

BREAKING THE STEREOTYPE

She grew up with schizophrenia, and now she is working to help other students in the same situation

By Lauren Fox
THE DAILY COLLEGIAN

Cecilia McGough did not have a “normal” childhood.

She often saw spiders, a clown and a girl who terrorized her. McGough, who is currently taking a break from her education at University Park, had childhood schizophrenia — something she didn’t fully understand until she continued experiencing symptoms as an adult.

Her experience with schizophrenia has contained “positive” and “negative” symptoms.

The “positive” symptoms aren’t exactly enjoyable. They add experiences to her daily life, such as hallucinations. The “negative” symptoms, though — such as isolation, withdrawal and difficulty speaking — separate McGough from the world around her.

While some people with schizophrenia experience delusions, McGough only has hallucinations. A hallucination is when a person sees something that is not really there, while a delusion is when a person can’t tell the difference between hallucinations and real life.

McGough said she probably has had schizophrenia her entire life.

Around the time she was five years old, she

began seeing “shadowy figures.” About 10 years later, she started hearing things. Her symptoms became very prominent, though, her junior year of high school, when she experienced hallucinations of a clown and spiders.

Before McGough learned more about schizophrenia, she thought her hallucinations meant she was possessed. Learning that what she saw was due to a chemical imbalance was helpful for her.

“If you see something that you know is not there, you think of a ghost or a demon,” McGough said.

McGough said she often hides in bathrooms or goes silent so people cannot see she is struggling through experiencing hallucinations. She said she feels like she needs to act normal so people do not see her as a stereotype.

“Sometimes I am so conscious on just trying to act normal that I have a hard time interacting and enjoying being there,” McGough said.

She has hallucinations of the clown “almost 24/7,” so she has become skilled at acting like she doesn’t see it. She also sees spiders often, through changes in medication or during stressful points in her life.

During severe epi-

sodes, McGough sees hallucinations of a girl who looks like Samara from the horror movie “The Ring.” The girl — who could talk to McGough — would point out McGough’s insecurities and stab her with a knife.

McGough was a junior in high school when her hallucinations began to affect her everyday life. When she found the courage to tell her family and inquire about medical treatment, they weren’t receptive.

“My family wasn’t really comfortable with me going to get medical treatment because they didn’t want it on my medical history or their medical history,” McGough said.

After her family rejected the idea of medical treatment, McGough tried to proceed with her life as normally as possible.

It wasn’t until her sophomore year at Penn State — one week after her 20th birthday — that she decided to go against her parents’ wishes and seek treatment for her mental illness.

When McGough called her mother from the hospital to tell her she was getting treatment, her mother responded with anger.

“I remember calling my mom from the psychiatric [hospital] and

she just started yelling at me, and I just hung up on her,” McGough said. “Later on [my parents] tried to be more supportive, but they were still very opposed to me getting that label of ‘schizophrenia.’”

An did not solve all of McGough’s problems, though, because she still did not want to tell people she was diagnosed with schizophrenia due to its high stigmatization — but her second hospitalization changed that.

“I was very hesitant to accept I had schizophrenia, but I also knew I had schizophrenia before my official diagnosis,” McGough said.

McGough knew she needed changes in her medication, so she went back to the emergency room and stayed for one night before being discharged.

When she got back to her dorm, her roommate was waiting for her with a Centre County Can Help counselor — a trained individual who can intervene with people experiencing mental health crises. After a long conversation between the three of them, it was decided McGough needed to return to the psychiatric hospital.

See **SCHIZOPHRENIA**,
Page 2.



Courtesy of Lauren Fox

Cecilia McGough sits in the HUB-Robeson Center.



Chushi Hu/Collegian

Laurene Manzi (senior-economics and statistics) poses at the HUB on Saturday, Oct. 20. She’s now the public relations committee chair for International Student Council.

Finding her voice with ISC

By William Derry
FOR THE COLLEGIAN

Laurene Manzi walked into the annual “Welcome to the Valley” involvement fair as a second-semester sophomore, searching for a way to enhance her experience as an international student.

Manzi (senior-economics and statistics) had spent her days as a freshman going to class or studying in the library, then going back to her dorm.

But when her friends started moving into apartments, she decided to check out the fair.

When she stopped at the International Student Council table, she met the group’s president, Daniel Sun.

The ISC aims to increase cultural understanding at University Park and the Commonwealth campuses, according to its website.

“Daniel told me about what they do, and I wanted to join something that really made me feel like I belonged. So, ISC was perfect,” Manzi said.

Today, Manzi serves as the ISC public relations committee chair.

However, she was not able to join the organization immediately because by the time she found ISC, its recruitment window had ended.

She waited until she could join, which happened to be when ISC member Nduta Kinuthia left the organization.

But Manzi and Kinuthia, who are both from Kenya, would later cross paths again.

Manzi is the youngest of four children — and the only girl. She was born and raised in Nairobi, Kenya.

All three of Manzi’s older brothers graduated from Penn State.

Though Manzi wanted to try different activities than her brothers, her interest in the university grew when she attended her brothers’ graduations in State College.

“The graduation ceremony was full of emotions,” Manzi said. “They make you feel that Penn State pride.”

As a freshman, Manzi struggled following along in class, since she had been taught in French growing up.

She also struggled to make friends due to differences in cultures and interests.

What helped Manzi get through her early struggles, she said, was accepting she was at Penn State and that she could not leave just because she was homesick.

“You [have] got to make the best out of it and put yourself out there,” Manzi said. “Some people close themselves off to trying something new, and that’s not the best way to do it.”

To Manzi, she put herself out there by joining ISC.

The first event Manzi worked on was an ISC-sponsored bus trip to John F. Kennedy International Airport for students flying home during winter or summer breaks. Manzi called various bus companies to find out which services offered the most ideal prices, and then sold tickets to students.

Last year, Manzi helped Kinuthia — who rejoined ISC and was the previous public relations committee chair — market ISC’s annual fall soccer tournament. Groups of students signed up to represent countries from around the world and compete against one another.

Manzi and Kinuthia signed up as many teams as they could by booking a table in the HUB-Robeson Center, emailing student organizations and asking professors to include information about the event in class.

“That’s pretty much where I learned most of what I’m doing right now,” Manzi said.

Manzi and Kinuthia still FaceTime each other regularly to talk and sometimes discuss “Humans of New York” photos they see online.

The two would like to create a similar platform at Penn State for international students, Manzi said.

ISC presidential assistant Akash Goyal joined ISC last year and remembers Kinuthia pitching that idea.

