Speaking of relaxing, the Penn Stater now offers a new feature -- the De-Stress Zone and Exploratorium. See the article in this newsletter about this really fun way for you to explore new techniques for reducing stress in your life!

Also in this issue, you'll find some photos of our almost-finished renovations, a delicious summer recipe and Wine Corner selections, and other news you can use. We're excited to let you know that we are now on both Twitter and Facebook, and we have also been listed in Girls Travel Guide to the World. Anyone who loves the excitement of a world class college town blended with the cool and inviting atmosphere of two really special hotels will find this a perfect vacation spot.

Why not make your plans now?

Sincerely,

Jim Purdum

Hi-Tech De-Stressing Arrives at The Penn Stater

You wouldn't know it by just looking in the door, but the new De-Stress Zone and Exploratorium at The Penn Stater is helping staff and guests cope with the day-to-day stresses of their jobs.

It's an unassuming room, located on the first floor opposite the Conference Services offices (the former gift shop), but it is a very important addition to the health and well-being of anyone who steps inside. The Exploratorium has been created in collaboration with the Penn Stater Hotel and Conference Center and the Mind/Body Technologies Research Group of the Penn State College of Education. It is a self-guided tour of seven relaxation stations that include software, meditation music, visuals and games, that enable a visitor to measure and affect their energy levels, heart rate variability, breathing, and relaxation.
Wine Corner

Leaning Tower of Flatbread “Stater” Style

One of my favorite “comfort foods” and a hit with our guests at Legends Pub, is Chef Stout’s gourmet flatbread. The staff at the Penn Stater make it a habit to pull together ingredients in their dishes that “explode” with flavor. This recipe is another great example of having fun with taste.

Great for your backyard grill, served alongside a nice fruity Rose’, Pinot Noir, or Chardonnay, all of the toppings can be assembled before your guests arrive so you’ll have more time to talk about your wine choices, (something we Sommeliers highly recommend).

With so many variations or toppings for flatbread, it is important to keep the weight of the plate in balance with the weight of the wine. If you’re using a soft cheese such as ricotta or brie, remember the softer the wine the softer the tannins. Try different whites or reds with your flatbread and see how the wine changes with the food. Legends Manager Suzanne Williams is always ready to “pop a few corks” from her list and discuss pairings with you and your guests. She’s pretty good with beer recommendations too.

With quality always an issue, Chef Stout knows how important it is at Penn State Hospitality to move away from mass-producing food items and instead take each food item back to its roots, one flatbread at a time. He shows us just how good flatbread, or pizza, can be. Thank you Chef Stout and the culinary team at the Penn Stater for this delicious recipe!

If you have any questions on which wine to serve with your creation, drop me a line at rwo10@psu.edu.

Chef Stout has had wonderful feedback from the many recipes he has shared via this newsletter for so many years. We invite you to share your opinions with him by sending them back on the contest form found elsewhere in this newsletter.

Renovations Near Completion

The Conference Center face lift is almost complete. With the addition of stone work, new break areas, new seating and new meeting room upgrades, the common areas are relaxing and inviting; the conference rooms are comfortable and efficient. All renovations are expected to be complete by July 1.

The Gazebo project at the Inn is also getting underway. A new garden and gazebo will give the courtyard at the Inn an air of homey quiet, suitable for meditation or just reading a good book.

Cheers!

New break area
The process is easy. There are seven stations and you can progress through the stations or stay at one station you particularly like. Some are software driven with earphones and finger sensors; others are music and images specifically designed to rest the brain. Many are formulated by industry giants like Drs. Deepak Chopra, Dean Ornish and Andrew Weil, and they are based on sound, science, and behavioral therapies.

Judy notes, “The collaboration with Catherine is so beneficial because this is also an opportunity to further study how these technologies affect learning, people with ADD, and stress-related disorders. We are collaborating with the University in a meaningful research project that also helps our staff, guests, and the community at large. It’s a win-win situation for everyone.”

