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# DAILY COLLEGIAN

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2018

# FINALS WEEK

**NEED. MORE. COFFEE.**



MY VIEW | LINDSEY TOOMER

# Ready for your study break binge?

In the midst of cramming during finals week, it may be nice to take a few hours to binge some quality Netflix shows.

Here is a list of shows that I will definitely be bingeing next week. While most of these shows are classics that pretty much everyone and their mother has seen, this is exactly the type of show needed to decrease the stress of finals week.

**“Friends”**  
Watching any episode of “Friends” can turn a bad day into a good one. If you are getting super stressed out from studying, give yourself a good half hour to spend with Phoebe, Monica, Rachel, Chandler, Joey and Ross.

This New York squad contains at least one character that everybody will love and relate to.

If you have seen the show before and are not afraid of spoilers, I would recommend jumping right into season five because no other season has as many dramatic plot twists.

In this season, Monica and Chandler get together, Phoebe has her brother’s triplets and Ross and Rachel drunkenly

get married in Las Vegas.

**“The Office”**  
If you have yet to see “The Office,” you need to take a leave of absence next semester just to catch up with the 21st century. “The Office” is full of every type of humor imaginable and features characters both adored (Jim) and hated (Toby) by many.

If you are even looking for a bit of romance, skip ahead to season six, where everyone’s favorite couple gets married. But if a good 20 minutes of pure laughter is all you need, go to season five episode 14: “Stress Relief.” This is the episode with the iconic CPR training that everyone has seen at least 10 times in their lifetime.

**“Shameless”**  
Finals week can make anyone feel like their life is completely falling apart. Watching an episode of “Shameless” can help you to realize life can be much worse than you may think it is, while also making you laugh.

“Shameless” is a grim comedy that reminds you of many of the harsh, sad realities of our world today. Getting to know the Gallagher family, the stars of the show, in the south side of Chicago can make anyone realize what we need to be grateful

for and what we may often take for granted.

**“Orange is the New Black”**  
While “Orange is the New Black” can be difficult to watch at times, the characters in this show are ones that everybody loves and feels empathy for.

In an amusing and entertaining way, this show brings to the surface the harsh realities of American prison systems and the abuse in women’s prisons.

This show is one of the most binge worthy shows Netflix has to offer.

Every time a new season is added to Netflix, the whole world stops to watch how these women are surviving and what new adventures await them.

**“New Girl”**

“New Girl” is about a group of guys living in a loft in Los Angeles who end up with a new roommate: Jess, the new girl. This show is perfect for

finals week because of the light-hearted spirit Jess embodies that is contagious to anyone watching. There is even a furry friend that will instantly take away all stress in your life: Winston’s cat Ferguson.



Associated Press

Popular TV shows available for streaming on Netflix include “Friends,” “Orange is the New Black” and “The Office.”

MY VIEW | CHELSEA KUN

# Learning to handle stress like they do in musicals

Sometimes, life throws difficult and stressful situations at people, and it just feels like they cannot be solved.

Take the end of April in college for example. Yes, finals week, which Penn State students are quickly approaching. It is that time of year when there are many assignments to complete, exams to study for and research papers to write.

A lot of times, students tell themselves they can’t take it anymore, they are dropping out or they feel like they are going to fail.

Stressful situations also happen in fiction, including the plots of musicals. The story would not be interesting if the characters did not stress out once in a while.

There is good news. In many of the plots, these stressful situations are solved and turn out

to be happy endings.

This should teach a very important lesson to all Penn State students as finals week approaches: Every stressful situation has an answer.

**Little Women**

Little Women tells the story of Jo March, a young woman who has a dream of becoming a writer. Her inspiration to write comes from her mother and her four sisters.

She wants to become a world-renowned writer so she can give her family everything they ever dreamed of.

In the beginning of the musical, she writes a story called “An Operatic Tragedy,” but she is rejected many times by different publishers.

Working hard on a piece of work and being rejected should

sound familiar to many people.

Jo went to Professor Bhaer, who was boarding in the same house she was staying in, and asked him what he thought of the story. He told her the story is too gory.

You can imagine Jo must have felt confused and upset about this. In the second act of the show, she went back to Professor Bhaer with the same story.

“I embellished. I made it better,” she said to him before she read the story.

She told him about how she took her story to another publisher, who has a reputation of being cold hearted.

Jo acted out her story to the publisher and he loved it. It turned out to be her first sale.

She was criticized at first, but used it to make her story even better. In the end, she was successful.

**Annie**

“Annie” should be a universal example of how to deal with stress.

She was placed in an orphanage as a baby with Miss Hannigan, an insane alcoholic, running the orphanage. She sits for 10 years just waiting for her parents to come get her. Even so, she remains positive and hopeful.

Even after Mr. Warbucks takes her in, she is still hopeful of finding her parents.

One of the most stressful situations happens in the end of the musical. Miss Hannigan learns Mr. Warbucks is putting up a money reward for finding Annie’s parents. Since she has a copy of Annie’s birth certificate and many other things a parent could use to prove a child is theirs. She calls on her brother,

Rooster, and his girlfriend to pose as Annie’s parents so they could have the money reward.

Annie was essentially kidnapped by them. When she tried to escape, she also ripped up the check Mr. Warbucks gave them. Then, Rooster tries to kill her.

Imagine that feeling: all you’re trying to do is have a positive attitude and life is testing you. That sounds relatable, right?

Even a situation like this has a happy ending. When Mr. Warbucks learns they were not her real parents, he sends firefighters, police officers and helicopters to look for Annie. In the end, he finds her before Rooster harms her and adopts Annie.

Annie teaches all college students as long as you stay hopeful, all the difficulties life throws at you will be solved.

**Wicked**

“Wicked” tells the story of Elphaba, also known as the Wicked Witch of the West from “The Wizard of Oz.” It completely changes the story of “The Wizard of Oz,” yet it makes a lot of sense.

