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Pride at Penn State



A 13-year-old Eric Layland went to bed early one night fearful of what morning would bring.

He had left a note for his parents to find — finally wanting to tell them he was gay.

Growing up with religious parents, Layland (graduate-human development and family studies) was not sure how they would react. Would they give him a chance to explain? Would they send him to conversion therapy? Would he be thrown out?

Coming out stories are told every day and these stories are a relatable experience among those in the LGBTQ community.

With Pride Month coming to a close, marches and festivals have been commonly attended events around the world, filling streets with the rainbow, covering every person and object in sight. Such events are inclusive to all genders, races and sexual orientations.

But things didn't start out that way for Layland. After agreeing to go to conversion therapy, as well as see three different therapists, Layland eventually accepted his attraction to men.

He recalled the dramatically different environment he felt in a train station after a Pride festival. "There were people in rainbow stuff everywhere, and I thought, 'This is what it feels like to be straight,'" he said.

"Like, to assume that everyone I am seeing is like me because on that day we get to be who is normal."

Abdiel Pérez was much older when he decided to come out to his best friend.

"[Kiara] acted unsurprised, as expected. She told me 'It was

about time.' I had called her several times before to tell her something important but I was never brave enough," Pérez (graduate-costume production) said. "She knew all along but was respecting my space and time."

Though Pérez took longer to live comfortably with his sexuality, he is beginning to take steps into his new comfort zone.

"I got my first manicure last Sunday, and it was amazing metallic blue and yellow nail polish," he said.

For Pérez and Layland, their sexual orientation is pretty familiar to the general public within the LGBTQ spectrum. Wynn Beck and Rachel Kaneshiki's self-definitions are less commonly seen.

Beck (senior-biochemistry and molecular biology) is asexual, which they explained as not experiencing sexual attraction to any gender.

"Asexual doesn't just mean abstinent. Some asexuals are okay with having sex while oth-

ferent group in the LGBTQ community.

"When people see me they usually make the assumption that I am gay, which can be a little invalidating," she said. "So, I feel like I have to come out even more as bisexual."

While inclusive LGBTQ events are held throughout the year around the world to celebrate the community and provide resources to those first coming out, June in the United States was declared "National Pride Month" by former President Barack Obama in 2009.

Since then, many cities around the world have made an effort to host inclusive events and displays.

The Stonewall Inn in New York became the first LGBTQ monument in America. The United Kingdom erected a statue of famous computer scientist Alan Turing who was arrested and chemically castrated because of his homosexuality. Amsterdam's Homomonument pays tribute to homosexuals targeted by Nazis during World War II.

Recently, State College itself painted the crosswalks at Calder Way and Allen Street the colors of the rainbow — similar to crosswalks in West Hollywood, Atlanta and Seattle in honor of the month.

"I did see [the announcement] the other day and thought it was beautiful. My sister lives in Seattle and they have those there too. I think it's a nice statement and a great step toward change," Dori Puzycki, said. "I definitely think they could still do more for the LGBTQ community but it's a good start."

Puzycki (junior-rehabilitation and human services) said she struggled to find an identity she felt comfortable with but soon "found a home" in the term pansexuality.

Pansexuality, as defined by the Human Rights Campaign, is someone who "has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way or to the same degree."

So, what is it about the rainbow that makes people in the community so happy to see it?



"But in the end, the only person who can decide what my sexuality is and what it means to me, is me."

Wynn Beck
Student

"They can hate me all they want but they can't take that away from me. I'm queer and I'm here and I'm happy."

Dori Puzycki
Student

ers are not. It's a spectrum, like anything else," Beck said.

Despite their sexual disinterest in any gender, Beck is no stranger to outside pressures attempting to convince them their orientation is "just a phase."

"I've had a lot of people in the past try to tell me I'm not asexual or 'You just haven't found the right person yet.' But in the end, the only person who can decide what my sexuality is and what it means to me, is me," they said.