“It was our previous PR chair’s idea, so we have been working on that, as well,” Goyal (senior-economics) said. “Laurene plans on writing stories about international students at Penn State.”

Manzi was walking toward the Pollock Dining Commons one day during her sophomore year when she noticed Emmy Muhoza. Muhoza (junior-mining engineering) was a freshman at the time, and Manzi wondered if he was also from Kenya.

Manzi and Muhoza said a few words to each other in their native language and quickly realized they were from nearby countries.

Muhoza is from Rwanda, but Manzi was the first person he met at Penn State from east Africa.

“Laurene is passionate, charismatic, and she’s smart,” Muhoza said. “Laurene being in that role as PR chair is not a surprise for me. It’s one of those things you expect someone like her to do.”

The two started studying together at the library and hanging out at cafes in downtown State College. While Manzi and Muhoza spent time together, Manzi talked about her involvement in ISC.

Although Manzi attends biweekly ISC meetings for the executive board, general body and public relations committee, she said she still finds time to study at the library. But now, she has a friend to study with.

Visit collegian.psu.edu to read the full story.

Schizophrenia

FROM Page 1.

Shortly after, police arrived at McGough’s room, patted her down and attempted to handcuff her before realizing she was not acting violently.

She was escorted to a police car outside Redifer Commons, where people she knew could see the situation unfold, McGough said.

“I understand why [my roommate and the counselor intervened], and I’m not upset that they did,” McGough said. “By the time I came back home to my dorm, the cat was out of the bag...either people knew I had schizophrenia, or they knew something was up and I had to set the story straight.”

She ended up sharing her schizophrenia diagnosis on Facebook to set the record straight for those who knew about what happened that day.

Although the experience with the police left McGough in fear of reaching out when she needs help, she does not regret opening up to her friends about having schizophrenia.

She received an “overwhelmingly positive response,” and said it has helped her cope with her illness, as well as form bonds with other people who have the mental illness.

McGough does not speak with her family today, but still has them on social media where they often like her posts and send her messages.

“I’ve realized I had to set boundaries, because they are such a negative impact on me,” McGough said. “It’s not selfish to realize that someone is not good for your mental health.”

Not being in contact with her family does not necessarily mean McGough feels alone.

“I have a family, a family of friends, and they are my support network,” McGough said. “It’s important to have a support network because so many people with schizophrenia suffer from isolation.”

McGough founded a club and nonprofit on campus called Students with Schizophrenia, with the aim of bringing the topic to the forefront of conversations.

“[The club] is really to help highlight the amazing people who have schizophrenia and show them that we are not just the stereotype, we are students, we are people reaching our dreams,” McGough said.

Within the club are students who do have schizophrenia, as well as allies who are there to be a support system.

Anikate Ganju is the web developer for Students with Schizophrenia, although he does not have schizophrenia himself.

He said from being in the organization and being an ally, he has learned a lot about the illness as well as how to help people who are struggling with it.

One thing he learned from being in the club is while it may seem natural to tell someone who is hallucinating that what they’re seeing is not actually there, it is better not to do so.

“It’s unhelpful,” Ganju (sophomore-computational data science) said. “You can tell them something [isn’t there,] but they can still see it.”

From being in the club and hearing about the experiences students who have schizophrenia experience, he has learned one of the ways to help is by treating them like any other person.

“They have stories where people will treat them differently when they know they have schizophrenia,” Ganju said. “It’s not something that needs to be pointed out. If something is triggering for them, they will tell you.”

Abdul Alkaf is another ally in the club.

When Alkaf (senior-industrial engineering) was a sophomore, he heard of a speech on campus called, “I Am Not a Monster: Schizophrenia,” by McGough. After hearing McGough speak about her experience, he decided he wanted to become involved in the club as an ally.

Alkaf is now the president of the club. Even though McGough is currently taking a break from school, she is still involved in the club and acts as a facilitator.

“There are times when everyone is having their own fight,” Alkaf said. “Having their own fights together is a big part of it.”

Currently, the club focuses mostly on the support aspect, but has plans to expand to financial support for its members through scholarships.

Some students who have schizophrenia struggle with the financial aspect of college, because if they have to take time off for mental health reasons, they will lose scholarships granted by the university.

To combat this issue, McGough plans on creating scholarships specifically for returning students that needed to take time off.

She said a lot of students need to take time off when they are going through the process of finding the right medication for themselves.

“That person needs to be in a more controlled area to know if the medicine is working rather than being in the classroom,” McGough said.

McGough also wants to work with students to provide them information on what their rights are when dealing with police officers and hospitalizations, as well as informing the different resources out there that can help them.

She said this information is especially important for students who have schizophrenia to know, since many deal with hospitalizations throughout their life.

“It could have some lasting effects, so we want to make sure our students know what to do in that situation,” McGough said.

In regards to students seeking help, she said educating them on the process can reduce a lot of fears they might have, and make them more willing to reach out for help.

Next week, the Students with Schizophrenia website will launch, along with a page for donations. The organization has already received some private donations, and is getting some corporate sponsors for more substantial financial support for the future.

McGough was able to give a TED Talk as part of TEDxPSU, where she discussed her personal experiences with coming to terms with her illness, and finding the courage to get treatment without the support of her family.

In her talk she tells her audience about the work she is doing within Students with Schizophrenia. Among the two million people who watched her talk were Yale administrators who reached out asking for help with implementing a similar program of their own.

The club aspect of Students with Schizophrenia is planning to expand to other universities, and will be focusing on bringing over support and activism.

McGough has been contacted by universities in other countries as well, such as the United Kingdom and Australia. However, they want to expand gradually, starting with a few other universities at the moment, such as Yale, the University of Pittsburgh and the University of Pennsylvania.

“Students with Schizophrenia is my life,” McGough said. “I am very lucky to have found something I am so passionate about at such a young age.”

To email reporter: lef5224@psu.edu.
Follow her on Twitter at [Laurennn_foxx](https://twitter.com/Laurennn_foxx).

A.W. & Sons 2019-2020 Rental Season is now open

Utilities Included
except Internet & Phone

You've got to live downtown!

Just ONE block to campus!

Visit our rental office and tour a model apartment!

Making Life EASY for the Penn State Student



ALEXANDER COURT



CEDARBROOK



THE DIPLOMAT



BEAVER HILL



GARNER COURT

Rental Season Hours:
Monday - Friday
8:30AM - 5PM
Saturday, October 6, 13 & 20
11AM- 4PM

309 East Beaver Avenue, State College, PA 16801
814-237-0363
www.awandsons.com

MORE THAN THE AVERAGE STUDENT

One sophomore is better known as an up-and-coming producer, artist

By **Kaleigh Quinnan**
THE DAILY COLLEGIAN

Under the semi-pseudonym “Spaulv,” Sebastian Paul Vargas has produced an album and multiple projects. Though currently a plant science major, Vargas (sophomore – plant science) is in the midst of switching to an integrative arts major because he wants to connect his passions and his future career.