The audience learns in the musical The Wicked Witch of the West is not so wicked after all. She’s just misunderstood and best friends with Glinda.

Every time she tries to perform a good deed, it seems to always turn out wrong and make her out to be an evil person.

Once the people of Oz know her as a wicked witch, she is almost captured by guards after an argument with Glinda. Then Fiyero, Elphaba’s love interest, gets the guards to let her go. Then, they take Fiyero into custody.

Elphaba fears that Fiyero will die and casts a spell which she

hopes will save him.

She blames herself for what happened to him, and says she is done trying to perform good deeds.

She declares herself “Wicked, through and through.”

However, her spell works because she turns him into the scarecrow everyone knows from “The Wizard of Oz,” so he cannot be killed and they reunite.

Even when you feel like you can do nothing right, keep your head up and remember who you truly are.

**Beauty and the Beast**

This musical is based on the Disney movie “Beauty and the Beast,” which tells the story of Belle, and young girl who is seen as strange in her town, and a Prince who was turned into a beast due to his unkind nature.

He was given a rose when he was turned into a beast and he will only become human again if he falls in love before the last petal falls. Belle longs for a life outside of her town. One of the townspeople, Gaston, wants to marry Belle, even though she continually rejects him.

He’s like that one assignment that you are trying to finish, but it just keeps coming back to haunt you.

After Belle meets the Beast and they start to fall in love, Gaston learns about it and becomes jealous. He, along with a mob, goes to the Beast’s castle and tries to kill him.

The Beast and Gaston battle and he defeats him in the end.

Just remember, if you have something, such as an assignment or final exam that is weighing you down, keep trying and you will eventually conquer it.



John Stinely/Collegian

Actors on stage during the “Kiss of the Spider Woman” rehearsal at the Playhouse Theatre on Monday, April 2.

Spotlight.

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# Five self-care tips for finals week

By Shannon Harney  
THE DAILY COLLEGIAN

Finals week has returned with a vengeance, causing stress levels to sky-rocket and sleep to be traded for caffeine.

It's easy to forget to take care of yourself between final exams, papers and projects, but doing so can positively impact your academic performance and overall well-being.

Here are five tips to help you stay physically and mentally healthy during finals week.

## Take breaks

It doesn't matter how much coffee you've consumed or how determined you are to power through another 5 hours of cramming, you're going to eventually hit a wall.

It's important to give your mind a rest, so be sure to work a few 30-minute naps into your study sessions. You'll wake up feeling refreshed and ready to take on your next task.

Instead of napping, you can also just give your mind a break.

Watching an episode of your favorite TV show can help relieve stress and leave you feeling recharged. Just don't get into a binge.

## Visit CAPS

Although Penn State's Counseling and Psychological Services are available all year, it's also important to know they're available during finals week.

If you're feeling overwhelmed, you can meet with a counselor at CAPS to talk through your stress and help solve some of your problems.

CAPS Chat provides drop-in consultation for students. Sessions are free and no appointment is necessary. Students are seen on a first-come, first-served basis and meetings are no longer than 30 minutes.

## Find a study buddy

Prolonged periods of isolation aren't the best for your mental health so before you get lost in the stacks for hours on end, consider planning a study date with a friend.

Find a friend or classmate who will help you focus on reviewing the material at hand without distracting you too much. Even if you just meet with them for a little while and then go back to studying by yourself, it's good to work some human interaction into your day for your sanity's sake.

If you can't find a study buddy, then meet with a friend for a lunch break or study for different classes together.

## Keep your room clean

Whether you live in an apartment, house or dorm, you probably don't have too much space, so it's important to keep whatever living area you have organized.

It's hard to relax after a late night at the library when your

belongings are scattered all over the place.

Although it might not be smart to start spring cleaning instead of studying for finals, you should take a few minutes every day to straighten up your room.

This can greatly improve your mood and mental health, not to mention make it easier to focus if you're trying to study there.

## Eat healthy

The stress of finals week is enough to make anyone crave all sorts of junk foods, but you'll feel much better if you try to limit the processed and sugary snacks.

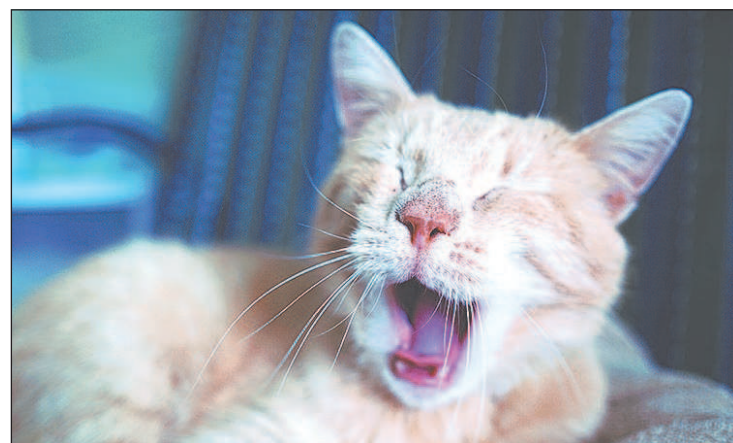
Eating junk food makes you feel tired and groggy and can actually make your finals-week anxiety worse.

Try meal prepping before your finals week schedule gets too chaotic so you don't have an excuse to go to Burger King or Chick-fil-A in the HUB for dinner every night.

Try to pack healthier snacks for when you go to the library, too. Fruits and vegetables will keep you feeling good through long study sessions in the stacks.

Self-care during finals is vital to making your week go by as painless as possible. Remember to take care of your physical and mental health throughout the week and don't forget summer break is just around the corner.

