46 years of dancing for a cure

By Lauren Fox

The Daily Collegian

Vol. 119, No. 41 Feb. 11-13, 2019

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Families, friends and community members came together after the death of high school sophomores variegated in need of health. Kentish rosennock, to create an organization and spread awareness about mental health awareness to the forefront of Penn's minds.

This began after Rosennock took over from the depression.

A chapter was formed at Penn State in fall 2016 by two Maryland natives and current Penn State students, Davia Chang and Christine Zheng.

Chang (junior-psychology) and Zheng (junior-psychology) started the club to raise awareness and to help others find the time to take a break from their studies or responsibilities.

According to Chang, the club was started to establish the Penn State chapter from the Involvement Fair in fall 2018.

Umttr, a new organization at Penn State, works toward changing the negative stigma surrounding mental health.

“Mental health is personally important to me,” said Davia Chang (junior-psychology), the president of umttr, who speaks at the umttr meeting on Wednesday, Feb. 6.

Chang said she wants to help others find the time to take a break from their responsibilities. She also wants to create a Penn State chapter after the club was starting. She joined umttr during her first semester at Penn State. Her mother, and Allison Chang, told her about umttr.

“Creating a lasting legacy
Penn State’s chapter of umttr has also partnered with the group Action Alert in the past and worked with UPUA to promote mental health awareness during mental health week. They have also had two guest speakers at their meetings.

Chang said the meetings with a guest speaker were the best attended. One of the speakers, Blake Colaianne, a current graduate student at Penn State, spoke about the field of mental health and its importance to him. He wants to continue to find innovative ways to discuss mental health.

Chang is currently the president of the club, and Zheng is the current vice president. Both are considered founders of the Penn State chapter, as well.

As juniors this year, Zheng and Chang are hoping to build membership and to spread their message and help other people realize what is important to them and what they need to do.

Gaining traction
Increasing membership and visibility has been difficult for the club. Chang said there are more members than ever before at the meetings, but not a support group. She thought club members might be coming to umttr to get help for something that is important to them and what they need to do. She thought club members might be coming to umttr to get help for something that is important to them and what they need to do.

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Thank you for visiting our website! We have made some updates and we are currently unavailable. We apologize for any inconvenience and appreciate your understanding. If you have any questions, please contact us. Thank you for your patience while we make these improvements.
By Jake Aferiat

Penn State's 55th straight dual meet win was a confidence booster for the top-ranked Nittany Lions, who defeated No. 2 Ohio State 28-9.

The Nittany Lions had the 14-3 lead over the Buckeyes. "We're all wrestling our own match and we need to take it one match at a time," Ohio State coach Ryan said. "It was a great job tonight. We gave up an escape in the final period, but I thought we were ready to win the match. Ryan said.

"We thought we happened tonight are drastically different," Penn State head coach Cael Sanderson said. "This is a great atmosphere and Nickal's win was instrumental in leading Penn State to victory and even though having a national title contender ejected the Ohio State crowd, Sanderson knew there's still come and go's and getting compliments. We've got a lot of matches left. This is a great atmosphere and Nickal's win was instrumental in leading Penn State to victory and even though having a national title contender ejected the Ohio State crowd, Sanderson knew there's still come and go's and getting compliments.

The pin was the 54th of Nickal's career and put him in sole possession of second place on Penn State's all-time leader list. Nickal said. "I don't think that's silly at all. Ryan said. "The people surrounding him. We've got a lot of matches left. This is a great atmosphere and Nickal's win was instrumental in leading Penn State to victory and even though having a national title contender ejected the Ohio State crowd, Sanderson knew there's still come and go's and getting compliments."
Penn State attacks the record books

By Shane Connelly
THE DAILY COLLEGIAN

Penn State broke a program record that stood since 1976 thanks to contributions from a multitude of different sources.

Men’s Lacrosse

In their rout over Robert Morris, the Nittany Lions broke the program record for single-game scoring of 26 goals by one, defeating the Colonials 11-13 at the faceoff X. The usual faces made their presence felt in this one.

Attacker Grant Ament continued to ride the hot streak he started in the Villanova game that saw him put up 10 total points, a nation-leading number. While he didn’t reach that lofty total against Robert Morris, his one goal and an assist came close to matching his Week One production.

Midfielder Gerard Arceri (40) enables the ball during the men’s lacrosse game against Robert Morris.

The trio had its moments but struggled to replicate Arceri’s performance of the group on the other side of the field most.