The Exploratorium is now open daily from 8:00 a.m. to about 10:00 p.m., and the public is invited to come in and check it out. “We have been using it for a couple of weeks now,” Judy adds, “and people seem to really like it. I have spent time in there as well, and literally after 30 seconds, I’m just mush!”
### Sports: Blue chip Basketball Tourney, PSU Campus

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### The Centre Region has some of the best Farmers’ Markets around. Enjoy locally grown vegetables, fruits, and some unusual fare as well at these markets:

**Tuesdays:** Boalsburg, Military Museum Grounds
**Wednesdays:** Downtown State College, Locust Lane
**Saturdays:** Downtown Bellefonte (in front of the courthouse) and Millheim at the American Legion Pavilion

### Event: State College Horse Show Series, 814-238-4124

**Baseball:** Spikes vs. Doubledays, [www.statecollegespikes.com](http://www.statecollegespikes.com)

### Concert: Plays, www.thestatetheatre.org

<table>
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<tr>
<th>Date</th>
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<tr>
<td>1</td>
<td>Concert: Cahill &amp; Cream, <a href="http://www.thestatetheatre.org">www.thestatetheatre.org</a></td>
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<td>2</td>
<td>Concert: Marshall Tucker Band, <a href="http://www.thestatetheatre.org">www.thestatetheatre.org</a></td>
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<td>3</td>
<td>Concert: Los Troublemakers, Lemont Village Green, 7:30 p.m.</td>
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<td>4</td>
<td>Baseball: Spikes vs. Crosscutters, <a href="http://www.statecollegespikes.com">www.statecollegespikes.com</a></td>
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<td>5</td>
<td>Concert: Bellefonte Summer Series-Tommy Wareham, Gazebos, 2:00 p.m.</td>
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<td>6</td>
<td>Concert: Dickey Betts &amp; The Great Southern, Central Parklet, <a href="http://www.downtownstatecollege.com">www.downtownstatecollege.com</a></td>
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<td>7</td>
<td>Concert: Steve Earle, <a href="http://www.thestatetheatre.org">www.thestatetheatre.org</a></td>
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<td>Event: Tussey Wing Fest, <a href="http://www.tusseymountain.com">www.tusseymountain.com</a></td>
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<td>10</td>
<td>Event: Versatile’s Education is Music, <a href="http://www.tusseymountain.com">www.tusseymountain.com</a></td>
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<td>11</td>
<td>Event: People’s Choice Arts Festival, <a href="http://www.peopleschoicefestival.com">www.peopleschoicefestival.com</a></td>
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<td>12</td>
<td>Event: Central PA Festival of the Arts, <a href="http://www.cpfa.com">www.cpfa.com</a></td>
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<td>13</td>
<td>Concert: Pickney, <a href="http://www.thestatetheatre.org">www.thestatetheatre.org</a></td>
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### The Penn State Retired Faculty Club is quite active, with regular lunches at the Nittany Lion Inn. There is a Retired Faculty Lounge and Dining Area at the Inn, designed especially for them and their frequent get-togethers.

### Art Commissioned for Inn

Karl Leitzel has been selected to provide a piece of art especially commissioned for the lobby of The Nittany Lion Inn.

After an advertised search, Karl’s proposal was selected from many submissions and on-site interviews. The title of the piece will be “Change of Classes,” and it is intended to capture the energy, people, and sense of place of the University Park Campus during class changes over the busiest and brightest days of spring semester. The work is slated to be unveiled in August. For more information, visit [www.keleitzel.com](http://www.keleitzel.com).

### Chef Schilling Recognized

On May 7, at a ceremony held at the Nittany Lion Inn, Executive Chef Tom Schilling received the 2009 Finance & Business Quality Service, Quality People Diversity Award. The award is presented each year to someone who exemplifies the organization’s quality service, quality people motto.

The Centre Region has some of the best Farmers’ Markets around. Enjoy locally grown vegetables, fruits, and some unusual fare as well at these markets:

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### August 2009

**Notes:**
- **HOT DATES**
  - **Great Rates:**
- **GREAT DATES**
  - **Hot Dates:**

### National Autism Conference
- **Baseball:** Spikes vs. Tigers, [statecollegespikes.com](http://statecollegespikes.com)
- **Film:** Read It, Watch It - Robots, [www.thestatetheatre.org](http://www.thestatetheatre.org)

### Event: Tussey Mountain Film Fest, [www.tusseymountain.com](http://www.tusseymountain.com)
- **Baseball:** Spikes vs. Cyclones, [www.statecollegespikes.com](http://www.statecollegespikes.com)

### Event: Tussey Mountain Film Fest, [www.tusseymountain.com](http://www.tusseymountain.com)
- **Concert:** Taylor Swift, [www.bsc.psu.edu](http://www.bsc.psu.edu)

### Event: Tussey Mountain Film Fest, [www.tusseymountain.com](http://www.tusseymountain.com)
- **Concert:** Dixie Lion Jazz Band, South Hills Business School, 6:00 p.m.