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Bailey Jensen/Collegian

**Corky, cat,** lies on a bed in Centre County PAWS shelter on Wednesday, March 21.

# Getting enough sleep during finals week

By Tara Wu  
THE DAILY COLLEGIAN

Sleep: essential for functioning, yet hard to come by, especially when it's midnight and you have a final at 8 a.m. that you haven't started studying for. Or maybe you have, but pre-finals nerves are keeping you from resting well. Whatever the barrier might be, many college students suffer from sleep deprivation.

A good night's rest does much more than helping you stay awake throughout the day: getting sufficient sleep has been proven to improve memory and concentration as well as general mood and health. Grades, health and physical appearance are all areas that are heavily impacted by amount of sleep obtained. For the average college student, this means 8-10 hours of sleep a night, according to the American Sleep Association.

Getting a few more hours' shut-eye is far more beneficial to your grade than a few more hours of cramming, as research has proven time and time again. So what can you do to maximize the time you spend asleep? Here are five suggestions.

## Space out studying

The importance of studying in advance cannot be overstated: procrastination often leads to desperate cramming of a semester's worth of academic content, most of which will end up being forgotten. The night before the exam is much better spent asleep than awake. That means starting to studying at least a few days before the day of the exam, but ideally spreading out the studying over a week prior to the test.

## Unplug

Just for the duration of finals week, try keeping away from

scrolling through Facebook or Instagram or Snapchat (those streaks won't matter as much as that final grade).

Entire hours can drain away once you open up those enticing apps, hours that may end up being made up using precious sleep hours. Try turning off notifications from those apps temporarily and keeping your phone out of sight while you study.

## Plan a sleep schedule

One way to help ensure sleep time is to plan out the time that you'll dedicate to spending asleep, say 11 p.m. to 6 a.m., and then plan the rest of your schedule around this time. By setting aside time for sleep before starting to study, you may be more likely to stick to the plan rather than just study until you feel tired.

## Listen to your body

If you feel tired and sleepy, listen to your body and get some rest. Straining yourself even when your body is sending you alarm signals is detrimental to your health.

Because one's mental state and physical state are interconnected, letting yourself sleep when you feel tired can greatly improve your performance come exam day.

## Rest assured

Last but not least, keep in mind that finals are but one last review of the semester's academic content, and not a life-or-death matter. Regardless of how they go, life goes on and your grades are not an indicator of how well you are doing at life.

So don't let those worries and fears keep you from sleep. Rest assured, finals are not the final say.

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Follow her on Twitter at [@twu2000](https://twitter.com/twu2000).



Erin O'Neill/Collegian

A dorm room in the newly built Earle Hall, of East Halls.

# The benefit of exercising during finals week

By Darcy Pacheco  
THE DAILY COLLEGIAN

Finals week means constant studying, stress and copious amounts of caffeine.

During this time, students are always looking for quick and easy ways to de-stress. While stepping away from the books may seem like a scary idea, it could be extremely beneficial for your health.

A great way to be relieved from studying is to exercise, even if it is only for a short amount of time.

Julia Blacker (sophomore-finance) believes in the many benefits of exercising during.

"I think it's extremely beneficial because not only is it a great healthy way to take a study break, but it also makes you feel good after," Blacker said. "I think feeling good when studying helps productivity and confidence going into your week and I would definitely suggest it going into finals."

According to a study conducted at Columbia University, researchers found that physical

activity promotes the creation of new brain cells and improves general brain performance. In addition, the study also found that active individuals are more likely to have better cognitive processes such as memory, attention and problem solving.

Megan Lantz (sophomore-public relations) said it's important and necessary to take a break from studying to ensure mental stability.

"Finals week often brings up a lot of stress and anxiety," Lantz

said. "Exercising is a great way to relieve this stress and focus your time on something outside of school."

With three fitness facilities located throughout campus, Intermural Building, Rec Hall and White Building, there are different multiple options to select from.

Although the schedule for the spring semester is amended during finals week, the facilities will remain open for most of the time. This gives students plenty of time

to take a break from studying and be active.

Rachel Runatz (sophomore-nursing) expressed why she believes exercising during finals is beneficial.

"It gives you a break from schoolwork and takes your mind off of it. Chemicals are released during exercise that stimulate your brain, makes you feel better and less stressed," Runatz said.

To email reporter: [dnp5145@psu.edu](mailto:dnp5145@psu.edu).  
Follow her on Twitter at [@darce\\_nicole](https://twitter.com/darce_nicole).

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# ALL NIGHTERS ARE...



MY VIEW | AUSTIN KURTANICH

## GOOD

Research studies advising students not to cram the night before tests, are like the “please take one” signs you used to ignore sitting atop of candy bowls outside the dark houses on Halloween.

No one respects the request, and in my opinion they shouldn't. You are getting just as much — if not more — cramming all night for your test as you are dumping the entire bowl in your pillowcase and running to the next house before someone sees you.

I believe that pulling an all-nighter before a test can return great grade results despite the fact people will advise against it.

Studies show that people who review material multiple times commit more to memory, but long-term memory does not equal success in college courses.

Many courses at Penn State separate chapters into different testing blocks and do not have cumulative finals, which I am not complaining about. Though from the student perspective, courses like this leave no innate incentive to take the time to truly commit information to long term memory.

Especially when you consider how much a student has on their plate, and the types of courses they are taking. It is unlikely you can convince an average pre-med major to take time to master their art or history requirements. Why should they?

The only thing on my mind, if I was in their position, during those unessential classes would be getting an A for my GPA's sake.

There are many courses Penn State requires students to take that they likely do not care about; so what is the problem with blowing off some of the work in these courses?

If I can ignore all my readings for Sociology 23 until the night before my test, study until my eyes won't stay open, get an A and forget everything I was just asked about what reason can you find to show me that my way is wrong.

I am not becoming a sociologist. I do not need to know about demography and I would've likely forgotten what I learned by graduation, even if I did commit the entire course to long term memory.