His current career, however, has been building since he was young.

“I feel like I’ve had a guitar for a long time, so it’s always been there kind of,” Vargas said. “I didn’t start recording stuff on my computer until like middle school – like eighth grade. I was just messing around and stuff.”

Pandora Radio was also a big

influence on the artist when he was starting to get involved in the music scene.

“I was able to listen to stuff I hadn’t been able to before, outside of the cassettes and stuff that my dad played as a kid, like electric music,” Vargas said.

Vargas was also a member of his school’s band program growing up, where he learned to play saxophone in addition to the guitar and read music.

“I had to be in band because my mom made me,” Vargas said. He was in the band throughout high school.

Rita Thompson, a sophomore studying communication studies at Temple University, has known Vargas since elementary school.

“We always rode the bus together all the way into high school, which is where I feel like we

started to talk about music more and exchange artists and songs,” Thompson said. “We stayed close in high school, which is when I think he started to get really serious about producing his own music – releasing stuff on SoundCloud and everything,” Thompson

GETTING PUMP'D FOR HALLOWEEN



Aabha Vora/Collegian

Forrest Girroir, 2, from State College, takes a look inside a jack-o'-lantern at the Pumpkin Festival at the Arboretum on Friday, Oct. 19.

said. Vargas’s music is available across virtually every platform, including Apple Music, Spotify and SoundCloud. He hopes to have music videos available on YouTube soon, too.

“It’s been really cool to see him grow as an artist and friend, because while everyone could hear his potential from the start, he’s seriously improved a lot even over just the last year,” Thompson said.

Now, more music is on its way from Vargas. Vargas said he is collaborating on vocals right now. While he doesn’t want to “hype it up and say it’s going to be fantastic,” he thinks the collaborations might actually be fruitful.

“I don’t have a date, but by spring I will have an album or some sort of a project. I am in the process of figuring out what my next steps are because I’ve already done a lot of stuff so far,” Vargas said.

This “lot of stuff” includes his EP “Suits.”

From the track list, Vargas “likes them all,” but thinks the song “K.I.S.S.” is his favorite.

“When I made it, it sounds like what I was feeling,” Vargas said. “It’s weird because all of the vocals weren’t preplanned, they were just in a folder that I had and

they happened to work well with the song.”

Thompson believes the future is bright for Vargas because of his drive to create.

“I could really see him going somewhere with music because he’s so insanely passionate about it,” Thompson said. “Like when we go to a concert, he gets so excited to go home and create based on the inspiration he found at the show.”

Vargas said his musical influences vary. Currently, Vargas says he is most influenced by Erick Elliott and MF DOOM, without dismissing the fact that he’s influenced by so many other people. But Vargas said he appreciates the fact that those particular artists’ love creating music to inspire others — like himself — to do the same. Listening to the music of others has always been a means of inspiration for Vargas. While he started out listening to primarily SoundCloud and Pandora, Vargas is now primarily lis-

tening to the “Discover Weekly” playlist on Spotify. His process is not definite or strict, with no real starting or ending point.

“I’ve never really had a ‘do this or that’ process,” Vargas said. “I look for something that sounds like how I think it should sound at that time. It could be anything.”

Jessica Gambino, a media studies and production major at Temple, found out about Vargas through his friends from home.

“I was surprised that a kid our age made [something as professional as] that,” Gambino said.

Gambino used one of Spaulv’s songs, “Sunday Stroll,” in a video that she made for class. The song, she said, worked perfectly.

“It’s pretty cool how he draws from his influences and puts his own spin on it – he has like a spacey sound,” Gambino said.

Visit collegian.psu.edu to read the full story.



Courtesy of Sebastian Vargas

Sebastian Vargas, or “Spaulv,” released his EP, “Suits,” last year.



Courtesy of Sebastian Vargas

Sebastian Vargas, or “Spaulv,” hopes people will judge his musical talents based on his sound.

FIND YOUR HOME AT

CALDER COMMONS

- 1/2 Block from campus
- Upgraded furniture in ALL units
- Fully furnished 1 & 2 bed floorplans



Calder Commons

520 E. Calder Way, State College, PA 16801 | 814.667.0317

- Laundry on every floor
- Internet included in rent
- Free on-site fitness center and study lounge
- 24-hour maintenance
- Parking available

www.caldercommons.com

A JOURNEY TO THE CENTER OF THE MIND

James R. Fitzgerald '75 LEC

Supervisory Special Agent, FBI Behavioral Analysis Unit (ret.)

Fitzgerald was a key investigator in numerous high-profile cases, including UNABOM, using pioneering forensic linguistics that played a critical role in finding clues leading to Ted Kaczynski's capture. He was recently featured in the Discovery Channel series Manhunt: Unabomber.

Thursday, October 25 • 7:00 p.m.

Pike Auditorium
22 Biobehavioral Health Building
Penn State University Park

Free and open to the public. Sponsored by HHD Alumni Society Distinguished Speaker Series



PennState

College of Health and Human Development

hhd.psu.edu/distinguished-speaker-series



CAREER COUNSELING FOR EVERYONE

Career offices at University Park held over 22,000 sessions helping students.

What are you waiting for? Your next step starts here.

Drop-in Career Counseling

Weekdays, 8:30 AM - 4:30 PM

Bank of America Career Services Center

Tuesday Nights

5:00 PM - 7:00 PM

HUB-Robeson Center

career corner

 PennState Student Affairs | Career Services

DAILY COLLEGIAN

studentaffairs.psu.edu/career

su | do | ku

© Pappocom

			1	8		3		7
3	6							2
		5			4		6	1
5	2	7	4			1		
	1		2		9		4	
		8			3	5	2	6
9	5		6			8		
1							9	3
8		4		7	2			

Practicing what we preach

The 24-hour news cycle is seemingly endless. One news story replaces another within a few days or hours.

Since news stories are ever-expanding and increasing in frequency, important stories tend to go forgotten. Over the past month, there have been several natural disasters ravaging different parts of the world getting somewhat lost in the shuffle.

In late September, a tsunami and earthquake struck Indonesia, killing more than 2,000 people at last count. Abroad, there was also typhoon “Mangkhut” that hit China, Hong Kong and

OUR VIEW

Penn State should continue to help students and faculty affected by natural disasters

the Philippines, killing dozens.

