Dear Friends,

Even though the winter months in Happy Valley are full of activities, it’s great to experience the blessings of Spring. Our trees and flowers are budding nicely, and the renewal and endless energy that permeates the campus this time of year is absolutely invigorating!

This is a special year for us as we celebrate the 20th Anniversary of The Penn Stater. So much has changed since 1994 and it’s special to think about some of the key events, special occasions and even more special people who have been a part of the hotel’s growth and development. We’ll be sharing some cake and ice cream (Creamery of course) on the anniversary date – May 7th – and we hope you will join us!

In this issue we share a life-saving effort by Penn Stater staff and another heart-warming Make-a-Wish, where some special children and their families enjoyed culinary creations that hopefully added to what was another incredible Dance Marathon weekend. I’m sure you’ll enjoy the “Where Are They Now?” feature, as we remember Emily Tan-Ritchey working in the Inn as a student and now making a difference in the hospitality industry. Also, our usual recipe and wine corner will hopefully inspire some creativity in the kitchen or at least a trip to your local wine purveyor!

Let us plan your next visit with an old fashioned phone call to our on-site, knowledgeable reservations team – we’ll take care of everything!

Sincerely,

Jim Purdum, General Manager

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Penn Stater Celebrates Two Decades!

There is a certain satisfaction that comes from a project well executed, and the Penn Stater is certainly one of them. Twenty years ago, The Penn Stater Hotel and Conference Center was built in Innovation Park on the University Park Campus. Jim Purdum remembers, “This facility was meant to fulfill Penn State’s Outreach mission. It has accomplished more than any of us ever imagined. We are a hub and an asset to the companies in Innovation Park, which has expanded over the years to become a model for other business parks.”

Over the years, there have been many milestones, including a Phase II hotel expansion in 2004 and numerous improvements and renovations. The two restaurants have become destinations for the entire region, and thousands of meetings and conferences have called it home. In fact, the Penn Stater is the only conference center in central Pennsylvania with IACC Certification and

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Welcome Little Chefs

Picture this: Ten children, ranging in age from 4 to 15 years old, dressed in chef’s whites, making chocolate mousse from 11 pounds of melted chocolate. Doesn’t it sound like fun? Absolutely! The Penn Stater hosted its first ‘official’ THON wish for six families on THON Saturday. After a tour of both the restaurants and main kitchen, the families headed to the banquet kitchen where the children began their adventure. Cook Melissa Fraker led the children and had them take turns whisking hot cream into a massive bowl of chocolate. Fraker then portioned the chocolate/cream mixture into 10 separate bowls where the children, spatulas in hand, folded in whipped cream to create the mousse.

Penn Stater Staff Springs to Action to Save a Life

What would you do if someone near you suffered a heart attack? For staff members at The Penn Stater, there’s no hesitation.

On January 12, The Penn Stater welcomed the Penn State women’s volleyball team for their annual banquet. Judy Karaky, General Manager, was in the kitchen when she received a call from Executive Housekeeper, Kerry Kassab to come to the lobby immediately. When she arrived, she joined Kassab and Liz Rupert, a banquet server, who were helping a male guest suffering from cardiac arrest.

“I grabbed the AED,” says Karaky. “Kerry and Liz were both performing CPR.” While Karaky had been trained on the AED, she had never used one in a real-life trauma situation. “You have this initial fear,” explains Karaky. “but once it was hooked up, the machine told me what to do.” Karaky turned into a coach. “I was trying to communicate and keep everyone going,” she explains. “Kerry and Liz did great. I was impressed with both of them.”

Karaky’s experience with AEDs isn’t just training. After losing a cousin years ago, with no access to an AED, her aunt and uncle worked to pass legislation requiring the life-saving machines in public places. Jim Purdum, General Manager for Penn State Hospitality Services, and Karaky’s uncle and father helped write the policy for AEDs at Penn State.

Thanks to the quick action of Karaky, Kassab, Rupert, and other staff, the gentleman was breathing on his own before he was taken to the hospital.

Karaky didn’t expect recognition, but says she did have a purpose for speaking out about the incident. “The point was to reinforce the importance of having AEDs in public places, learning how to use them, and how to do CPR. Our goal is always to do our job, to do it the best we can, and show our guests how much we care.”

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The Most Important Lesson

Emily Tan-Ritchey served as a banquet events manager from 2007 to 2009 while a fulltime student at Penn State in the HR&IM Program. But even though holding down such a critical job was difficult on a student’s schedule, she immediately saw the value in the effort. “My supervisors and co-workers gave me the support I needed and the tools to do my job. They allowed me to learn from my mistakes and they taught me how to be a good manager. That was so amazing to me. It wasn’t just about me working—it was about me learning.”

As Operations Manager for Sodexo’s Government Services Division, Emily is responsible for daily operations, catering and human resource-related issues. This particular division of Sodexo is the world leader in quality of life services for more than 150 military and civilian government facilities around the country. “It’s important that I manage my time well, be organized, and be able to deal with employees and customers in a professional manner. These are the same skills that I learned while working in Hospitality Services at Penn State and ones that I could never have learned in the classroom.”