My method can open up your schedule without

costing you your grades.

I believe there is more to college than staying in each night and killing yourself studying for classes you truly do not care about. Go out on a Wednesday at least once, even if you have a reading due in English 202 the next day.

Learn to become resourceful, force yourself to learn as much as you can in eight straight hours, and when you finally pass out from exhaustion think about how great of a time you had neglecting your work beforehand.

All-nighters are perfect for all kinds of students. The freshmen who did not know what they were getting themselves into when they scheduled Physics 211 and Calculus 140 in the same semester, overworked sophomores or juniors dealing with clubs and more intense classes or the seniors who have just thrown in the towel.

Cramming can make room for other aspects of your life. If you have a course that is really kicking you're a\*s, maybe it's okay to put off your studying for Sociology 001. Are you trying to get on the executive board of your club? I have a good feeling your Astronomy 05 grade will not take a hit if you pull an all-nighter for a test or two.

Of course, the material you are cramming plays a role as well. It is much easier to pass a test solely based on memorization compared to a Calculus 141 final where you must understand the material to solve a problem. So, keep this in mind before you put off studying for all your finals and fail miserably.

Remember cramming is not for those who wish to understand material. It is for those who understand how college works and want to manipulate the system.

For students truly looking for understanding and education, congratulations. You have persevered years of backward grading systems in both high school and college and stayed true to what actually matters in a professional setting.

But for those who need a 3.5 to keep a scholarship, work part time and have classes required for your major that you do not care about, don't be afraid to cram. Work the system, have a social life on a weeknight, enjoy yourself without the fear of missing out.

MY VIEW | KALEIGH QUINNAN

## BAD

We all have those nights, accompanied by coffee, red eyes and a motivation mixed with panic that keeps us awake until the sun decides to show its painfully bright face.

But is it worth it? Are the late-night hours of productivity actually worth the lack of sleep? Ultimately, no.

No matter how many essays you write, notecards you go through, or pages you read, the next day will greet you with a foggy memory and heavy eyelids. The immediate effects that one feels are only the tip of the iceberg when it comes to the negative impacts of sleep deprivation. There's even science to back it up.

According to Business Insider, all-nighters take a significant toll on your body. It causes your body to release cortisol, a stress-inducing hormone, increases appetite, decreases concentration abilities, hurts your working memory, causes emotional instability and inhibits working memory, amongst other things.

These repercussions can last for an extended amount of time. It is also important to consider how long it will take to correct your sleep schedule.

Additionally, a lack of sleep can also wreak havoc on your social life — no one wants to hang out with a zombie. That combined with the emotionally instability does not bode well for blossoming relationships.

The general idea here is that sleep is important, unless you are some sort of masochist who wants to be low functioning and exhausted 24/7.

Regardless of all of these

facts, one might think: “OK, so, whatever, I still need to memorize 200 pages between midnight and 8 a.m. I have stay up otherwise I will fail.”

I get it, we've all been there — but that's just wrong. Studying less and sleeping might make less sense, but in practice it produces better results.

According to a study done by the National Health Institute, “Moderate sleep deprivation produces impairments in cognitive and motor performance equivalent to legally prescribed levels of alcohol intoxication.”

That means that staying up all night is basically equal to slugging shots before your exam. While this might sound like fun, it would definitely be a capital B-A-D decision, much like sleep deprivation.

Once again: you can stay up to learn the material, but there's a good chance that you will end up preforming poorly regardless.

If you absolutely must stay up to complete a task, there are a few things that can be done to lessen the impact of exhaustion during the following days. Maintaining a healthy diet, napping, drinking lots of water and avoiding sugary foods will all help to prevent a totally devastating day after staying up all night.

If this all doesn't convince you to at least get some shut eye before one day ends up blending into another, then I implore you to give all of these adverse side effects a go for yourself. If that doesn't sound appealing, please just go to bed this finals week.

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# NO FINALS? NO PROBLEM

*If you don't have your hands full studying for finals, try exploring these 10 places around State College*

By Caitlyn Frolo  
FOR THE COLLEGIAN

Students at Penn State typically have a specific finals week schedule: spending countless hours at Pattee Library, cramming for lengthy exams and getting next to no sleep.

However, if a student lucks out and has no finals during the last week of spring semester, they are probably wondering what to do with their free time.

Here are 10 places to visit on campus and downtown that you may have not previously had time for.

## The Arboretum

Now that Penn State weather is finally transitioning into peak spring temperatures, The Arboretum is the perfect place to explore nature.

With its gardens, walking trails and sculptures, it is a beautiful place to relax or take pictures for Instagram.

*Hours:* Every day, dawn until dusk  
*Cost:* Free

## Palmer Museum of Art

This museum is home to several art installations and is worth checking out if you are interested in surveying art.

Plus, you could grab an iced coffee from Au Bon Pain.

*Hours:* Tuesday-Saturday, 10 a.m. to 4:30 p.m. and Sunday 12 p.m. to 4:00 p.m.  
*Cost:* Free

## Mt. Nittany

A bucket list item for many Penn State students, this mountain offers breathtaking views, opportunity for exercise and a chance to challenge yourself.

Mt. Nittany is a great way to spend the day with friends.

*Hours:* Every day, dusk until dawn  
*Cost:* Free

## Davey Laboratory Observatory

The observatory holds public viewing hours sponsored by the Astronomy club.

For any student who hopes to gaze into the clear State College night sky, it is a must-attend event.

*Hours:* Fridays from 8:30 p.m. to 10:30 p.m.  
*Cost:* Free

## Penn State

### All-Sports Museum

This museum aims to explore the past of Penn State athletics. Located at Beaver Stadium, the museum offers self-guided and guided tours of varsity sports and memorabilia.