Here in the United States, Hurricanes Florence and Michael ravaged the south, claiming the lives of 89 individuals, but, as is the case for all of these natural disasters, the toll

is ever changing.

Beyond the enormous loss of life seen in all of these situations, those affected are experiencing countless amounts of property damage, power-outages and injuries.

Citizens will be recovering and dealing with the aftermath for a long time.

This is why Penn State is taking initiative to make sure any and all of its students affected by any of these natural disasters are helped and accounted for.

Between those students enrolled at Penn State through World Campus and those at University Park with personal connections to the disaster areas, there are hundreds of students affected too, according to Penn State News.

Penn State’s Office of Student Affairs reached out to students at University Park who have homes or family affected by these natural disasters, looking to make sure they are OK.

These students have also been pointed to resources available to them on campus such as the Student Care and Advocacy Office, Counseling & Psychological Services and the Penn State Crisis Line. These resources are there for students who have this extra burden of worry atop of their academic life. They’re here to help those affected work through their unique situations.

As for those students currently in those affected areas and studying at Penn State through World Campus, Penn State also

contacted them to offer assistance however they can.

This includes a webinar, scheduled for Nov. 29, which will provide academic advisers, a mental health advocate and a case manager from CAPS and representatives from Student Affairs to use as resources for those affected by natural disasters.

Penn State is also offering assistance to employees who may be dealing with repercussions — emotional or financial — from these natural disasters.

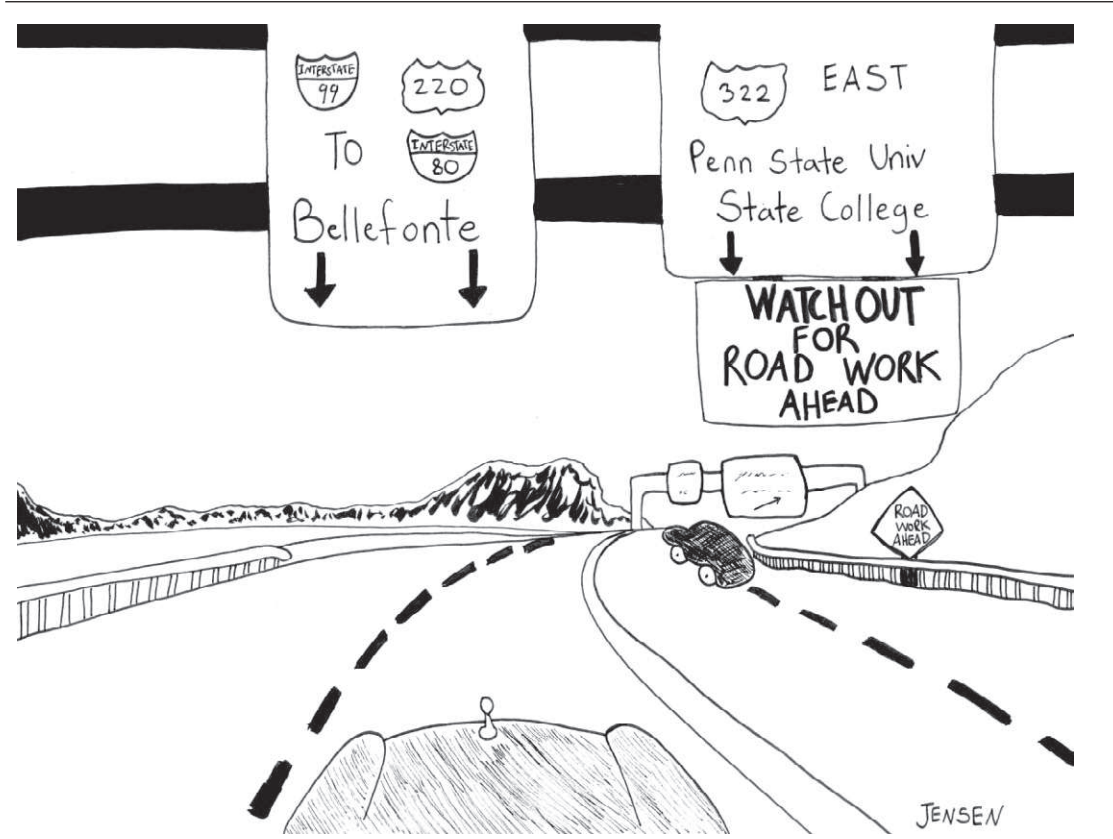
In 2017, Penn State’s World Campus increased its enrollment to 14,301 students pursuing undergraduate and graduate degrees. While not on Penn State property, they should be, without a doubt, have assistance from Penn State.

However, it’s not something that Penn State necessarily has to do, so it’s great it took initiative. Their contact with those affected shouldn’t stop here.

For many who are actually in the ravaged areas, it’s probably hard for them to have access to resources like email or long-distance phone calls.

It’s imperative Penn State keeps in repeated contact with these students to make sure they have access to all of the resources Penn State’s providing when they need it — even if it’s months in the future.

“Penn State Lives Here,” is the slogan every student and faculty member has heard at one time or another throughout their time at Penn State. So, it’s encouraging to see our university actually practicing this, not just using it for recruitment purposes.



MY VIEW | Tyler Olson

We shouldn’t put so much weight in identity politics

To steal a common line from Twitter, there are some days I cannot believe that app is free.

Last Monday was one of those days, as Massachusetts Senator Elizabeth Warren rolled out a coordinated media campaign publicizing the release of a DNA test showing that she’s between 1/64 and 1/1,024 Native American.

It was as clumsy and insensitive as any of Eric Cartman’s racist shenanigans on “South Park,” which I pay to watch on Hulu.

The lily-white Senator from the Bay State started bombarding Twitter with posts about the test before four in the morning on Oct. 15, including a slickly-produced campaign ad, links to her campaign website and news articles on the topic.

“I took this test and released the results for anyone who cares to see because I’ve got nothing to hide. What are YOU hiding, @realDonaldTrump?” she tweeted. “Release your tax returns – or the Democratic-led House will do it for you soon enough. Tick-tock, Mr. President.”

Twitter of course had a great

time ridiculing “Pocahontas,” as Trump is fond of calling Warren, for making a big deal out of a DNA test that essentially refuted her point that she is somehow an ethnic minority, as she’s officially listed herself multiple times throughout her career and has campaigned on in the past.

Republicans jumped in the mockery while Democrats and fake Republicans like Ana Navarro rallied around Warren, before Cherokee Nation – one of the two tribes Warren claimed to be descended from – released a scathing statement against her.

