

INDEPENDENTLY PUBLISHED BY STUDENTS AT PENN STATE

# DAILY COLLEGIAN

VOL. 119, NO. 40

FEB. 7-10, 2019

COLLEGIAN.PSU.EDU

## The Issue

*with love*

With about a week until Valentine's Day, why not donate an entire edition to the different loves in college life — from significant others to students' relationship with sleep.

But what's the point of Valentine's Day?

No one really knows.

*Future  
Mrs. Collegian*



# Tips and activities for ‘Galentine’s Day’

**Natalie Schield**  
THE DAILY COLLEGIAN

This Valentine’s Day, ditch the most common date night ideas and spend some time with your BFF instead. Try something you have never thought of doing. Get out of your comfort zone and cook some food you never thought you would be able to make.

Better yet, make it a cheap at-home night with some affordable crafts and snacks. These are just a few ideas to kick off the best “Galentine’s Day” you’ve had yet.

**Homemade snacks**

Chocolatier companies’ most popular item this time of year is chocolate-covered strawberries. Instead of spending an astronomical amount on these basic snacks, make them at home. This DIY project with your best friend

can cost less than \$10.

Pick up some fresh strawberries from the grocery store and a packet of Nestle chocolate chips. Decorate these cute treats with Valentine’s Day sprinkles or some shredded coconut. Be sure to make them early in the day so they’ll have time to chill and be ready for your girl’s night.

**Brunch, duh**

Everybody’s favorite part of the day revolves around the best meal—brunch. Host a small Galentine brunch with your best friend and invite some other friends to make it more of a party. Take a trip to the Target dollar section to decorate with chic yet cheap décor.

Instead of dressing up to go out, dress down to stay in. Decorate waffles with red and pink sprinkles, whipped cream and

chocolate syrup. Don’t forget your Polaroid camera, because it will be a brunch you won’t want to forget.

**Spa day**

Face masks, lip scrub and pedicures, oh my! Treat yourselves to an at-home spa day with some of your favorite beauty products. For a simple homemade lip scrub, throw together some coconut oil, honey, sugar and peppermint essential oil.

It’ll leave you feeling refreshed and ready to take on the rest of your Galentine’s day.

Pick up some affordable sheet masks in the beauty aisle of the nearest drug store and pick up some of your favorite sappy Nicholas Sparks movies or rom-coms. Break out those chocolate-covered strawberries you made earlier and kick back.

**Wine not?**

For a simple DIY project that requires little to no artistic skills, try out this affordable task. Take a trip to either Michael’s or Hobby Lobby with your BFF and pick up a variety of acrylic paints along with a clear glass mason jar or wine glass.

Think up a design and the next step is up to you. Once your masterpiece is dry, fill it up with Hershey kisses, leftovers from brunch or whatever your heart desires. It will make a great cheery Valentine’s piece on your side table.

**Lifelong purchase**

If you’re feeling the slightest bit adventurous, try out this rebellious suggestion. Ever dream of getting a tattoo? Now’s your chance. Draw up a small heart for

each other and take the sketch to a local tattoo artist. This personal design will show the connection you and your BFF have.

Although the price range for tattoos is unpredictable going in, you won’t regret it. The bonding experience is something you’ll share with everyone you meet. Remember that the smaller the tattoo, the cheaper and more meaningful.

This Galentine’s Day, venture out to do something you haven’t before. Don’t give in to cliché Valentine’s Day festivities. Treat your BFF to a day full of relaxation and crafts and bake some of your favorite snacks.

With these simple hacks to better your day, you’ll be sure to have a successful Galentine’s Day.

To email reporter: [nvs5417@psu.edu](mailto:nvs5417@psu.edu).  
Follow her on Twitter at [@natschield](https://twitter.com/natschield).



Two students walk to class in front of Old Main on Friday, Jan. 18.

## Lonely? Students share love advice

**Lauren Fox**  
THE DAILY COLLEGIAN

For many students, Valentine’s Day is a time for them to show appreciation toward their significant others.

However, for others, the day serves as nothing more than a cruel reminder of their crippling loneliness.

For those who will be spending their Valentine’s Day in solitude, many Penn State students advise they find other ways to find enjoyment throughout the day.

Lauren Berish and Ethan Kravet (freshman-aerospace engineering) said they don’t think that people should be upset about not having a significant other on Valentine’s Day, and find it surprising that anyone cares.

“I don’t think it’s a problem,” Berish (freshman-biomedical engineering) said. “You shouldn’t be embarrassed about it.”

They said, instead of being lonely, people should hang out with their friends.

Berish said that people should celebrate “Galentine’s Day”—the day before Valentine’s Day dedicated to being with your friends—on both Feb. 13 and Feb. 14 instead of just Feb. 13, so they don’t have to “wallow in their own loneliness.”

Molly Good said she usually just has dinner with her friends on Valentine’s Day, and recommends others to the same.

“Valentine’s Day is just another day,” Good (junior-biology) said, suggesting that students don’t get too upset about their singleness.

She went on to say that Valentine’s Day does have its perks, even for the single people of the world.

“If you wait until the day

after, you get 50 percent off on chocolate,” Good said.

