwards Sam Lafferty, Andrew Agozzino, Joseph Blandisi, defensemen Kevin Czuczman, and defenseman Zach Trotman to the Pittsburgh Penguins to fill the roles of injured players. Without these players, WBS just can’t seem to be able to score goals on a consistent basis. Three players have stepped up in recent games to get the Penguins back into the playoff race. These players are Anthony Angello, Sam Miletic, and Jordy Bellerive. Angello currently leads the Penguins in goals scored, and has really stepped up in the absence of Stephen Noesen.

Rookie Jordy Bellerive recently had a stretch of games where he put the Penguins on his back and almost single-handedly won the team 3 games. Sam Miletic was just named to his first all-star game in Ontario, California, and helped lead the Atlantic Division to the Championship in the all-star game. All-in-all, with Pittsburgh starting to get healthy and Wilkes-Barre’s role players stepping up, the Penguins are primed to make a run, especially with 5 straight home games on the horizon. The Penguins currently sit in a tie for 5th in the Atlantic, only one point out of 4th and 4 points out of 3rd. If they can put together a couple wins in February, they will be in a playoff spot in no-time. The Penguins return home on Friday, February 21st for a 7pm showdown with their rivals, The Hershey Bears. It is a WBRE Fan Friday with $15 tickets to sit anywhere in the arena. Come support the Penguins and follow the Revolt throughout the Spring Semester to see how the Penguins playoff push progresses.

Article & Photo By: Joshua Mesaris - jpm6771@psu.edu
Valentine's Day word search

 Valentine
 chocolate
 candy
 card
 cupcake
 heart
 happy
 love
 pink
 red
 teddy
 Valentine's Day

MommaDiane.com