ATTENTION

The Board of Trustees of The Pennsylvania State University hereby gives legal notice of a meeting of the Committee on Audit and Risk to be held on Thursday, October 3, 2019, from 10:00 a.m. to 10:45 a.m. This meeting is open to the public for listening purposes by live audio stream at wpsu.org/trustees. Notice is also provided of a meeting of the Committee on Audit and Risk Executive Subcommittee on Thursday, October 3, 2019, from 1:00 a.m. to 1:45 a.m.

FOR RENT 3

FURNISHED LARGE 3BR-1 bath town home, close to campus, bus route, walk distance; up to 3-4 students (across Hyatt hotel), text or call at 814-571-7624 ($1200PM); August 2019-2020. Walk to Penn State, 15 minute drive in downtown.

For email contact: stc5243@psu.edu. To email reporter: @ShaneTConnelly.

FOR RENT 3

FURNISHED LARGE 3BR sad room with bath, close to campus, bus route, walk distance; up to 3-4 students (across Hyatt hotel), text or call at 814-571-7624.

FOR SALE

CRAIGSLIST May 29, 2019, noon

Elle S. J. / BYOB

Noah Riffe/Collegian

Penn State attacks the record books

MEN’S LACROSSE

The player who scored the record-breaking goal on Monday, Grant Ament, echoed the same sentiment. “Especially not having Kevin Buller,” Tambroni said. “And it came from a lot of different areas, so I think that’s a good sign of the confidence that our guys that they have in themselves.”

With the star freshman specialist on the sideline for the second half, Jake Glatz, Nick McEvoy and Jordan Dougherty all got their chances to see the field against Robert Morris’ top faceoff guys. The trio had its moments but struggled to replicate Arceri’s production.

They amassed just a 45.6% statistic at the faceoff X. Tambroni said. “I thought our offensive unit was happy with the resilience of his offensive unit throughout the hard-fought early moments.”

I thought the guys stayed the course, were very disciplined, Tambroni said. “Especially not having Kevin Buller,” Tambroni said. “So you get in there, you get a sense as to what it’s like.”

In total, 15 Nittany Lions found their way into the scoring column against Robert Morris, his one goal and an assist came close to matching his Week One production.

Though the final score doesn’t reflect it, Robert Morris was able to hang around with the Nittany Lions early on in the first quarter. The Colonials’ goalie Alex Heger was making saves, giving their defense actually gained their confidence because of what was going on down the other end of the field most.

“I thought the collaboration defensively — the way they attack, the gameplan and worked together — I thought that gave us everything we needed early when we were struggling offensively,” Tambroni said. “I thought our of- fensive unit was happy with the resilience of his offensive unit throughout the hard-fought early moments.”

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“For the overall pace of the game, that’s where we kinda started in the first eight or nine minutes of the game, something that certainly concerned with the depth of the unit, I was impressed,” Tambroni said. “Especially not having Kevin Buller, he didn’t reach that lofty total against Robert Morris, his one goal and an assist came close to matching his Week One production.

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Alysha Hercules

Pop singer Ariana Grande has finally released her highly anticipated album, “thank u, next,” three months after her fourth studio album, “Sweetener.” The release follows tumultuous events in the “7 Rings” singer’s life, with her ex-boyfriend and Grammy-nominated rapper Mac Miller dying of an overdose at just 26 years old last September, and an ended engagement with SNL star Pete Davidson shortly after Miller’s death.

This album is Grande’s new journey in emotional recovery. Here are my picks for the top five songs from the album.

1. “I’m Really Stressed.”

This track is Grande describing a romantic relationship with someone that, in her own words, “is now and forever unattainable.” Fans have speculated that this song is about her relationship with the late Miller. This fast-paced song is kicked off by a voice sample of Grande’s stand-out track on the album. “Whistle notes, this is definitely a airy vocals and her impressive arm in script. With Grande’s light,

2. “thank u, next.”

This self-reflective and accepting track was Grande’s No.1 song in the country for multiple weeks. This track is a stand-out in Grande’s musical catalog. The song experimented with a heavy trap beat and featured Grande rapping. “7 Rings” is based off of a time when Grande, after her split with Davidson, bought seven rings for herself and one for each of her closest friends.

3. “7 Rings.”

This hit song has already proven its permanence, being the No.1 song in the country for multiple weeks. This track is a stand-out in Grande’s musical catalog. The song experimented with a heavy trap beat and featured Grande rapping. “7 Rings” is based off of a time when Grande, after her split with Davidson, bought seven rings for herself and one for each of her closest friends.

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