Sophomores Nick Scipione and Noah Schultz said they think students should “be cool” and find acceptance in themselves.

“Your identity is not in having a significant other,” Scipione (sophomore-rehabilitation and human services) said. “You don’t need someone to complete you.”

Schultz (sophomore-secondary education) agreed with what Scipione said, adding that, “you have to be complete in yourself before you bring someone else along.”

Maria Sysoeva and Aigerim Zhapykeeva said that they are also going to be alone on Valentine’s Day this year, so they are in no position to be giving advice to others.

However, Zhapykeeva (freshman-biology) said she is confident she will find someone by this time next year.

Sysoeva (freshman-engineering) said that until then, they will be spending their Valentine’s Day eating chocolate and watching movies.

Sidney Gaston Sanchez bestowed her graduate student wisdom onto the common folk by suggesting they find someone to be with on Valentine’s Day in a platonic way.

“Some people like to be alone, some people don’t,” Gaston Sanchez (graduate-forensic science) said.

“If you want to be with someone on Valentine’s Day and you’re not in a relationship, you can spend time with friends.”

To email reporter: [lef524@psu.edu](mailto:lef524@psu.edu).  
Follow her on Twitter at [@laurenn\\_foxxx](https://twitter.com/laurenn_foxxx).

## Sleepless in State College

**Caitlyn Frolo**  
THE DAILY COLLEGIAN

College students love to sleep. After a long day of classes, club meetings and working out, Sam Consoli can’t wait to go to bed.

Tossing and turning, Consoli (junior-integrative arts) scrolls through social media on her phone until she looks at the clock and realizes it’s 2 a.m.

“My sleep patterns are more irregular and I go to sleep much later for no reason at all,” Consoli, who gets six hours of sleep on average, said.

Since coming to college, Consoli said there are many things that impact her lack of sleep—including her huge amount of classwork, responsibilities and a loud apartment building.

“I want to get at least eight hours but that’s not always realistic in college,” Consoli said, “or ever.”

Students may experience sleep irregularities due to the pressures of a collegiate academic setting.

According to Penn State’s ACHA National College Health Assessment for spring 2018, over half of Penn State students reported they felt tired, dragged out or sleepy during the day at least three or more days a week.

Only one in three students reported getting enough sleep to feel rested at least five days of the week, and 20 percent of students reported having more than a little problem with sleepiness during daytime activities, the report said.

Erin Raupers, assistant director of Health Promotion and Wellness (HPW), said many aspects play into the amount of sleep college students get.

“As you can imagine, academic success is crucial to students. Sacrificing sleep by pulling all-nighters is almost a rite of passage that plays into the sleep-deprived culture,” Raupers said.

Raupers said other aspects like stress, diet and caffeine consumption play a role in sleep habits.

Sleep is an important part of keeping the human body healthy, and students are often forced to give up hours of sleep to ensure that all schoolwork and studying is completed for a large class load.

According to the U.S. Department of Health and Human Services, when healthy adults are given an unlimited time to sleep, they sleep between eight and 8.5 hours a night on average.

However, a typical sleep pattern is achieving seven to nine hours of sleep, Raupers said.



Collegian Creative

According to HPW’s web page on healthy living and sleep, not getting enough sleep can lead to weight gain, inability to pay attention and memory trouble. It can also affect one’s mood, judgment and motivation to complete tasks.

Raupers said sleep helps the body to replenish itself by secreting hormones that help regulate appetite, metabolism and glucose processing.

The body also needs sleep to strengthen the immune system, which may explain why many Penn State students just can’t kick their cold. Research has been conducted to support the claim that sleep has a direct relationship with immune system strength.

According to the Harvard University Medical School’s Division of Sleep Medicine, sleeping the recommended seven to nine hours per night ensures that you will have optimal brain functioning when it comes to focus and concentration.

The Foundation for Traffic Safety found that having the adequate amount of sleep can help decrease the chance of a car accident by ensuring people are alert and focused on the road.

Joe Romano said he usually gets around 4.5 to 5.5 hours of sleep a night since he came to college.

“College has severely decreased the amount of sleep I get,” Romano (junior-biological engineering) said. “Between my engineering class load, involvement in club swim, THON and more, I have to give up sleep.”

Romano said he wants to get around seven hours of sleep because he recognizes how his lack of sleep affects his overall mood.

According to the Anxiety and Depression Association of America (ADAA), excessive sleepiness can have a great

influence on mental health.

New research by the ADAA found that sleep deprivation can cause anxiety which conversely causes more sleep problems.

People who suffer from insomnia—or an inability to sleep—are 10 times more likely to be diagnosed with clinical depression and 17 times more likely to have clinical anxiety, the ADAA reports.

Raupers said the amount of sleep in college students can overall stem from how much they value sleep or make it a priority.

There are many ways for Penn State students to improve their sleep patterns to decrease the symptoms that come with sleep deprivation, insomnia and increased stress.

Improving sleep quality can be as simple as limiting caffeine consumption to before 2 p.m. each day, Raupers said. Another successful method is to set small goals like going to sleep 20 minutes earlier than usual or setting a specific time to get into bed.