*Hours:* Tuesday-Saturday 10 a.m. to 4 p.m. and Sunday 12 p.m. to 4 p.m.  
*Cost:* Donation preferred

### Any Athletics Event

While students are taking finals, many athletes are still playing sports on campus.

Spring sports like baseball, softball and lacrosse have schedules that extend past finals week.

*Hours:* Check out [www.gopsports.com](http://www.gopsports.com) for a complete athletics schedule

*Cost:* Varies depending on event

### 2000 Degrees

This pottery studio allows students to choose pre-made pottery to paint and decorate.

Creating a work of art may help any student relieve stress from a work filled semester.

*Hours:* Monday-Thursday from

11 a.m. to 9 p.m., Friday from 11 a.m. to 10 p.m., Saturday 10 a.m. to 10 p.m. and Sunday from 11 a.m. to 8 p.m.

*Cost:* Varies depending on chosen pottery piece

### Nittany Mall

Throughout the school year, students spend hours online shopping with no time to actually see what they are buying. With no finals, students can hop on the M route CATA Bus and shop until they drop.

*Hours:* Monday-Saturday 10 a.m. to 9 p.m., Sunday 11 a.m. to 6 p.m.

*Cost:* Free — unless you buy clothes of course

### UEC Theatres 12

Without finals, there an abundance of time for Netflix binges, but what if you want to see a new movie and have the time?

This theatre offers student ticket discounts, popcorn and comfy chairs: all of which allow students to be immersed in the movie of their choice.

*Hours:* Matinee showings to evening showings

*Cost:* Varies depending on the time of the movie

### Golf Course

#### Practice Facilities

If you've never had the chance to hit golf balls before or only have experience with mini golf, the driving range at Penn State Golf Courses may be a great way to spend your free time.

Bring a few friends and make it a competition of who can hit further.

*Hours:* Every day, 6:30 a.m. to 8:30 p.m.

*Cost:* \$8 for a large bucket, \$5 for a small bucket and a small rental fee for clubs.



Lindsey Shuey/Collegian

Amanda Schweizer (senior-IST) listens to music and dances during THON at the Bryce Jordan Center on Sunday, Feb. 18.

# Here's a playlist to pump you up before an exam

By Lindsey Toomer  
FOR THE COLLEGIAN

Students can be very picky about study playlists.

It seems everyone has a certain type of music that they need to listen to when studying.

So for finals week, instead of making a study playlist, here is a playlist to pump you up.

Congratulations! You made it to end of the semester and you deserve to jam to these good tunes.

### "Mr. Brightside" by

#### The Killers

Now we're coming out of the cage that is finals and we're doing just fine. If you don't get pumped up by Mr. Brightside, then you need to listen to it again because I don't think you heard it properly.

### "Shut Up and Dance" by

#### Walk the Moon

"Oh don't you dare look back," finals are over, you did all you can do now, you will get a good grade, I promise.

Since 2014, we have been hearing this song almost everywhere.

What is a better excuse to listen to this song than the end of the semester?

### "Let the Games Begin" by

#### AJR

This is pretty self-explanatory. Finals are over, now it's time to let the games begin. This A1 party song party song is super catchy and when it comes on, you can't help but sing along.

### "Live in the Moment" by

#### Portugal. The Man

Don't stress yourself out about the tests you just took, don't get caught up in the past...just live in the moment.

Portugal. The Man's new album is full of hits to bop to but this song in particular is a personal favorite.

### "Feels Like Summer" by

#### Weezer

Nothing is a better indicator of summer than getting close to finals week. After this never ending winter, the nice weather in store for finals week really makes it feel like summer.

### "Millionaire (feat. Nelly) (Alan Walker Remix)" by

#### Cash Cash

After yet another finals week, we are closer to the high salaries these Penn State degrees will earn us and therefore we are just one week closing to being a millionaire. Now, I feel like a millionaire.

### "Going to Mars" by Judah and The Lion

"Don't reach for the moon, you're going to Mars," Judah and the Lion sings, encouraging us to live to the highest expectations of our dreams. Now that finals are over, "We can do anything, we want."

### "American Teen" by

#### Khalid

Now that the semester is over, we get to pretend we are normal American teens for the summer. Unless of course you're taking summer classes or working or getting an internship...but let's not think about that just yet. It's the life of an American teen.

### "LA Devotee" by Panic! At

#### The Disco

After finishing finals, all anyone wants to do is drive straight to Los Angeles and soak up all of the sunlight to kick in summer the right way. Who's better to do this with than Brendon Urie?

### "Move" by Saint Motel

As soon as you hand in your last final, you "gotta get up, gotta get up, move"...back home for the summer. And maybe dance a little to celebrate.



Jonah Rosen/Collegian

Students walk past the Palmer Museum of Art on Thursday, Jan. 18.

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MY VIEW | AMANDA MOONEY

# Food tips to help you through finals week

Kale or pizza? Hmm... I think I will go with the latter.

Luckily for us, making healthy food choices does not have to be so black and white.

With finals on the horizon, it is more important than ever to keep your body healthy and energized. Fueling your body with healthy foods during finals week is vital to your success, and if you neglect to do so, your mind, body and grades may suffer.

To ensure your body is fueled and

ready to go for your late-night study sessions, try out some of these healthier food options.

## Eat breakfast

Breakfast really is the most important meal of the day, especially during finals week. Starting your day off with a meal will help you stay energized for the rest of the day. Studying is not easy, but it can become even more challenging when all you can think about is how hungry you are.

Even if you just eat something small, breakfast of any sizes will help you stay focused and tackle the day of studying ahead.

## Tea

If you are in need of some caffeine which I am fairly certain you will be try making yourself a cup of tea. Certain types of tea have proven to help reduce stress and anxiety. Tea has also been shown to improve mental performance and concentration.

Additionally, tea has cleansing properties help to keep you healthy during your late-night study sessions.