Kaneshiki (junior-information sciences and technology), on the other hand, has more trouble with quick judgments placing her into a dif-

RESOURCES

LGBTQA STUDENT RESOURCE CENTER
STUDENTAFFAIRS.PSU.EDU/LGBTQA
814-865-0790

QTPOC (QUEER AND TRANS PEOPLE OF COLOR):
[HTTPS://WWW.FACEBOOK.COM/QTPOCPSU/](https://www.facebook.com/QTPOCPSU/)

CENTRE LGBTQA SUPPORT NETWORK:
[HTTP://WWW.CENTRELGBTQA.ORG/](http://www.centre-lgbtqa.org/)

THE COALITION ON SEXUAL ORIENTATION & GENDER IDENTITY:
[HTTP://LGBTQ.PSU.EDU/CSOCI/](http://lgbtq.psu.edu/csoci/)

ALLY HOUSE:
[HTTPS://HOUSING.PSU.EDU/SPECIAL-LIVING-OPTIONS?ALLY](https://housing.psu.edu/special-living-options/ally)

COMMISSION ON LESBIAN, GAY, BISEXUAL, TRANSGENDER AND QUEER EQUITY:
[HTTP://EQUITY.PSU.EDU/CLGBTQE](http://equity.psu.edu/clgbtqe)

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Community garden looking for volunteers

By Bailey Jensen
THE DAILY COLLEGIAN

Giving back to the community can be a great way to spend the long summertime hours – and that’s exactly what some community members did this month.

In mid-June, eight volunteers and members of the Western Pennsylvania Conservancy came together to revive four different beds of annual and perennial flowers in the plot of land at the intersection of College Avenue and University Drive.

The garden, which is just one of 132 across 20 different counties in Western Pennsylvania, was first planted in 1999. It is the organization’s sole garden in State College and considered larger than many others.

Every summer, around the months of May and June, the garden is replanted, and every September and October, the garden is plucked and prepared for the winter months.

The Western Pennsylvania Conservancy aims to protect and restore locations providing clean water and healthy forests, wildlife and natural areas for the benefit of present and future generations, according to its website.

Lynn McGuire-Olzak, volunteer coordinator for the Western



Courtesy of Lynn McGuire-Olzak

The community garden is located at the intersection of College Avenue and University Drive.

Pennsylvania Conservancy’s Community Gardens and Greenspace Program, has worked with the organization for 11 years.

She said across all of the gardens within Western Pennsylvania, there are roughly 11,500 volunteers.

“I love the fact that the communities get involved and volunteers take time out of their busy schedules to beautify the community,” McGuire-Olzak said. “All different

ages and groups of people get involved, so it’s just a wonderful way to bring people together and have fun while doing something productive.”

Currently, the local garden has only one volunteer to water and weed. McGuire-Olzak said the garden could use anywhere from five to 20 volunteers throughout the summer to help keep it thriving.

Director of Community Greens-

pace Services, Art DeMeo, oversees the community garden program and field staff. He has been working for the organization for 15 years.

“I like everything about my job,” DeMeo said. “One of my favorite aspects is seeing people come out to make their community a better place. We encourage volunteers to get outside, get their hands dirty and learn about gardening.”

DeMeo said there is a lot to learn about what he calls “road-side horticulture.” Gardens, such as the one in State College, that are grown in a traffic island tend to have tougher soil compared to a raised bed in someone’s backyard.

He said by volunteering, people can learn different irrigation techniques and plan selection according to the type of soil available.

Kristine Charles is a member of the community who helped plant the garden.

“It was a lot of fun,” Charles said. “I was happy to help make State College a prettier place.”

As a gardener herself, Charles knew how to help. She said she was both surprised and impressed with how many Penn State students were also there to help with the planting.

“Our volunteers are a changing force in their communities,” DeMeo said. “They take a space that would have just been green grass and turn it into something beautiful.”

DeMeo says the organization welcomes everyone to come out and help. He says an easy way to sign up is at their website: waterlandlife.org.

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Getting down ‘n’ dirty with the PSU Master Gardeners

By Tina Locurto
THE DAILY COLLEGIAN

Surrounded by grassy plains, snow-speckled mountain summits and grazing bison, Connie Schmotzer made an unrefined, natural world at Grand Teton National Park in Wyoming her office for 10 years.

Working for the National

Parks Service as a naturalist, Schmotzer said she always felt a deep connection for nature and plants.

Upon retiring, she decided to continue her love and passion for the natural world — with a master gardening program at Penn State.

Taking the class in 1990, Schmotzer later became a

consumer horticulture educator and taught the class herself.