“I go to the gym and workout in the evenings,” Consoli said. “It helps me fall asleep much easier.”

According to Raupers, another method to improve sleep habits is staying consistent. “Don’t sleep 12 hours in the weekend,” Raupers said. “It’s better to have a similar sleep schedule during the week and the weekend.”

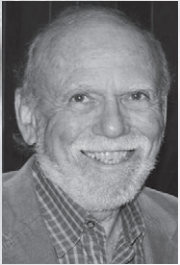
Sleep habits can also be improved by putting devices like cell phones, laptops and tablets on charge and not bringing them into bed.

According to a study conducted in the Journal of Sleep Research (JSR), the blue-enriched light that comes from cell phones and other devices decreases melatonin in the human body making it harder for individuals to fall asleep.

Visit [collegian.psu.edu](http://collegian.psu.edu) to read the full story.

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### Probing the Universe with Gravitational Waves

**BARRY C. BARISH**  
Linde Professor of Physics Emeritus at the California Institute of Technology


The 2016 discovery of gravitational waves launched the birth of a new era of astronomy research. Before, astronomers used visible light and all other types of electromagnetic radiation to reveal an amazing understanding of the universe and its evolution. Now, with gravitational waves, we can study these signals in a very different way, plus we can observe new signals that never before could be studied. Nobel Laureate Barry Barish will reveal plans and prospects for this exciting new science.

**Saturday, February 9**  
11:00 a.m. to about 12:30 p.m.

FEATURED LOCATION ▶ **104 Keller Building**  
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MY VIEW | Madeline Messa

# Colleges have a responsibility to vet the resources they promote

Kelsey Denny went to get pregnancy and STI tests, but she did not expect to get a prayer, too.



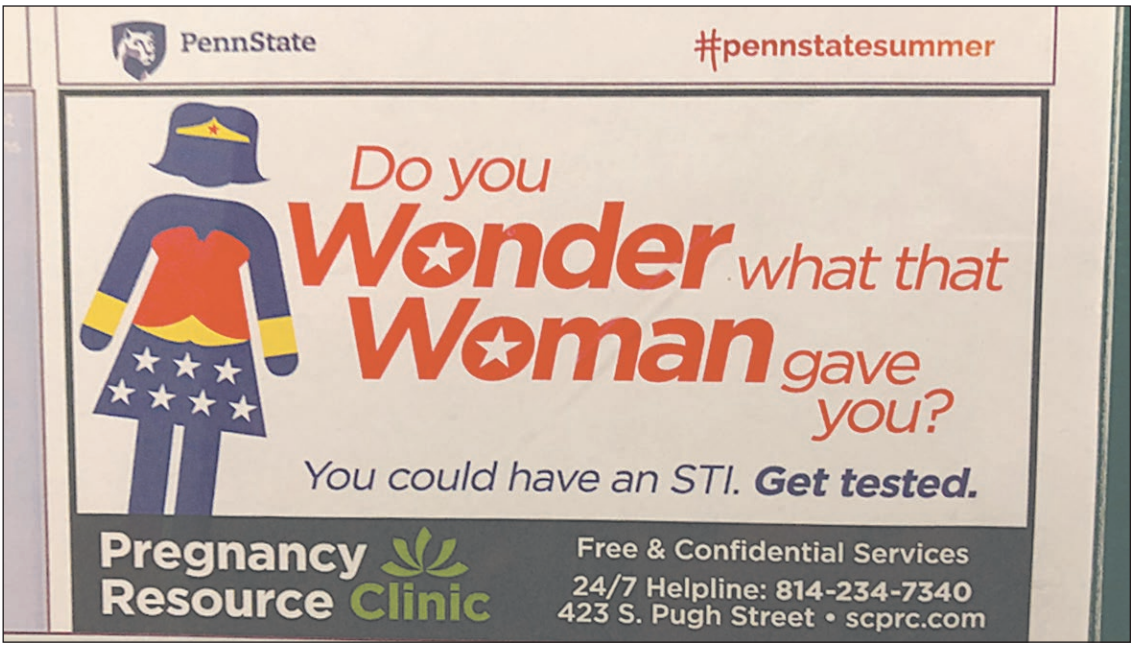
The staff at State College’s Pregnancy Resource Clinic showed her disturbing photos and prayed for her to be abstinent when she visited them after what she said was an unwanted sexual experience. Like many Penn State students, Denny (junior - political science and global and international studies) went to the clinic unknowing of its religious affiliation.

“I was in a vulnerable position in my life,” Denny said, describing her visit. She sought care in the case of an emergency and “left feeling ashamed and as if the entire experience was [her] fault.”

Denny shared her story with me after a tweet of hers brought attention to a PRC ad that was posted in Penn State bathroom stalls. The advertisement, which featured Wonder Woman and was approved by the HUB marketing team, boldly asked, “Do you Wonder what that Woman gave you?”

Penn State later responded to accusations of “slut shaming” that the advertisement was removed and that it would review its guidelines.