## Nuts

Snack breaks are arguably the best kind of break.

Before you pop open a bag of potato chips or call in an order of wings, try snacking on something that is both taste and good for you.

Nuts are filled with vitamins and zinc that will boost your immune system. They are an easy way to provide your body with fiber and will help keep you feeling full.

## Avocados

Avocados are great for your skin both when eaten and applied as a face mask.

Avocados contain Vitamin E, which is known to keep skin looking healthy and can prevent dryness, dark under eye circles and break outs. Another bonus: it is super delicious.

## Dark chocolate

After a grueling day of exam preparation, what do most people start craving? Chocolate!

Luckily for us chocolate lovers, dark chocolate is an antioxidant, so it can boost your immune system and help you fight off diseases.



Tony Jung of UMass Amherst serves chowder as a part of the Penn State UMass Amherst Super Bowl bet on Feb. 20.

Nobody wants to be sick during finals week, so grab some dark chocolate and get munching.

## Water

This may seem like a given but it is surprisingly easy to forget to stay hydrated when your mind is focused on the million other things you have to do before the end of the semester. Water plays a major role in almost every bodily function. Without enough water, you will become more prone to fatigue and less able to concentrate.



Collegian file photo

A student orders food in the renovated dining commons in East Halls on Thursday, Aug. 25, 2016.

# LION'S LIST

BUY IT ——— SELL IT ——— RENT IT

### ATTENTION

HIP HOP DANCE Instructor needed one night a week for the 2018-2019 School Year. Serious inquiries please email me Dancefusion1@hotmail.com

THE BOARD OF Trustees of The Pennsylvania State University hereby gives legal notice of meetings to be held at University Park, Pennsylvania, on May 3-4, 2018.

Meetings for the committees will be held on Thursday, May 3, from 7:30 a.m. until 5:00 p.m. The complete listing of times and location is available at <https://trustees.psu.edu/agenda/schedulemay2018.html>.

On Friday, May 4, the Board will meet at 8:00 a.m. at the Penn Stater Conference Center Hotel to receive expressions of public views on issues before the Board. Immediately following that, a Trustee Conference and/or Privileged Executive Session for the Board of Trustees will be held in Room 207 of the Penn Stater Conference Center Hotel.

Beginning at 1:00 p.m. on Friday, May 4, the Board will meet in Dean's Hall of the Penn Stater Conference Center Hotel. The meeting is open to the public and also available via live stream at [wpsu.org/trustees](http://wpsu.org/trustees).

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 (814)-865-2521 in advance of your participation.

### FOR RENT 3 BEDRM

TOWNHOUSE ON SOUTHGATE Drive available immediately, looking for 1-3 to take over lease, reserved parking, contact Dave at 814-360-8387

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### Today's Crossword presented to you by

**Across**

- City on the Yamuna River
- Religious figure
- One who puts you in your place
- Apothecary's weight
- Like hen's teeth
- Steal
- Extinct bird
- Entwine
- West Wing workers
- Spin
- Sleeveless garment
- Pedal pushers
- Singer Yoko
- Like the Sabin vaccine
- Cereal grain
- New Mexico art community
- Troublemaker
- 007, for one
- Wandering
- Pound, e.g.
- Portfolio part, in brief
- Toot
- Pink lady ingredient
- Kind of bomb
- Affleck of "Gigli"
- Pool division
- Means of escape
- "Roses \_\_\_ red ..."
- Cousin of an ostrich
- Kind of moss
- Parent
- Knight fight
- Pathetic
- Miami-\_\_\_ County
- Roundish
- Bonus
- High society
- Cutting the mustard
- Chess piece

**Down**

- Supplement
- Mature
- Dashboard feature
- Archer of myth
- Vex
- Sail fabric
- Bay window
- Trawling equipment
- Can. neighbor
- Fleet
- Take cover
- Fencing sword
- What's left
- Goldbrick
- Heavy reading
- Flapdoodle
- Pertinent
- Overturn
- Lithium-\_\_\_ battery
- Location
- Mavens
- Thanksgiving dish
- "Dancing Queen" quartet
- Big game
- Québec's Levesque
- Mincemeat dessert
- Animal with curved horns
- It's often left hanging
- Sign before Virgo
- Bullets and such
- Aquarium denizen
- Box office take
- Kind of talk
- Subway
- Verboten
- Mink, for one
- Bouquet
- Senegal's capital
- Obligation
- Confederate
- "Buenos \_\_\_"
- Widespread
- Picture of health?
- Dusk, to Donne
- Some dashes

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## WORD SEARCH

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Color Wheel

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N	P	O	A	B	Z	P	M	I	A	P	F	I	V	R	R	D	L
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Y	W	Q	E	N	A	K	J	Z	Z	X	T	N	M	V	X	W	N

## Kakuro (Cross Sums)

The rules are easy to learn: A number above the diagonal line in a black square is the sum of the white squares to the right of it. A number below the diagonal line is the sum of the white squares in the sequence below it. You may only use the digits 1 to 9, and a digit may be used only once in any sequence.

Answers [bit.ly/1CBcyRi](http://bit.ly/1CBcyRi) ©2018 PuzzleJunction.com

# Bigar's Stars

By JACQUELINE BIGAR

**HAPPY BIRTHDAY for Monday, April 30, 2018**

This year your finances could be a key issue. Some of you will witness some financial highs, and others are likely to experience some lows. Much has to do with your habits and your perspective about money.

If you are single, you meet people with ease, though you might feel very strongly about one person in particular. You will want to be very sure of yourself.

If you are attached, you and your sweetie will focus on building a stronger financial base. You will notice that the attraction builds between both of you.

SCORPIO often challenges you.