“A DNA test is useless to determine tribal citizenship. Current DNA tests do not even distinguish whether a person’s ancestors were indigenous to North or South America,” Cherokee Nation Secretary of State Chuck Hoskin Jr. said. “Sovereign tribal nations set their own legal requirements for citizenship, and while DNA tests can be used to determine lineage, such as paternity to an individual, it is not evidence for tribal affiliation.”

Hoskin Jr. went on to say Warren’s actions were, “inappropriate and wrong,” and dishonored, “legitimate tribal governments and their citizens, whose ancestors are well documented and whose heritage is proven.”

Warren was forced to backpedal that afternoon in a 26-tweet long thread in which she acknowledged Hoskin Jr.’s statement and deflected to Trump’s tax returns (which should be released, but that’s not the point).

And thus ended that hysterical day on the inexplicably free Twitter dot com.

But it left me wondering. What could possibly make someone want to be within a minority group so badly she would make such an obviously false claim, then take a DNA test and announce with fanfare that she was between 1/64 and 1/1,024 not lying?

That would be identity politics – the idea that Americans should vote for someone because of their race, religion, gender, age, sexual orientation or any other characteristic that has nothing to do with actually making laws and running a government.

Isn’t it silly that anyone cares about this even a little bit?

Isn’t it insane Warren thinks the skin color of a distant relative makes a great talking point? Or that any politician thinks these things, which individuals have no control over, matter?

Does anyone remember when race wasn’t supposed to influence how we judged a per-

son’s character? I remember.

In fact, there’s an 8-foot by 30-foot mural by a railroad underpass near where I live in Hagerstown, Maryland, that says it pretty well, “Be Colorblind.” Those words are painted above a diverse group of children, whose faces are part of flowers, underneath a rainbow.

Maybe driving by that mural a couple times a week for 12 years got to me more than most people, but I truly do not care what your race is or what gender you identify as.

You can be male, female, black, white, yellow or purple – if you are an honest and nice person, I can get along with you and be your friend. If I happen to agree with your political opinions on real issues, you can have my vote.

Politicians are great at playing on our emotional decision making for their own advantage. I challenge anyone reading this to “be colorblind” this November when you vote and make your decisions on substantive policy issues, not personal characteristics.

Tyler Olson is a junior majoring in political science and broadcast journalism and is a columnist for The Daily Collegian. Email him at tso5043@psu.edu or follow him on Twitter at [@TylerOlson1791](https://twitter.com/TylerOlson1791).



Scan the QR code to download the official Spotlight app for iOS smartphones.

DAILY COLLEGIAN

Collegian Inc., James Building, 123 S. Burrowes St. State College, PA 16801-3882 ©2018 Collegian Inc.

BOARD OF EDITORS

- Editor in Chief**
Kelly Powers
- Managing Editor**
Kara Duriez
- Digital Managing Editor**
Andrew Kalmowitz
- Opinions Editor**
Kara Fesolovich
- News Editor**
Katie Johnston
- Assistant News & Social Media Editor**
Elena Rose
- Features & Investigation Editor**
Alison Kuznitz
- Arts & Lifestyle Editor**
Gabrielle Barone
- Sports Editor**
Dylan Jacobs
- Assistant Sports Editor**
Jake Aferiat
- Sports Social Media Editor**
David Eckert
- Football Editor**
Tyler King
- Multimedia Editor**
Jack R Hirsh
- Photo Editor**
Caitlin Lee
- Assistant Photo Editor**
Aabha Vora

To contact News Division:
News, Opinions, Arts, Sports, Photo, Graphics, The Daily Collegian Online and The Weekly Collegian
Phone: 814-865-1828 | Fax: 814-863-1126

BOARD OF MANAGERS

- Business Manager**
Colsen Ackroyd
- Advertising Manager**
Scott Witham
- Business Operations Managers**
Rachel Weber, Anfsa Kashkenova
- Creative Department Managers**
Natalie Marzano, Hannah Degler
- Promotions Managers**
Cody Mandell, Riley Cook
- Business Insights Managers**
Greg Giliberti, Stacey Ke
- Sales Managers**
Andrei Mitrut, Pierre Coupin

To contact Business Division:
Advertising, circulation, accounting and classifieds
Phone: 814-865-2531 | Fax: 814-865-3848
8 a.m. to 5 p.m. weekdays

We want to hear from you

Send us your comments on our coverage, editorial decisions and the Penn State community.

Email: editorinchief@psucollegian.com
Online: collegian.psu.edu

Postal Mail/In Person: 123 S. Burrowes St., State College, PA 16801

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.

Who we are

The Daily Collegian’s editorial

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

News and editorial complaints should be presented to the editor. Business and advertising complaints should be presented to the business manager.

FORWARD PROGRESS

John Harrar looks to build off strong postseason and become key contributor off the bench

By Dylan Jacobs
THE DAILY COLLEGIAN

Last year, John Harrar was thrust into the starting lineup during the postseason, making the most of his playing time and becoming a key part to Penn State's NIT Championship run.

This year, Harrar's role will be vital right from the start.

The Wallingford, Pennsylvania, native will be the top big-man coming off the bench and could even start if coach Pat Chambers wants a big lineup on the floor.

When Harrar got inserted into the lineup at the start of the Big Ten tournament, the Nittany Lions went 7-1 on their way to a spot in the Big Ten semifinals and an NIT Championship.

The then-freshman had seven points and 12 rebounds in only 11 minutes in Penn State's championship win over Utah.

Following that game, Harrar began working hard getting ready for this season, something Chambers has noticed.

"I think you're going to notice his body right away. He's really lean," Chambers said. "When you walk out there and see him in the practice facility I think you're going to see a basketball player. He looks faster, he's jumping higher, obviously he has great hands. His skill level is getting much better. I think you're going to see a guy we can rely on in the offensive end as well."

Harrar stayed on campus over the summer and he attributes that to his strides made this off-season.

"I just wanted to keep building and not become happy with the success we had last year," Harrar



Caitlin Lee/Collegian

Forward John Harrar (21) attempts to pass during the NIT Championship game against Utah on Thursday, March 29 at the Madison Square Garden. Penn State won the game 82-66.

said. "So I stayed here and tried hitting the weight room and worked on my skill development."

At media day last Tuesday, Chambers was very excited for what Harrar could bring to the team this season.

"He's really doing a good job for us rebounding the ball, defending, and he's extended his range out to the three-point line so that will be great for everyone to witness," Chambers said.

With the loss of Tony Carr and Shep Garner, two guys who loved

to shoot from beyond the arc, adding a three-point shot to his game could be huge.

There aren't many players on this year's squad who could shoot the three consistently, so becoming an option in that area could lead to more important minutes.