I have not been to a PRC, and I never intend to. I knew enough before the recent ad controversy to understand it is not a legitimate resource, but many women fall victim to its misinformation. The PRC brief-



Courtesy of Madeline Messa

The Penn State HUB marketing team approved an advertisement from the Pregnancy Resource Clinic that asked, “Do you Wonder what that Woman gave you?” The ad was located in a bathroom of the HUB.

ly states on its website that its “desire to help you is based on Christian principles and values,” but it fails to detail the deep extent to which religion affects its patient care.

Aside from Denny, a few people reached out to me with stories of their own. They asked to remain anonymous to protect their privacy.

One student told me their friend, a trauma victim, carried a baby to term because a PRC falsely told them abortions could be done up to their final week of pregnancy. Additionally, the clinic refused to help the woman once she asked for its support after giving birth.

“They literally told her, ‘We’re not a charity’ and treated her

like crap,” the student said.

The clinic is inconsistent in what it says about abortion. It cannot offer abortions and says online that it will not offer resources. However, it has been known to wrongly educate clients to push its own agenda.

Another student said they were lectured by Care Net, a Christian pro-life organization that is affiliated with PRCs, when they were active in a Catholic youth group.

“A lot of it was misinformation,” they said, describing “flat-out lying about abortion procedures,” presentations of inaccurate fetus models, descriptions of outdated practices and claims that “there’s never any medical reason to have an abortion.”

I tried to contact State College’s PRC to ask whether its clients may opt out of its religious aspects and whether it was aware it was misleading women about available resources and the medical information pertinent to them. Unsurprisingly, I got no response.

Even if I had gotten answers, I would not be able to excuse the PRC for the harm it does. Women go to these clinics expecting support and medical attention, not handouts of grotesque photos and forced prayers for their abstinence.

What’s worse, the clinics have somehow duped colleges to refer students to them. Because the nearest Planned Parenthood is two hours away from

Penn State, students are waved off to the PRC down on South Pugh Street for free appointments.

Even The Daily Collegian, the outlet you are now reading from, listed the center as a student resource to prevent unwanted pregnancies in a recent article, based off the center’s listed available services. It is Penn State’s — as well as the Collegian’s — duty to promote students’ well-being. Promoting the PRC does the opposite.

Lured in by location, convenience and false advertising, women visit the center in times of need. The staff there then take advantage of vulnerability, their bizarre conduct potentially discouraging women from seeking legitimate medical services.

Denny said she was greeted with coffee and made to feel comfortable when she entered the PRC lobby, but she soon felt she was being shamed once she seated in an exam room.

“The Pregnancy Resource Clinic is a dangerous place filled with Christian extremists who deliberately push their religious views on you,” Denny said, “despite all scientific evidence to the contrary.”

The PRC preys on its clients with prayers. While the clinic itself is unlikely to stop, colleges have a responsibility to vet the resources they promote to their students.

**Madeline Messa** is a junior majoring in print and digital journalism and is a columnist for The Daily Collegian. Email her at [mgm5413@psu.edu](mailto:mgm5413@psu.edu) or follow her on Twitter at [@madeline\\_messa](https://twitter.com/madeline_messa).

QUIZ | Grace Vocalina

# How Will You Spend Valentine’s Day?

Running out of ideas for Valentine’s Day this year? Not sure whether to go out or eat an entire tub of ice cream? Take this quiz and find out:

1. Which is your go to meal?

A. Mac and Cheese  
B. Pizza  
C. Steak and fries  
D. Chipotle

2. What is your favorite Disney movie?

A. Mulan  
B. The Lion King  
C. Beauty and the Beast  
D. Coco

3. Dream travel destination?

A. Rome, Italy  
B. Bali, Indonesia  
C. Paris, France  
D. Barcelona, Spain
4. What do you like to do in your spare time?

A. Read a book  
B. Go out  
C. Watch movies  
D. Try something new

5. Current favorite song?

A. 7 rings by Ariana Grande  
B. Look Back at It by A Boogie wit da Hoodie  
C. Sunflower by Post Malone  
D. Sicko Mode by Travis Scott

6. Favorite place to eat?

A. Noodles and Co.  
B. Baby’s Diner  
C. The Tavern  
D. Champs

If you got...

## Mostly A’s : Single Pringle

You are relaxed, and don’t need someone to have a fun time! Get some of your favorite food, and do something that you love to do. Take pride in your independence, and spend the day appreciating you. Treat yo’ self!

## Mostly B’s: With your Best Friends

You want to go out, and have a fun time with your closest friends! Grab your squad and do something together! Whether it be shopping or having a game night, spend time with each other!

## Mostly C’s: Taken Bacon

You are a romantic, and want to spread your love on Valentine’s Day with someone who holds a special place in your heart. Go on a date or have a movie marathon with someone significant to you, and live in the love! Don’t let the pessimists bring you down.

## Mostly D’s: With Someone New

You are outgoing, and always down for an adventure! This Valentine’s Day, you will meet someone pretty cool that you totally vibe with! Go somewhere new and mingle, there’s no time like the present.