**BORN TODAY**

Basketball player Isiah Thomas (1961), actress Kirsten Dunst (1982), actress Cloris Leachman (1926)

Jacqueline Bigar is on the Internet [www.jacquelinebigar.com](http://www.jacquelinebigar.com).  
©2018 by King Features Syndicate Inc.

**ARIES (March 21-April 19)**  
★★★ Your imagination is working overtime. You enter the day ready to share a few of your dreams. Don't be upset by others' judgments. Your ideas will become only stronger with feedback. Your anger could be misdirected. Be careful. Tonight: Make time for a loved one.

**TAURUS (April 20-May 20)**  
★★★★ You understand the art of deferring to others, which you are able to do naturally. You know what you want. Stay light and easy, and don't be too worried about what has yet to happen. You have no idea which way a situation might go. Tonight: Have some fun with a loved one.

**GEMINI (May 21-June 20)**  
★★★ Remain easygoing, whether you're at work, at home or going to one of your many appointments. The more jovial your temperament, the easier your day will be. You might be creating a problem by making an assumption. Try to stay open. Tonight: Get some exercise first.

**CANCER (June 21-July 22)**  
★★★★ Heightened creativity and a new attitude could be the natural outcome of the present moment. You don't need to push so hard to get your way. Let things happen naturally. A partner or loved one could have difficulty accepting what you are doing. Tonight: Let it all hang out.

**LEO (July 23-Aug. 22)**  
★★★★ Center yourself when dealing with a volatile family member. You will note how the person in question is receptive to your energy. Optimism surrounds your household and/or domestic life. To accomplish more, reorganize your schedule. Tonight: Air out an issue.

**VIRGO (Aug. 23-Sept. 22)**  
★★★★ You generally tell it like it is. As a result, know that you are likely to get a lot of feedback from others. Sort through the comments with care, as there are some important tips layered among them. Look at what might be workable. Your creativity saves the day. Tonight: Hang out.

**LIBRA (Sept. 23-Oct. 22)**  
★★★ Be aware of the costs of continuing as you have been. Curb your spending. Understand that your domestic life might be going through some radical changes. Be careful around someone younger than you who seems to have a hot temper. Tonight: Proceed with more awareness.

**SCORPIO (Oct. 23-Nov. 21)**  
★★★★ You are personable, fun and ready to call the shots. Others appreciate your strength and independence. Angry feelings could emerge in what you consider to be an easy conversation. Listen to those who might be upset. Try to get to the source of the issue. Tonight: Say "yes."

**SAGITTARIUS (Nov. 22-Dec. 21)**  
★★★★ Head in a new direction. Your creativity comes from a source that you might not be aware of. Opportunities seem to arise when you are working through a problem. Use care with your finances, as you could cause yourself quite a problem. Tonight: Not to be found.

**CAPRICORN (Dec. 22-Jan. 19)**  
★★★★ Your depth and insight reflect in your choice of friends. Reach out to someone close to you who seems to be eyeing and discussing a new life direction. This person is likely to try to get you to join him or her. As a result, discussions could be lively. Tonight: Where your friends are.

**AQUARIUS (Jan. 20-Feb. 18)**  
★★★★ Use your imagination to help you make money. A boss or higher-up knows a lot and shares his or her feedback. Be as realistic as possible when you are standing on new ground. Curb a sense of frustration by dealing directly with the source. Tonight: Make it your treat.

**PISCES (Feb. 19-March 20)**  
★★★★ Your instincts help you move to the next level. Your creativity helps drive a unique point of view. Listen to a friend or a relative who understands what you want and need; he or she will guide you into a positive state of mind. You feel more secure. Tonight: Out among the crowds.

MY VIEW | KEITH MEENAN

# The best places to spend time during finals week

Finals week is upon us, and with that, all its stress and cramming.

One of the most important things other than passing your classes, however, is to not lose yourself in the stress.

While free time may be rare this week, here are a few things that, if you've got the time, might relieve some of the stress and possibly remind you college can be fun.

## Webster's Bookstore and Cafe

Webster's Bookstore and Cafe is the perfect place to go if you're looking to either study, or try and forget that you need to study.

Its welcoming atmosphere and low-key interior can make anyone feel at home in minutes.

It features a great cafe with places to sit, perfect for cranking out a last minute paper.

If you're looking for an escape, Webster's features a fantastic selection of books, including some niche categories including seedy 50s pulp fiction novels.

Webster's also has the best collection of vinyl records in town, perfect for anyone looking to increase their music collection in the most fun and pretentious way possible.

## Chronic Town

Boasting an interior best described as "poorly lit cement chic," Chronic Town is the kind of place only a college town could have.

I remember my first time going to Chronic Town.

I visited there with my parents one of the first times I came to State College.

My parents left unimpressed, considering it to be "skeevy," whereas I left thinking, "Hey, that place was pretty cool."

Chronic Town is truly your one stop shop of college-aged activities.

It manages to be a record store, cafe, pipe shop, arcade and even hookah bar.

If none of those interest you, then you might not even be a college student, which leaves me questioning why you're even reading this.

Regardless of what might bring you into Chronic Town, it's a perfect place to hang out with friends, buy some records or take a first date if you want them to know you really like the band, "Sonic Youth."

## The State Theatre

While College 9 is at least a car trip or an Uber away, college students will always have the State Theatre.

Featuring frequent live shows from famous and local performers, you never really know what to expect from there, but you're sure to see something on the marquee.

And while the ticket price and performers may vary, there's always a Monday movie that could be anything from something recent, something old or a foreign film you can mention you've seen if you're ever to impress a very specific type of person.

## Your room

Whether you live in a dorm or off campus, odds are your room is where you're most comfortable, excluding those with nightmare roommates.

But for those of us who don't have one of those or are the nightmare roommate, nothing is stopping you from enjoying yourself in there.

While your room may also be the place where you study and stress the most, it can also be the best spot to relax. Nothing is stopping you from making a cup of coffee or tea and curling in bed with a book or a movie.