“It was really very enlightening,” she said. “Just about everybody I met had a love for the earth and a desire to improve things.”

The 16-week program covers a multitude of topics such as soils, invasive plants, pruning plants and planting itself.

Classes are three hours long and once a week. At the end of the program, students must take a test, present a 10-minute project and have 50 hours of volunteering completed.

“They get a real crash course in just about every aspect of anything that might be going on in the garden,” Schmotzer said.

More recently, the Penn State Pollinator Certification Program introduced in 2011, was started by master gardeners hoping to bring the “plight” of pollinators into the public eye.

Through its website, the pollinator program allows curious visitors to learn about saving pollinators in their own backyards.

Some of the links curated by the master gardeners include lessons in creating sites for pollinators, the best types of flowers to plant for pollinators and how to manage a garden without using pesticides.

Through the pollinator program, individuals or organizations looking to have their gardens certified as a “pollinator-friendly garden,” can submit an application to be reviewed by Penn State Master Gardeners.

Currently, there are 753 gardens certified throughout Pennsylvania as pollinator-friendly.

About 80 percent of all plants in the ecosystem require insect pollination, Schmotzer said. Additionally, one of every three bites of food was touched in some way by a pollinator.

For Alice Simmons, a Penn State master gardener with an interest in native plants and providing habitats for wildlife, this program was exactly what

she was looking for.

“I enjoy learning out in the field; we share the excitement of something new,” Simmons said. “While out in the field I hear the birds singing and the buzz of the bee. It’s a very sensory experience.”

To her, the most rewarding part of the program is sharing information with others and collecting data on plants and pollinators that can be used throughout the state and country.

With the hope of more people utilizing the website’s resources, Simmons said she is very confident it can make a difference in promoting pollinators and the world.

“[Pollinators] run the ecosystem,” Schmotzer said. “Without pollinators, it would be a very dull, uninteresting and probably uninhabitable world.”

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Ken Kalbach/Collegian

Flowers bloom at the Penn State Arboretum.

Pride

FROM Page 1.

“Anytime I see rainbow anything I just want to buy it. I am all about Target right now because of their Pride merchandise,” Kaneshiki said. “It denotes a nice, safe area.”

“When I see a rainbow flag, I feel accepted, loved, celebrated, protected,” Pérez said.

Whether someone is just beginning to question their sexual identity or orientation, or is as out and proud as George Takei and Ellen DeGeneres, self-acceptance is an important step in the process.

“I would tell my younger self to live without fear. To not neglect who you are and that what you are feeling is real, is valid and it is important. So many times I felt different. I knew who I was, but I was blinded by religion, by ideals, by ‘morals,’” Pérez said. “All the things I feared when coming out, they came true but I am still here and living authentically.”

Puzycki also emphasized the importance of accepting who one is.

“The person I am now is happy and free. I’m living the best life I can at the moment. I think that says it all, you know?” Puzycki said. “They can hate me all they want but they can’t take that away from me. I’m queer and I’m here and I’m happy.”

Five free summer activities at and around Penn State

By Cissy Ming
THE DAILY COLLEGIAN

State College has a reputation as a “middle of nowhere” town without the constant action of New York City or Philadelphia, especially when students leave after finals week. However, there’s still fun to be had.

Whether you’re staying on campus for classes, research or you live in the area, here are five things to do on a budget.

Matson Museum of Anthropology

Fans of fashion, shrunken heads, art and archaeology all have something to enjoy at this little-known attraction, often overshadowed by the nearby Lion Shrine.

The Matson Museum of Anthropology, one of six museums on the University Park campus, occupies several rooms of the Carpenter Building’s fourth floor.

Open 11 a.m. to 4 p.m. from Tuesday to Friday, the museum typically has few visitors during the summer. You can spend hours exploring the cases of artifacts and information on display, or take a quick walkthrough to escape the afternoon heat.

For interested students, the museum also accepts volunteers throughout the year to help with educational programs and maintaining the collections.

Hartley Wood and Bellefonte Rail-Trail

Looking for a change of scenery from the sprawl of campus and downtown? Take a short walk to North Campus for an escape to nature.

Hartley Wood lies across a grassy field from the Overlook Pavilion, an open building located on a sloping hill in the Arboretum.