## Somewhere in between?

You’re sending mixed signals, or you may be afraid of commitment. It’s OK if you don’t have it all figured out. Valentine’s Day is useless anyway. Take the quiz again

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Letters should be about 200 words. Student letters should include class year, major and campus. Letters from alumni should include graduation year. All writers should provide their address and phone number for

verification. Letters should be signed by no more than two people. Members of organizations must include their titles if the topic they write about is connected with the aim of their groups. The Collegian reserves the right to edit letters. The Collegian cannot guarantee publication of all letters. Letters chosen also run on The Daily Collegian Online and may be selected for publication in The Weekly Collegian. All letters become property of Collegian Inc.

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opinion is determined by its Board of Opinion, which is made up of members of its Board of Editors, with the editor in chief holding final responsibility for content. The opinions expressed on the editorial page are not necessarily those of Collegian Inc., a separate institution from Penn State.

## About the Collegian

The Daily Collegian and The Weekly Collegian are published by Collegian Inc., an independent, nonprofit corporation with a board of directors composed of students, faculty and profession-

als. Penn State students write and edit both papers and solicit advertising for them.

During the fall and spring semesters as well as the second six-week summer session, The Daily Collegian publishes Monday through Friday. Issues are distributed by mail to other Penn State campuses and subscribers.

## Complaints

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From a distance...

My take on long-distance relationships

Students go the distance for romance in college

MY VIEW | ANJELICA SINGER

There are 14 million couples who define themselves as having a long-distance relationship in the United States, and I happen to be one of those 14 million.

I have been in a relationship with my boyfriend, Steve, for almost four years and two of those four years have been classified as a “LDR.” He attends Central Connecticut State University and plays baseball there, and, as many athletes here know, it is hard to miss a practice in exchange for a visit.

It is our second year dating long-distance, and the three-hour drive from our hometown grew to an excruciating five-hour drive once I moved to State College.

For those of you who have been in a long-distance relationship for years, months, weeks, days — I get it. It is not easy at times, but that does not mean it is not worth it.

A Valentine’s Day spent alone due to the distance between you and your partner does not mean it has to be spent eating a pint of ice cream sulking in a deep state of longing and loneliness.

With such advanced technology today, dating long-distance is not bad at all. They are always a FaceTime call away.

How to make an LDR work on Valentine’s Day:

First, lose the miserable attitude. I know you miss your significant other, especially on Feb. 14 — because I know for sure that I do — but instead of being bitter toward couples who are spending the day together, remind yourself that you do have a Valentine and you are being thought of miles and miles away. I know this is something I have to remind myself.

Second, take advantage of the technology. As I mentioned before, they are always a call, text and FaceTime away. For Valentine’s Day last year, I basically had a “date” with my boyfriend through FaceTime.

We even had dinner together — through FaceTime! After getting lost in conversation for hours, it was almost as if he was sitting right next to me. FaceTime is a great way to spend the day together — without actually spending

the day together.

It might not be the same, but its close, and it is heartwarming if they are the first person you hear in the morning and the last at night.

Third, send Valentine’s Day presents. Who said just because you are in an LDR does not mean you cannot receive or send roses, chocolates, jewelry, clothing or other gifts? My boyfriend and I plan to send each other gifts this year, just as we did last year.

We send the presents out on a day that we know will be enough time to deliver right on Valentine’s Day. Ordering online and sending the present(s) straight to them is much easier and less of a hassle than being limited to purchasing something from downtown, and boxing and shipping it from here. Sending presents can be a surprise, too. Besides, what else creates more butterflies than discovering a bouquet of roses have been delivered to you?

My friend and fellow Penn State student, Piper DeMatte, will be experiencing her first long-distance Valentine’s Day — without technology. Her boyfriend, Chris, is in the Navy and sailing on a boat in the middle of the ocean.

Piper said it would feel like Christmas in February if she would even get the chance to hear from him that day.

Although Piper will miss him on this day of love, she is going to remain in high spirits as she patiently waits for him to receive the heartfelt letter she wrote with a Polaroid picture of them attached.

The one thing I have come to understand the most is, although I might be “alone” this Valentine’s Day, everything is alright. Our love does not have to be celebrated on only this day, but it is worth celebrating every day. The old saying is true: Distance does make the heart grow fonder — I can attest to this.

Anjelica Singer is a freshman majoring in journalism. Her email is [ans5988@psu.edu](mailto:ans5988@psu.edu). Follow her on Twitter at [@anjelica\\_singer](https://twitter.com/anjelica_singer).

By Cayley Urenko  
THE DAILY COLLEGIAN

There is no denying that long-distance relationships in college take a lot of work, effort, trust and communication—but it is possible.

College is already difficult enough for students as they juggle classes, extracurriculars, part-time jobs and a social life. Adding a long-distance relationship can be tough on someone and their significant other as they have two different lives in two different places.

Cheyenne Oswald started off college at Bowling Green State University running track. She said the adjustment to her new school environment, being a college athlete and living eight hours away from her then-boyfriend, was a lot to deal with. Oswald (senior-broadcast journalism) transferred to Penn State her sophomore year. Her now ex-boyfriend already attended the university.

“I was used to [my boyfriend] being around all the time,” Oswald said. “I was used to having him there to celebrate the little things and being there for comfort when I was having bad days.”