### Event: Tussey Mountain Film Fest, [www.tusseymountain.com](http://www.tusseymountain.com)
- **Concert:** Beatlemania, Central Parklet, [www.downtownstatecollege.com](http://www.downtownstatecollege.com)

### Event: Ag Progress Days, Rock Springs
- **Baseball:** Spikes vs. Cyclones

### Event: Ag Progress Days, Rock Springs
- **Baseball:** Spikes vs. Crosscutters, [www.statecollegespikes.com](http://www.statecollegespikes.com)

### Event: Grange Fair, [www.grangefair.net](http://www.grangefair.net)
- **Baseball:** Spikes vs. Crosscutters, [www.statecollegespikes.com](http://www.statecollegespikes.com)

### Event: Grange Fair, [www.grangefair.net](http://www.grangefair.net)
- **Baseball:** Spikes vs. Crosscutters, [www.statecollegespikes.com](http://www.statecollegespikes.com)

### Legends Grilled Flat Bread

Below are 6 combos; or make your own!

1. **Alfredo Sauce**, Grilled Chicken, Andouille Sausage, Peppers, Monterey Jack Cheese, Parmesan Cheese
2. **BBQ Sauce**, Pulled Pork, Onions, Peppers and Shredded Cheddar Cheese
3. **Boursin Cheese**, Sautéed Mushrooms and Onions, Sliced London Broil, Fresh Mozzarella and Parmesan Cheese
4. **Marinara Sauce**, Ricotta Cheese Fresh Basil, Prosciutto, Provolone and Parmesan Cheese
5. **Olive Oil**, Tapenade, Roasted Peppers, Green Onion, Prosciutto, Brie Cheese
6. **Pesto**, Fresh Parmesan, Mozzarella, Aged Provolone

### Ingredients for dough
- 1 tablespoons sugar
- 1 tsp kosher salt
- 1 tablespoon olive oil
- 3/4 cup warm water
- 2 cups bread flour
- 1 teaspoon instant yeast
- 2 teaspoons olive oil

### Directions
- Place the sugar, salt, olive oil, water, 1 cup of flour, yeast, into a standing mixer's bowl. Using the hook attachment, start the mixer on low mix then add the rest of the flour and mix until the dough comes together, change speed to medium and knead for 15 minutes.
- Roll the dough into a smooth ball on the countertop. Place into a stainless steel or glass bowl. Add 2 teaspoons of olive oil to the bowl and toss to coat. Cover with plastic wrap and refrigerate overnight.
- Split the dough into 2 equal parts. Flatten into a disk onto the countertop; then fold the dough into a ball.
- Round up the dough on the counter until it tightens. Cover one ball with plastic wrap; rest for 30 minutes before forming the flatbread.
- Repeat the steps with the other piece of dough. If not baking the remaining dough you may freeze it to use later or refrigerate up to 5 days.
- Preheat barbecue grill – med. heat
- Oil you hands with olive oil and rub onto the dough.
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### From Our Kitchen to Yours

Chef Stout

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**FROM**

**Our Kitchen**

**TO**

**Yours**
### September 2009 Calendar

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</table>
| Event: Grange Fair, www.grangefair.net
|        | 7       | 8         | 9        | 10     | 11       | 12     |
|        |         |           |          |        |          |        |
| Concert: Ruthie Foster, www.thestatetheatre.org
|        | 13      | 14        | 15       | 16     | 17       | 18     |
|        |         |           |          |        |          |        |
| Event: Nittany Antique Machinery Association Fall Show, Penns Cave Grounds
|        | 19      | 20        | 21       | 22     | 23       | 24     |
|        |         |           |          |        |          |        |
|        | 25      | 26        | 27       | 28     | 29       | 30     |
| Speaker: Military History, www.pamilmuseum.org
|        |         |           |          |        |          |        |

**HOT DATES GREAT RATES**

**WIN! A HAPPY WEEKEND IN HAPPY VALLEY!**

All you have to do is fill out the form below, clip it, and send it in. We’ll put all the names in a hat and in July, August and September, we’ll choose one lucky person to enjoy a free weekend here in the Centre Region (certain weekend restrictions may apply).

If you would like to receive periodic announcements from us about dining and event specials, please fill in your e-mail address below. Your e-mail address will be kept confidential and will not be used for any other purpose nor will it be given to anyone else for any reason.

Comments about our newsletter/your wine suggestions:

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Name (please print)__________________________

Address__________________________

City/State/Zip__________________________

Phone/E-mail__________________________

*Clip this coupon and mail to:*
Ms. Fran E. Levin, Director Sales and Marketing
Penn State Hospitality Services
200 West Park Avenue
State College, PA 16803