Hartley Wood is one of Pennsylvania’s few remaining plots of old-growth forest, meaning it has never experienced significant disturbances like logging or fire.

Pick up a trail map at the Overlook Pavilion or explore the color-coded trails on your own.

While Hartley Wood lacks the size or trail mileage of nearby Rothrock State Forest, following the crisscrossing trails through the 43-acre forest never gets boring.

Some of the forest trails connect to the paved 1.3-mile Bellefonte Rail-Trail, a quiet path surrounded by trees on both sides.

DIY Movie Theater

Without huge lecture classes occupying the space, Penn State’s large classrooms can serve a different purpose entirely.

Armed with Netflix and a Penn State account, you can take advantage of the projectors and sound systems to create a movie theatre experience without the price tag.

Simply go down to the podium, log into the control computer, turn on the projector and sound, turn off the lights and enjoy the entertainment.

From experience, 100 Thomas and the rooms adjacent to it make especially good makeshift movie theaters.

Additionally, the classrooms on the first floor of the Willard Building have far fewer seats, but on the plus side, they have cushioning like actual movie theater seats.

The university generally allows students open access to empty classrooms and the equipment

within them, but show courtesy for people who have the space reserved for a class, organization or other purpose.

Go to the beach

Landlocked Centre County is a good three-hour drive from the ocean, making a traditional summer beach trip difficult to accomplish for many summer students.

Located only 25 minutes from downtown State College, Whipple Dam State Park offers a sandy beach and the opportunity to swim in non-chlorinated water.

Though the beach fills quickly on warm weather weekends, the crowds never reach the Wildwood or Ocean City proportions.

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



Collegian file photo

Cultural masks are displayed in the Anthropology Exhibit in the Carpenter Building.

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Comic Swap battles with ever-changing industry

By Mikayla Corrigan
THE DAILY COLLEGIAN

Tucked below businesses on Fraser Street, the passerby may see vibrant superhero signs glowing in the window of State College’s Comic Swap.

The shop is known for being a social hub for many comic book lovers, but how has the local comic book store been affected by the ever-changing industry and fan base over the years?

First opening its doors in 1976, business manager John McComas defines operating a comic book store as running “a whole bunch of things at once” and compares the business model to an uncanny resemblance of a grocery store.

“[Comics] have, just as much as milk or eggs, an expiration date,” McComas said.

Comics or single issues are known to be a contemporary

medium that comes out anywhere from bi-monthly or even sometimes bi-weekly and, according to McComas, makes up between 40 and 50 percent of the local store’s gross income a year. This forces store operators to constantly replenish their stock while moving old issues off the shelves.

However, unlike milk and eggs,

“There are not many comic book stores in the world that can boast that kind of longevity”

John McComas
Business Manager of Comic Swap

comics have elastic demand, meaning they are constantly subject to change.

In order to keep up with the demand, McComas equates that with needing to know the audience “very, very intimately” and staying in tune with trends, which

are very different today than when the industry first took off the ‘30s.

Recent graduate and former president of the Penn State Students of SHIELD, Vincent Faust, refers to this time in comic book history as a “renaissance of sorts” for the industry, particularly Marvel, as businesses started debuting a lot of their big characters which are still popular today.

“In the ‘40s, they were mega-successful, as people from all walks of life were reading comic books,” Faust said. “Then following the war, the patriotic angle which fueled a lot of these heroes.”

Faust said the boom for comics ended after that, as there was a “morality scare” that also happened to rap music and rock n’ roll at the time, as the violence and suggestive themes were pointed out by the public.

“The medium has never fully recovered since,” he said.

However, this history is very important to the forming of the modern comic book shop known today.

Initially, Faust said the comic book evolved out of comic strips in newspapers. As a fan base grew, they were sold separately in all different kinds of genres. After the morality scare, there was a push to a specialty market. As a result, the rise of the comic stores came to be.

McComas began reading comics in the late ‘90s when he was 18, where he said comics were an afterthought.

“You couldn’t really make a terrible amount of money even in the large metropolitan area on comics at the particular timing window in the ‘90s, because prior to that window was a very large bust in the economy and scale of comic book retail,” he said.

After that, many comic books stores “went under” because of how difficult it was to sell — but Comic Swap still survived.