Molly Sarangoulis said being in a long-distance relationship can be especially disheartening around romantic holidays like Valentine’s Day.

“We don’t get to spend the day together like normal couples,” Sarangoulis (senior-broadcast journalism) said. “Every year we say that we aren’t going to get each other anything [for Valentine’s Day], but we always end up surprising each other which makes the day fun.”

Sarangoulis has been with her boyfriend, who attends Oklahoma State University, since high school. Even though he is over 1,000 miles away, they still talk every day.

“FaceTime is the best thing to happen to long-distance relationships. I also love finding new ways to show my boyfriend that I’m thinking of him,” Sarangoulis said. “Something small that shows you appreciate them.”

Modern technology can help long-distance couples spend time with their partners while still being miles apart by utilizing video chat. Seeing one’s partner, even through one’s phone screen, can be very beneficial to ease separation anxiety.

Not seeing a significant other often

does make the time you spend together much more special.

“I was lucky to see [my now ex-boyfriend] twice a month, so our time together was never spent bickering or fighting,” Oswald said. “We always tried to make the most out of the short weekends we were together.”

“I would get upset sometimes seeing my friends at school and their boyfriends be able to go to parties together, or even just go study at the library or get lunch,” Oswald said. “Don’t take [your significant other] being down the street for granted.”

Rachel Tessier moved to the United States from Montreal her senior year of high school, and her boyfriend still resides and goes to school at Concordia University in Montreal.

Tessier and her boyfriend have been together for over four years and she said things between them worked out because they were both very invested in the relationship and had hope it would work, despite living in different countries.

“You really have to trust the person you’re with, which was sometimes one of the hardest parts, but once are you are with each other for a long time and are mature about it then you can learn to adjust to it,” Tessier (junior-vet and biomedical sciences) said. College life comes with its own set of challenges as students deal with grades, money, growing up and figuring out what one wants to do with the rest of their life, but Tessier said there were some things she liked about being in a long-distance relationship.

“I felt like I had a lot of freedom,” Tessier said. “I was in a relationship, but I didn’t necessarily have any obligations to see him every day, so we both were able to have our own individual lives.”

Megan French and her boyfriend both attend Penn State and have been dating for a year, but upon her boyfriend’s graduation in May they will find themselves starting a long-distance relationship. “I’ll be staying another year to get my master’s and [my boyfriend] got a job in Chicago,” French (senior-special education) said. “He will be working nine-hour days so not being in constant contact like we usually are will be weird, but we are both really invested in making things work.”

While many may be hesitant about getting into a long-distance relationship, Tessier said she thinks everyone should give it a shot so they don’t have any regrets.

“Just put in the effort and see where it goes,” Tessier said. “You have to be good with communication and not just shut down and also keep an open mind and have a lot of trust in your partner.”

To email reporter: [cvu5034@psu.edu](mailto:cvu5034@psu.edu). Follow her on Twitter at [@cayyley](https://twitter.com/cayyley).

COPYCAT?

Maybe beauty products aren’t the best Valentine’s Day gifts

By Alyshia Hercules  
THE DAILY COLLEGIAN

With Valentine’s Day approaching, many people are trying to find the perfect gift for their significant other. Makeup, although it can be pricey, is often a gift that comes to mind.

Shopping with drug store brand like e.l.f and Maybelline are a great way to save money during Valentine’s Day, but what if you want to buy big name brand makeup like Anastasia Beverly Hills, Stila or Nars for a lower cost?

Some liquid eye shadows, eyeshadow and highlighter palettes from these brands can cost anywhere from \$20 - \$50.

Recently, viral sensation Danielle Bregoli best known for her now infamous catchphrase “catch me outside how bout’ that?” has signed a contract for \$900,000 as the face of CopyCat Beauty for six months.

During these six months, she will be promoting the brand in various posts, sharing them with her over 15 million followers.

CopyCat Beauty is a makeup brand that takes ideas directly from bigger or more mainstream makeup brands, copies them exactly and sells them for a significantly cheaper price.

“I believe that you get the quality that

you pay for and there is no way that CopyCat Beauty can recreate a high quality eyeshadow palette like ‘Modern Renaissance’ by Anastasia Beverly Hills and sell it for \$8,” Dejonay Tulcidas (junior-international politics) said. “It’s not the same quality and won’t look as nice, this would make a terrible Valentine’s Day gift.”

Makeup vlogger and Jeffree Star Cosmetics owner, Jeffree Star reviewed some of the controversial products on his YouTube channel of 12 million subscribers.

He put his stamp of approval on a few of the products he reviewed and his stamp of disapproval on other items from the brand.

However, some students see the copying of other brands in the makeup industry very common.

“A lot of makeup brands do the same thing that CopyCat Beauty is doing, they’re just less direct about it. I don’t really agree with brands stealing other brands ideas, but it’s inevitable.

However, I would much prefer the real thing as a Valentine’s Day gift,” Anne-Chloe Stuppard (junior - risk

management) said.

In Star’s video, he compared one of the Anastasia Beverly Hills highlighter palettes to the version produced by CopyCat Beauty, calling the copied version “dull and lifeless” on his skin.