"This summer I tried to make 50 top-of-the-key three's a day, and in practice it's a lot different going from last year to this year trying to expand that," Harrar said.

"But if I get an open three I'll

definitely look to take it."

His development in all areas is going to be vital, because the forward group may need to lead the team.

Chambers has stressed that the front-court will have to take charge and be more involved in the offense with inexperienced guards in the starting lineup.

"Coach has been telling his guards that bigs should get more touches," Harrar said. "So with Mike [Watkins], me and Lamar [Stevens] touching the ball more

that just makes us work even harder on defense and rebounding."

The defense the front-court brings will be a huge part of the team's success, due to the fact that those positions are filled up with more experienced players.

While Chambers still wants to be a team that scores 70-plus points a game, he knows getting to that mark starts at their own end, and Harrar will be a big part of that.

"John is as solid as they come," Chambers said. "So if we can get some stops and some turnovers much like we did last year and get out and run those are some easy baskets for some of those guys that are so-called defensive guys."

One area of his game that may go unnoticed by many are his leadership qualities.

Chambers often included Harrar when discussing upper-classmen leaders like Stevens and Josh Reaves, evening implying that all three were a part of the team's leadership council.

"I think the combination of [Stevens and Reaves], and with John Harrar, has been a phenomenal leadership council," Chambers said.

"These guys are so dialed in and come up with great ideas to help the program continue to get better."

Chambers has a lot of faith in Harrar on and off the court, and he is ready to back that up when the season starts in a few weeks.

"I'm ready," Harrar said. "It's been like 20 weeks since we've played and I've just been in the gym practicing, so I think we're all ready to see those results."

To email reporter: dkj5109@psu.edu.
Follow him on Twitter at [@DylJacob](https://twitter.com/DylJacob).

Unsung contributions from the bench continue to fuel Penn State

By Caleb Wilfinger
THE DAILY COLLEGIAN

In recent years, Penn State typically stuck with a tried-and-true starting rotation, primarily consisting of veteran mainstays such as Simone Lee, Kaitlyn Hord,

WOMEN'S VOLLEYBALL

and so on.

Those days are gone this season as the No. 4 Nittany Lions have needed to use their bench extensively in every contest thus far, following an off-season in which they lost five starters to graduation.

On a team primarily composed of first-year starters and freshmen, the contributions from the bench have been pivotal to Penn State success so far this season.

"It's always a nice thing to give the players who work really hard in practice important time on the floor during a match," coach Russ Rose said. "Especially since they don't normally get as much playing time as our starting rotation."

One player who has embraced her role as a valued contributor off the bench is Tori Gorrell.

The redshirt junior played in 34 matches and 110 sets last season,

which included a number of key starts for the Nittany Lions down the stretch, most notably in the NCAA Final Four.

This season, the middle blocker has undergone a change in role as she now rotates in for the freshmen tandem of Serena Gray and Kaitlyn Hord.

"I think Tori has done a really nice job," Rose said. "She has had to play every front row position in practice, and each position has different specifications and needs that are hard to adapt to. But, she approaches each challenge with a positive attitude."

Gorrell's positive attitude and energy is indicative of the mood of the bench as a whole. This is something the players have labeled as "benergy."

"Our energy level is definitely high when we're on the bench and supporting our teammates," Gorrell said. "When we come in, our main goal is to play hard and do whatever it takes to win."

The Nittany Lions were struggling to generate production from their bench in the early portion of the season.

However, in its recent eight-match winning streak, Penn State has had multiple key players rotating in, such as defensive

specialist Jenna Hampton and Gabby Blossom.

Hampton is fifth on the team in digs with 102 and third on the team in service aces with 17 total for the season; four of which came in Penn State's victory over Ohio State on Oct. 6.

Blossom is third on the team in assists with 37. Despite backing up Bryanna Weiskircher at the setter position, the freshman from St. Louis has played in nearly every single match and is an established player in Rose's rotations.

No one supports the starters more than the players on the end of the bench.

Cheering on their teammates in good times and bad, there are few in Rec Hall who are louder than the Nittany Lions on the sidelines.

"I tell the players that there is not always an opportunity for everyone to play, but there are opportunities for everyone on this team to give," Rose said. "Just because you're not on the court at a given moment does not mean that you can't give your teammates a boost with your energy."

The team has listened to its coach in recent weeks, and the starters have taken note of the change in noise level.

"Over the last couple of weeks I think the bench has really brought it with the energy," senior outside hitter Nia Reed said. "I can hear them screaming my name after a kill and that gives us a boost on the court and gets the crowd going."

Gorrell joined her teammate in voicing her support of the energy level on the bench, and how it has transformed over the course of her time as a member of the team.

A previous issue that Rose has lamented in the past, Penn State's enthusiasm and spirit on the bench is something which has become an integral part of each match.

"In my freshman year [2015], coach would always talk about how terrible our bench energy was, which really made me sad," Gorrell said "So, throughout the years it's gotten a lot better and for a lot us, cheering and going crazy on the sidelines is just second nature."

To email reporter: cjw5768@psu.edu
Follow him on Twitter at [@caleb_wilfinger](https://twitter.com/caleb_wilfinger)



Caitlin Lee/Collegian

Safety Johnathan Sutherland (26) celebrates causing a fumble on a punt return during the game at Memorial Stadium on Saturday, Oct. 20.

PSU's new No. 26

By Tyler King
THE DAILY COLLEGIAN

BLOOMINGTON, Ind. -- For the third straight year, No. 26 in blue and white stepped up and made a crucial play to help Penn State beat Indiana.

The last two seasons, that player was named Saquon Barkley. Arguably the most recognizable name associated with Penn State football, Barkley scored a late touchdown to give the Nittany Lions the lead in Memorial Stadium in 2016. Last year, Barkley opened the game against the Hoosiers with a big special teams play, returning the opening kickoff for a touchdown.

When Penn State returned to Memorial Stadium on Saturday, Barkley wasn't with them. But, there was another No. 26 that was ready to make an impact.

Midway through the third quarter, the player who was been the Nittany Lions' most consistent defender over the last few weeks, Garrett Taylor, was ejected following a targeting penalty.

In stepped redshirt freshman Jonathan Sutherland.

The Canadian defensive back had seen time in Penn State's first six games, but had played primarily on special teams, with a few occasional reps at safety.

When Taylor had to jog to the locker room in the third quarter, Sutherland was thrust into action and played with the Nittany Lions' top defensive unit for the remainder of the game. His teammates thought he played well, and although he

finished with seven tackles in a short amount of time, that wasn't the biggest takeaway from the game.