According to Emily, the most important skill her supervisors taught her was teamwork. “Teamwork is so important and it effects everything you do. When you work such long hours so closely with the same people day in and day out, you have to respect each other if you have any hope of achieving common goals. My best memories are working long hours with the Penn State banquet team. They became my close friends and they were like family to me.”

many Meetings East Awards have been received. One of the most notable is the Pennsylvania Association of Sustainable Agriculture, which, had the Penn Stater not been built, would have had to go out of town for its annual meetings after outgrowing the Inn. In addition, the first national Autism Conference and Martin Luther King Celebration were held at the Penn Stater, as was the First ‘THON Kick-Off Dinner and at least two of the major Penn State Campaign Kick-Offs. The Pennsylvania National Governor’s Association Meeting was conducted here for the first time, and countless other events now call the Penn Stater home each year.

The Penn Stater not only is a model for its facilities, but also for its operations. In 2012, it was honored with a Waste Watcher Award by the Department of Environmental Resources for exemplary performance in recycling, waste reduction, reuse, and composting. From composting food waste to repurposing old furniture to using corn-based biodegradable cups, flatware and to-go shells, the Penn Stater is setting the standard.

According to Purdum, the Penn Stater also offers Penn State students real-world internships, externships, and work experiences that rival any large property. “Our students are able to immerse themselves in every aspect of the hotel/conference center business, and when they leave here, they are sought after by some of the best recruiters in the country. We’re very proud that we can offer them an experience right here that they can’t get anywhere else.”
Chef Andrew Monk’s Za’atar roasted chicken recipe with this classic middle eastern spice of roasted thyme, sumac, sesame seeds, cumin and coriander seasoning are sure to be highlighted and enhanced by California’s most important white grape varietal, Chardonnay! More specifically one that has been aged in oak and undergone malolactic fermentation (“malo”) which is a secondary fermentation which imparts rich buttery flavor that will hold its own with the spices in this dish. My recommendations from two of California’s best vineyards boast of the “malo” as well as the time their wines spent in French Oak. First and certainly not the least expensive but a treat that should be experienced, is Ferrari-Carano Reserve Chardonnay of the Napa Valley Carneros region that describes its 2011 Chardonnay with such descriptors as “aromas of hazelnut, spice, cinnamon, green apple, citrus, fig and butter with elegant, upfront flavors of pear and crème brûlée.” My other choice which is not to be outdone, is 2011 Arrowood Chardonnay which is produced with grapes from Carneros and Russian River Valley and boast of similar flavor characteristics “notes of vanilla, crème brulee, and honey on the nose, balanced by spice, orange blossoms, and hints of peach”. These are only two of nearly 800 different California Chardonnays you have to choose from. Have fun finding your favorite.

Cheers! Sean Caviston
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**HOT DATES**

Check pennstatehotels.com for great packages!

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**Za’atar Roasted Chicken**

Per person:
- 1 half chicken
- Plain unsweetened yogurt – enough to coat chicken
- 1 T Za’atar seasoning
- 1 tsp Salt

Serves 2:
- 1 lb carrots
- 2 T brown sugar
- 2 T butter
- 1T PA maple syrup

This is an easy recipe that yields a tender and delicious chicken. Za’atar is a common middle eastern spice blend available at most grocery stores. The basic components are roasted thyme, sumac, sesame seeds, cumin and coriander.

Season the chicken with salt and pepper and Za’atar spice mix. Toss with yogurt and allow to rest overnight in the refrigerator.

Place in the oven at 370 degrees conventional for 30 minutes or until you reach an FDA internal temperature of 165 degrees. Allow to rest and serve.

You could use a whole chicken with this process for a family dinner. You could also use this same recipe for marinated thighs and breasts for the grill.

For the carrots:
Peel and cut into uniform shapes, such as half-moons. Toss in brown sugar and maple syrup. Lay out in a single layer. Roast in a 375 degree oven until cooked through. Check every 10 minutes and stir to ensure even cooking and browning.

Compliment with roasted potatoes or rice pilaf.
**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 we’ll choose three lucky winners 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)

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Address

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City/State/Zip

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Phone/E-mail

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Clip this coupon and mail to:
Norm Brown
Sales and Marketing
Penn State Hospitality Services
200 West Park Avenue
State College, PA 16803

**Leadership Centre County Gold Eagle Sponsor Award – January 2014**

 Awarded to Hospitality Services on January 8, 2014 for the hotels’ contributions to support their organization’s efforts.

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**HOT DATES**

- **23rd Annual Lemont Village Strawberry Festival,** Lemont Village Green
- **State College Spikes Home Opener,** Medlar Field at Lubrano Park
- **Carpal Tunnel String Band Concert,** Lemont Village Green
- **PIAA Baseball & Softball Championships,** Medlar Field at Lubrano Park
- **23rd Annual Lemont Village Strawberry Festival,** Lemont Village Green
- **State College Spikes Home Opener,** Medlar Field at Lubrano Park
- **Hops and Vines Concert,** Lemont Village Green
- **Richard Sleigh Concert,** Lemont Village Green
- **Bellefonte Children’s Fair,** Bellefonte
- **Traditional Alumni Reunion**
- **Pennsylvania Special Olympics**
- **A Celebration of Service:** Honoring Pennsylvania Veterans, Pennsylvania Military Museum

**WINNERS**

- Dean Delach, Farmington, PA
- Rita Stahura, Armagh, PA
- Ron Dudeck, Seward, PA