Star also noted that the ingredients used to make the products were not listed on some of the packaging.

“We have to remember that people put in a lot of time and effort into producing products like eyeshadow palettes and lipsticks, so for someone else to come along and just steal their formulas and ideas is unethical and wrong,” Malena Brown (sophomore-journalism) said.

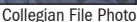
“If you really love someone, just get them the real thing instead of a cheap knock-off.”

Other authentic affordable makeup brands that may be a better gift for that special someone on Valentine’s Day would be brands like Colourpop Cosmetics or Morphe Cosmetics.

Malena Brown  
Student

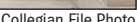
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| 79 Joie de vivre            | 20 Rainbow shape             | 51 Many, many moons     |
| <b>Down</b>                 | 22 Heavenly body             | 53 Big bang producer    |
|                             | 24 Field measure             | 55 Yield                |
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| 3 Like some bookstores      | 29 In of kind                | 59 Kind of artery       |
| 4 Aquarium fish             | 31 Sentry’s cry              | 61 Brusque              |
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| 7 Knights                   | 38 Small brook               | 68 Antiquated           |
| 8 Part of many stars’ names | 40 Go ballistic              | 69 Children’s card game |
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# Gerard Arceri's road to recovery

By Shane Connelly  
THE DAILY COLLEGIAN

It was the second game of Big Ten conference play, and Penn State was nearing the end of a tightly contested matchup with a second-ranked Maryland team.

Sophomore faceoff specialist Gerard Arceri was having yet another dominant day. His 19 wins at the faceoff X kept giving Penn State's offense chances to succeed throughout the game.

Arceri trotted out on the field for a crucial faceoff as the Nittany Lions were a goal away from tying the game at 12. What he didn't know was the moment would be his last draw of the game.

Following a battle at the faceoff X, Arceri came up hobbling as he tried to get off the field. He collapsed on the ground and would be helped off.

Arceri would not return, and Penn State fell short of completing an upset.

Without Arceri at the helm, the Nittany Lions lost two crucial faceoffs, sealing the deal for the Terrapins.

The defeat stung Penn State, but the loss of Arceri was a nightmare scenario.

Miraculously, Arceri would manage to battle through the pain for the next game on the schedule.

With the season on the line, Arceri turned in what head coach Jeff Tambroni would describe as a "once in a lifetime kind of performance" against Johns Hopkins. The faceoff man went 13-17 at the faceoff X while sporting a "fake hamstring" created by trainer Cam Patria that allowed him just enough mobility to get on and off the field safely.

The win gave Penn State hope for the final stretch of the year, but those hopes would soon be hindered as the injury got the better of Arceri.

"I tried to stay on top of it just with rehab like until the end of the season, but it never really got better," Arceri said, reflecting on the disappointing end of the season.

The more he tried to push to finish the year strong, the worse he felt.

For the final two games of the season, Arceri was nowhere near 100 percent, forcing him to spend



Midfielder Gerard Arceri (40) attempts to get the ball back after losing a faceoff to Johns Hopkins midfielder Hunter Moreland at Panzer Stadium on Saturday, April 14, 2018. No. 14 Penn State won 14-12.

a good amount of time watching as freshman Jake Glatz and sophomore Nick McEvoy tried to pick up the slack.

"It was definitely frustrating," Arceri said. "But, you know, I just had to live with it."

Shifting from being the go-to guy to a passive role provided a new challenge for Arceri.

"I think that's tough for all these guys," Tambroni said. "I would imagine through the majority of their lives, they're not only used to participating in sports but used to competing and playing and not watching."

Arceri certainly fits that mold.

He saw the field as soon as he arrived at Penn State and was a key member of a Nittany Lions squad that would go 12-4 in 2017. He also earned an Inside Lacrosse All-American Honorable Mention.

It would make sense for Arceri to be deterred after taking more of a backseat due to his injury. Instead, he looked for the positives and took the change in stride.

Assistant coach John Hogan worked closely with all the faceoff guys. He closely witnessed the process Arceri had to go through after injuring his hamstring in that fateful Sunday-night game.

"One of the more impressive things about Gerard is his men-

talities within the unit," Hogan said. "He is an ultra-successful, recognized individual, but the way he's able to treat and help the wing guys and the other faceoff guys is what I find most impressive about him."

Hogan could see how disappointed Arceri was by the injury, but he also witnessed the faceoff specialist's transition from star player to team leader.

"To become injured at that point in that game and at that time of the year was very tough for him," Hogan said. "But he didn't sulk or think about himself at all. He was just thinking about how can the team get better."

When he wasn't able to compete on the field, Arceri experienced a new perspective. He got to be a coach for Glatz and McEvoy.

"I think I got to know my players on the field a little bit better," Arceri said. "Having more of a spectating view, I kinda got to see things I don't normally see when I'm out there actually playing, so I think that was definitely a positive."

From the sideline, Arceri was able to evaluate the opposing team's faceoff man. When he got a chance to play, he'd return to the sideline with tips for the others on how to beat the

opponent at the faceoff X.

"Even last year when he was hurt he would always either blow the whistle for us during practice or tell us stuff we were doing wrong or how to succeed," Glatz said.