"He played a lot of meaningful snaps," cornerback Amani Oruwariye said.

Those meaningful snaps on defense will come in handy down the road, but it was once again on special teams where Sutherland found a way to make an impact.

Leading by just five points, the Penn State offense stalled on its first drive of the fourth quarter. Blake Gillikin trotted out for yet another punt and it looked like Indiana was going to have a prime opportunity to take the lead.

Gillikin's punt was not a good one. It was a line drive that bounced right up to J-Shun Harris. The star Hoosier receiver turned upfield and Indiana was going to have good field position to start its drive. But then No. 26 in white flashed into the play, knocking the ball out of Harris' hands and into the arms of Nick Scott.

Penn State took advantage of its prime field position and McSorley scored his second rushing touchdown of the afternoon to give the Nittany Lions a double-digit lead. That turned out to be just enough for Penn State to snap its two-game losing streak, and the Nittany Lion offense might not have scored that crucial touchdown without Sutherland's play.

"He's playing like every play is the Super Bowl and we know what we're going to get out of him," linebacker Cam Brown said.

Visit collegian.psu.edu to read the full story.



Ken Kalbach/Collegian

Middle blocker Tori Gorrell (11) spikes the ball during the game against Nebraska at Rec Hall on Saturday Oct. 13. Penn State won 3 sets to 2.

BACK ON TRACK?



Safety Jonathan Sutherland (26) tackles Indiana's Stevie Scott (21) during the game at Memorial Field.



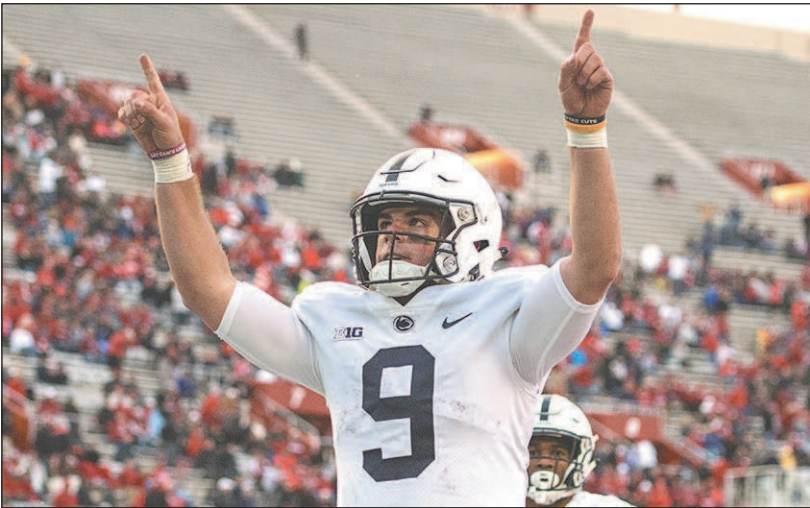
Wide receiver Juwan Johnson (84) and tight end Pat Freiermuth (87) celebrate during the game against Indiana at Memorial Stadium.



Running back Miles Sanders (24) runs the ball during the game on Saturday, Oct. 20. No. 18 Penn State defeated Indiana, 33-28.



Linebacker Jan Johnson (36) takes an Indiana runner down during the game at Memorial Field on Saturday, Oct. 20.



Quarterback Trace McSorley (9) celebrates during the game against Indiana at Memorial Stadium on Saturday, Oct. 20.

NEXT LEVEL



IN OUR CLASSROOMS, INDUSTRY PROFESSIONALS TELL IT LIKE IT IS.

At the **NYU School of Professional Studies**, you acquire real-world, practical experience from renowned industry experts and thought leaders in their fields. Our graduate programs provide an insider's view and an education that is immediately applicable in the workplace. Immersed in the heart of NYC, you benefit from an unmatched global perspective, invaluable networking opportunities, and professional experiences at top companies and organizations. Sixteen career-focused masters degrees prepare you for the challenges that lie ahead and the successes within and beyond your reach.

Construction Management • Global Affairs
NEW Global Security, Conflict, and Cybercrime
Hospitality Industry Studies • Human Resource
Management and Development • Integrated
Marketing • Management and Systems
Professional Writing • Project Management
Public Relations and Corporate Communication
Publishing: Digital and Print Media • Real Estate
Real Estate Development • Sports Business
Tourism Management • Translation

JOIN US: Penn State Graduate School Day on Thursday, October 25, 11 a.m. - 2 p.m.
VISIT: sps.nyu.edu/graduate1h **CALL:** 212-998-7100 **REQUEST INFORMATION:** sps.nyu.edu/gradinfo1h
APPLY TODAY: sps.nyu.edu/applygrad



FIND YOUR FUTURE SELF



Caitlin Lee/Collegian

Wide receiver KJ Hamler (1) returns the ball during the game against Indiana at Memorial Stadium on Saturday, Oct. 20.

Receivers continue to struggle with drops

By **Thomas Schlarp**
THE DAILY COLLEGIAN

BLOOMINGTON, Ind. — Juwan Johnson and Penn State receivers figuratively limped into Bloomington having developed a nasty reputation of dropping far too many passes and a knack for unreliability.

Johnson quite literally limped out of Bloomington with an injury, and Penn State receivers still left the Hoosier state with their reputation unchanged.

“Ball touch your hands, your supposed to catch it,” receiver KJ Hamler said. “There’s no excuse.”

In what were conditions that James Franklin described as the windiest of his coaching career, the blusters blew the drop-dilemma from Beaver Stadium to Indiana’s Memorial Stadium from the out-set.

Hamler returned the opening kickoff 58 yards to set the Nittany Lion offense up with great opening field position, but it was the bobbed catch of the kick in Hamler’s own end zone that foreshadowed the worrisome amount of drops in the four quarters ahead.

“It’s no excuse,” Hamler said. “When the ball touches your hand, you’re supposed to catch it. The wind was blowing the ball a little bit and moving it in the air, but I’ve got to catch those. That’s on me.”

Penn State entered the game with 17 drops on the season according to Sports Info Solutions, the fourth most in the Big Ten, and it added at least six more to that season-defining statistic on Saturday.

Just three plays after eclipsing the 1,000-yard career receiving yard mark, Johnson dropped a crucial third down pass from McSorley that forced one of Blake Gillikin’s six punts.

Johnson went on to redeem himself in the second quarter with a 59-yard reception, but appeared to limp into the halftime locker room and didn’t play a single snap in the second half.

Redshirt freshman Mac Hippenhammer, an Indiana native, picked up where Johnson dropped off.