And, of course, you can take a nap there anytime you'd like.



Edward Fan/Collegian

People stand on the steps of Old Main on Wednesday, April, 18.

MY VIEW | LILLY FORSYTH

# One down, three to go

I have lost track of how many times in the past week I have said "I can't believe the first year of college is almost over" and then proceeded to do a hopefully discreet happy dance in the middle of the sidewalk.

Being that I only have one final on Monday, I am not very stressed about finals week. But spring semester teachers gave me a lot more work to do during the last month of class, so it's safe to say I officially despise video projects.

Overall, my first year at Penn State was not what the average student experiences.

I did not live on campus. I never attended a football game during the regular season. I have yet to try something called a "pokey stick," which I'm still not sure really exists?

College still had a lot of high-lights, though.

I did go to a basketball game and awkwardly wiggled my fingers during free throws. I managed to get decent grades last semester and am on track to do the same this semester. I met a lot of fantastic people and I didn't rip out all of my hair.

Long story short: I now know college is so much better than high school. However, it did have its not so wonderful moments.

I'm talking about having to walk up to the third floor of Willard twice a day Monday, Wednesday and Fridays. Get-

ting bit by a chipmunk who did not appreciate my generosity was a lovely memory, too. I also can't forget about cramming a five-page book report about a book I did not read into the day before it was due.

The greatest part - and the worst part - was the classes.

There were a few general education classes that seemed impossible to stay awake in, while others had me looking at a clock in disbelief that time was already up.

Sam Richards widened my eyes, literally and figuratively, as he bluntly discussed racial bias, religious stereotypes and the neediness of the penis in SOC 119.

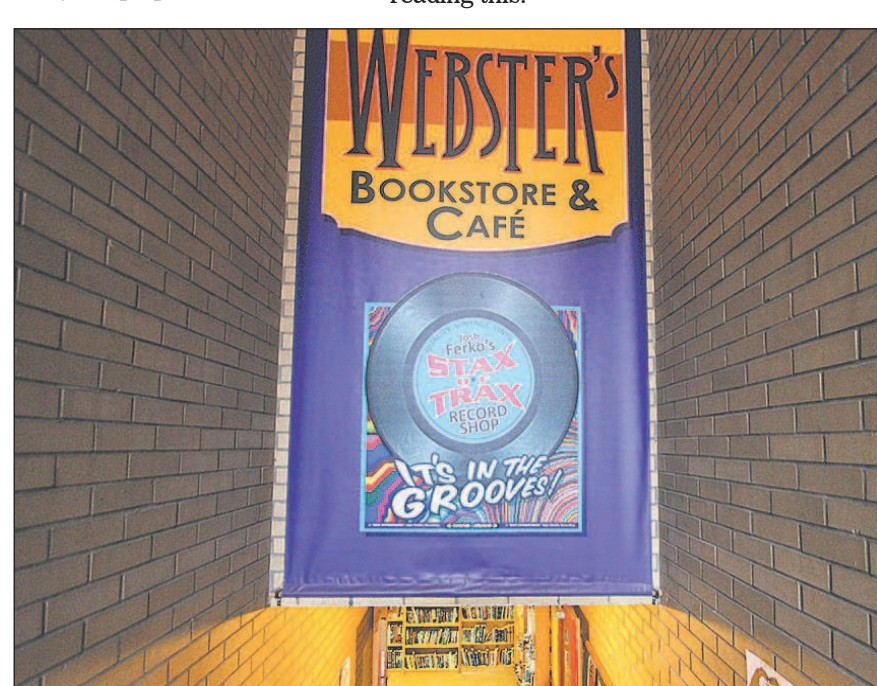
In FR 138, Elizabeth Tuttle wrapped me in France's history every Thursday as she and Heather McCoy introduced me to the greatness that is French cinema.

My favorite classes by far were FR 111 and FR 112.

Five days a week. Six credits each. In two semesters, I not only reviewed everything I learned in the three years of French I took in high school but I expanded my knowledge of the language immensely.

More importantly, being stuck with — I mean enjoying the constant presence of — the same two dozen people for two semesters every day created a bond that I am grateful for.

To read full story visit [collegian.psu.edu](http://collegian.psu.edu).



Erin O'Neill/Collegian

Webster's Bookstore & Cafe is located at 133 E. Beaver Ave. in State College.

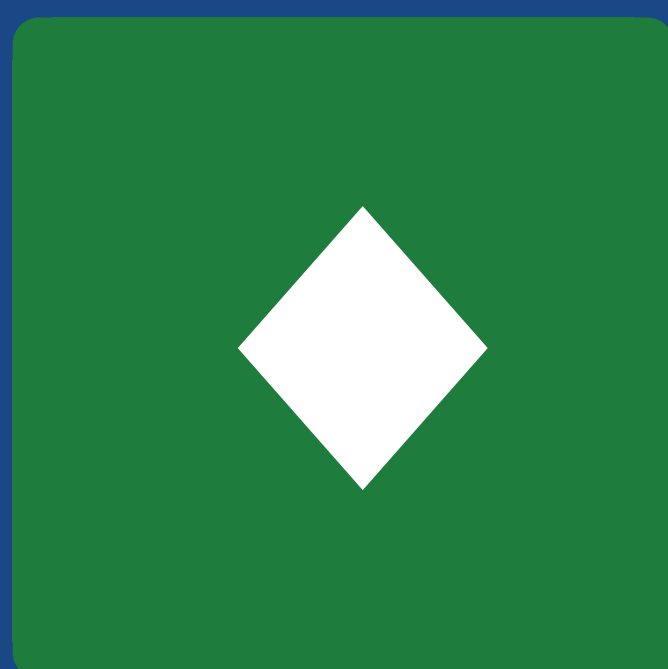


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