The experience was enlightening for Arceri, but he still wanted nothing more than to return to the field at full strength.

Arceri used the offseason to make his way back to full health. He also worked with Tambroni as well as Patria to develop a plan to prevent history repeating itself.

When he's not taking draws, Arceri will be keeping his legs warm on the sideline by riding the exercise bike or lightly jogging back and forth.

Tambroni also expects to have a more confident Glatz come in at times to take some of the pressure off Arceri in high-scoring games or against tough matchups.

"We're gonna have to continue to monitor Gerard through the course of his career, because it's just one of those things that you never know," Tambroni said.

All the precautions are put into place. Arceri has done his physical therapy and says he's "basically 100 percent." All that's left is to perform on the field.

"I know the year didn't end the

way he wanted it to or the way we wanted to as a team, so there's definitely a lot of hunger still with him," Hogan said. "I don't think he's satisfied by any means where he or this team is viewed. So I think he's coming back just ready to build off and improve on where he left off, and I think he's back at the health he needs to do so."

In Penn State's first game of the season against Villanova, Arceri passed the eye test. He went 14-16 at the faceoff x as the Nittany Lions steamrolled the Wildcats for their first win of the season.

The quality performance didn't come without a frightening moment though.

In the second quarter of the game, Arceri won a faceoff and decided to take the ball to the cage himself. On his way through the opposing defense, he took a big hit that sent him to the ground.

Arceri came off the field favoring his leg, giving Tambroni terrible flashbacks.

"Seeing him come limping off the field just brought back some pretty bad memories," Tambroni said.

Arceri was in a world of pain as he sat on the bench with his helmet off. Trainers taped up the injured leg in attempt to ease the pain.

While Glatz filled in at the faceoff X, Arceri improved from sitting to walking, from walking to jogging, from jogging to running on the sideline. After taking some time to ride the bike to warm up, he was back out on the field.

Arceri finished the game strong, even notching a goal to help secure the 1-0 start for Penn State's season.

"I think that Gerard is in a good place right now, so I was thankful he was able to get through that and move on," Tambroni said.

Despite the scare, Arceri managed to shake out any cobwebs still lingering from his time off, a crucial first step in his plan to return to and even surpass his 2018 form.

"If I just keep the same mindset I had last year, maybe even a little bit different—just being in more of a leadership role—I think it should all work out," Arceri said.

To email reporter: [stc5243@psu.edu](mailto:stc5243@psu.edu). Follow him on Twitter at [@ShaneTConnelly](https://twitter.com/ShaneTConnelly).

# Penn State introduces new WRs coach

By Matt Linger  
THE DAILY COLLEGIAN

There are no two-week notices in the world of college football.

Gerad Parker was reminded of that on Jan. 10, when he was hired as Penn State's wide receivers coach six days after his 38th birthday.

He didn't even have time to unpack his bags before he hit the recruiting trail.

"I was very surprised — this was probably the first time really to dive into it that way," Parker said during his introductory press conference Tuesday.

"Pretty crazy to fly into another city, take my shirt off, put a shirt on of Penn State that Coach Rahne brought to me and hit the road with Coach

Rahne and go like that."

Parker, who was hired to replace David Corely, is particularly interesting to Nittany Lion fans, due in part to the fact he is the sole addition to Penn State's coaching staff this offseason.

He's also taking control of a position group brimming with talent, but has struggled to produce for much of the 2018 season.

The three most experienced wideouts from last year's team — DeAndre Thompkins, Brandon Polk and Juwan Johnson — will all depart the program if they haven't already, leaving a crop of gifted but young players for Parker to work with.

But thanks partly to the busy recruiting schedule and his own personal choice, Parker hasn't yet assessed exactly what he's working with.

"To be real honest with you, I



New wide receivers coach Gerad Parker met with the media on Wednesday.

haven't seen a whole lot at all yet. We've been out on the road since I took the job," Parker said.

"I'm kind of wanting to learn them as men before I learn them as players. I think if you develop a bias the other way, sometimes in my past and what I've done, it doesn't go as well."

Parker's resume includes stops at Marshall, Purdue and, most recently, Duke.

At all three universities, he spent at least one season as the wide receivers coach, and even went 0-6 as Purdue's interim head coach in 2016.

Franklin said he's had an eye on Parker for some time, and that the Kentucky graduate "crushed the interview."

"A lot of people that I trust and respect in the industry spoke highly of him," Franklin said. "Obviously, having guys on my staff that have worked with him before in Ja'Juan Seider... that carried a lot of

weight for me as well."

Unlike Corley, who lasted just one year in Happy Valley and is only the second assistant fired under Franklin, Parker himself was once a wideout.

As a high schooler in Louisville, Kentucky, Parker was a standout and graduated with the state record for receiving yards.

He accepted a scholarship at Kentucky, but injuries hampered his development and he caught only 15 passes in his collegiate career.

"You're talking about a guy that's going to be able to build confidence," Franklin said. "The fact that he played the position, I think, helps. It's not mandatory, but I do think it helps. It really does."

Visit [collegian.psu.edu](http://collegian.psu.edu) to read the full story.

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