A second quarter pass hit off his chest and landed right in the hands of Indiana defender Bryant Fitzgerald for McSorley’s lone interception on the day.

“The standard is the standard,” McSorley said. “It doesn’t lower just because someone goes down and a new guy goes in. I just have to go out and execute.”

Hippenhammer would drop one more pass in the fourth quarter, but it was redshirt junior Brandon Polk who caught the biggest case of the drops in dropping at least three passes, the biggest of which would have been a 14-yard touchdown that was instead limited to a 32-yard field goal from Jake Pinegar.

“When we catch the ball, we’re in rhythm,” Franklin said. “We make plays and move the ball downfield on pretty much anybody. When we’re inconsistent catching the ball, we have a hard time getting into a rhythm and moving the ball consistently.”

But the Polk would-be touchdown wasn’t even the drop-the-mic moment of the night as Hamler and the special teams tightly grasped the drop problem.

Hamler botched fielding two punts, one of which he recovered and turned into a 16-yard return, another of which went for nothing.

The hold on the worst drop of the night, however, had to go to safety and special teams veteran Nick Scott.

Indiana was made to attempt its onside kick again after Franklin called a timeout to negate the Nittan Lions’ previous recovery.

With less than a minute left in the game, trailing by five, Scott had the redo bounce off his hands, allowing the Hoosiers to recover and try one more shot at winning the game.

So just what can Penn State do to combat the mysterious dropping problem?

For one, McSorley spread the passing game around.

He targeted nine different receivers on Saturday, including highly-touted freshman Jahan Dotson on a 10-yard reception, the first of his young career, in the fourth quarter.

“We’ve got some young guys that stepped up today,” Hamler said. “It’s always a next-man-up mentality. They did their part.”

McSorley also counteracted the lack of a threat in the passing game with his feet, as he led the Nittany Lions with 107 rushing yards, the third straight game in which he’s rushed for over 90 yards.

“[Coach Rahne] has told me that I can make a difference running the ball,” McSorley said.

“It’s something that I can use to be a factor in the games, using my legs....If teams are going to give me the chance to run the ball, then I’m going to be able to do that and help our team win.”

True freshman receiver Daniel George also saw action on the field for just the second time this season, but as equally curious as the continued dropping problem has been the curious case of why freshman Justin Shorter isn’t seeing more time on the field.

The top-rated receiver in the Class of 2018 was injured during the summer, but has only played in one game this year despite the struggles from his wideout teammates.

With over half the season in the books, what appeared as just one or two bad games from the group of receivers has developed into a trend holding the Nittany Lions back from reaching their full potential.

With so many young wideouts on the roster and the next few seasons in mind, someone other than KJ Hamler must emerge as a go-to safety valve for Penn State quarterbacks of the future.

“Experience matters, and that experience counts,” Franklin said about playing so many underclassmen receivers.

“Based on how some of the other guys that came into the game today did, I think that they’ve shown that they deserve some opportunities. We’ll look at that and obviously the rotation may change a bit.”

McSorley continues to be whatever Penn State needs

By **Matt Linger**
THE DAILY COLLEGIAN

BLOOMINGTON, Ind. — Trace McSorley’s Heisman hopes may have taken a hit over the last two games, but you wouldn’t have known it with the way he played on Saturday.

Although he completed less than 53 percent of his passes and failed to extend his nation-best streak of consecutive games with a touchdown pass, McSorley was the best player on the field at Memorial Stadium.

And, as has been the case recently, he did so with his legs.

“Trace did a great job today,” left tackle Ryan Bates said. “He had a bunch of yards running. When he got flushed out of the pocket he did a great job scrambling, getting the first down, getting yards.”

To be exact, McSorley ran for 127 yards on 19 carries against the Hoosiers, including a pair of touchdowns.

Saturday was the third time in four games he rushed for at least 90 yards, a feat he had never accomplished prior to Penn State’s win over Illinois on Sept. 21.

His current production isn’t a surprise given his pedigree and

Penn State’s woes in certain aspects of the offense.

“Trace has always made big plays with his legs since he’s been here,” James Franklin said. “Obviously he’s shouldering a little bit more of the load right now and that’s obviously what you like to do with senior players and have won as many games as he has.”

The weight Franklin is referring to is the severe lack of production McSorley is getting from his wide receivers.

Of his 19 completions Saturday, 10 were to either Miles Sanders, Pat Freiermuth or Tommy Stevens. The other nine were to six separate receivers, and would’ve been more had it not been for a handful of drops.

But as the receiving corps struggles to improve, McSorley has found different ways to help his team.

“I think I can be a factor in games running the ball and I think I can make a difference in games with my legs, being a dual-threat,” McSorley said. “Keeping the defense on their heels, in coverage when they drop back they gotta have a spy, they gotta take a guy out of coverage for that or take a guy out of the rush.”

“Those are the type of things that, if I can do that it makes the

defense have to adjust and play a little bit differently,” he added.

His exploits as a runner are nothing new, considering he needs only 164 yards to become Penn State’s all-time leading rusher as a quarterback after Saturday’s performance.

But after his career-best 175-yard rushing performance against Ohio State three weeks ago, he’s kicked it into a new gear.

McSorley’s carries are fairly evenly split between designed runs and scrambles.

Regardless, when the 6-foot, 201 pound Virginian tucks the ball, he’s a hard-nosed runner.

“I tell him he needs to start sliding,” Sanders said with a laugh. “He runs like an actual running back. He’s gonna be banged up after every game. But Trace just has that mentality. In the red zone, he’s not gonna slide, he’s gonna run forward and try to knock somebody over. Anything to get a touchdown.”

That’s been the case with McSorley since he assumed the starting job in 2016; whether it’s with his arm or his legs, he tends to find a way to get the job done.

He knows it, his team knows it, and opposing teams do too.

Visit collegian.psu.edu to read the full story.



Caitlin Lee/Collegian

Quarterback Trace McSorley (9) celebrates after scoring a touchdown during the game against Indiana at Memorial Stadium on Saturday, Oct. 20. No. 18 Penn State defeated Indiana, 33-28.

Do you know where your stormwater goes?

Bottoms Up!

Motor Oil

- Contains heavy metals
- Reduces oxygen in water

Yard Waste

- Pesticides kill aquatic life
- Fertilizers cause excess algae growth and degrade water quality

Pet Waste

- Contains harmful bacteria

Litter

- Degrades stream quality and habitat

When it rains, pollutants from pet waste, cars, and lawns can find their way into our streams. Help protect our streams by minimizing these pollutants. For More information visit the University’s stormwater website at: <http://www.opp.psu.edu/unit/stormwater>

Courtesy WREN and ALLARM