“There are not many comic book stores in the world that can boast that kind of longevity which speaks to the fidelity of the customer base and the uncanny business sense of the owner,” McComas said.

Simply, he said, it boils down to knowing the customer base as closely as possible, and trying to buy things which might appeal to them.

This has changed in the last



Ken Kalbach/Collegian

All new X-Men appears on the shelf at Comic Swap.

25 years, where comics went through a purge of that kind of “old boy’s mentality” that resulted from the morality scare.

“Our store, for example, we have just many first-time readers as legacy or veteran readers,” McComas said. “There has to be a place, especially in our store to enfranchise every one of those people. [The culture] took a lot

“We do have a rather impeccable track record when it comes to customer service with a very large collection of comic books.”

John McComas
Business Manager of Comic Swap

of internal change to get to the point where most comic book stores are now.”

Now, the store has a pretty equal distribution between age brackets for customers, where it sees people a year or less from retiring, to customers that are shorter than the sales counter.

This new diverse fan base is

exemplified by the Students of SHIELD.

“It does have a trickle-down effect, and more and more people are coming into comics and just the superhero genre, and doing more than just going to the movies,” Faust said. “With some of these themes like the X-Men, they can’t control that they were born mutants. In the ‘60s, that worked really well as a metaphor for civil rights.”

Faust said that can be equally said for today’s day and age.

“Nowadays, you can expand that metaphor to other areas like LGBTQ rights and things like that,” he said.

“So, I think the themes in this community draw a lot of people in from diverse backgrounds whether it is their race, gender, sexuality or whatever.”

But the store had to overcome more than those hurdles in order to survive throughout the years.

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



Ken Kalbach/Collegian

Comic Swap is located downtown on the corner of West College Avenue and Fraser Street.

Doo-Wop isn’t done: Meet RamaLama

By Gabby Barone
THE DAILY COLLEGIAN

Doo-wop is a musical genre which forgoes formality. Compared to other styles, it’s markedly loose and relaxed.

RamaLama, State College’s local doo-wop band, was crafted with the same easygoing, flowing spirit back when it got started a few years ago.

Tom Wilson, RamaLama’s founder and booking manager, grew up listening to doo-wop in the ‘50s and ‘60s. Gradually, Wilson, the former mayor of Bellefonte, said doo-wop gave way to The Beatles, The Beach Boys and soon after – to classic rock.

After State College’s earlier doo-wop group —led by Frank Fox of “Vito and The Salutations” doo-wop notoriety— had gradually faded out, Wilson decided one night to bring the genre back to town.



Courtesy of RamaLama

The doo-wop group RamaLama poses wearing matching outfits following one of their performances.

Brown said the first time they came together to practice was “amazing” because of how good they sounded by the end of the night. They had to choose a name to be an official group. And before there was RamaLama, there was “Rama Lama Ding Dong,” the popular doo-wop song released by The Edsels.

“So we thought, ‘Well, maybe RamaLama would say it,’” Wilson said.

Despite what it may appear like on paper, Wilson said that the group is not called “Rama Llama,” though he admitted that many people think so, especially on Facebook.

State College had been missing a doo-wop group, but that didn’t mean it wasn’t ready for one.

Mainly, the group practices once a week at a member’s house. A Capella doo-wop, Wilson said, is rooted in soul music and rhythm and blues. It’s a divergence from the clean, clear-cut sounds of a barbershop quartet, but has the same harmonic melodies.

Examples of doo-wop include “The Lion Sleeps Tonight,” by The Tokens, later

used in “The Lion King,” and “There Goes My Baby,” by The Drifters. Because of doo-wop’s comparative lack of precise-

ness, Brown finds it easier to practice and perform.

“I love the melodies in both genres, but doo-wop is so much easier [because]... you don’t have to be so precise, and you don’t have to have the mouth movement or anything else, you just have to sing.”

During practice sessions, the group figures out what songs they want to perform, how many songs they need and which songs they can perform the best, according to Brown. The band actually doesn’t read music but instead listens to the songs they want to sing and each person finds their individual vocal place.

“It’s great,” McGinnis said. “I love being able to add the extra element that a woman adds and sing some songs they wouldn’t be able to sing without me.”

While most of RamaLama’s audience is often men and women who listened to doo-wop in the ‘50s and ‘60s,

Wilson said that while the group is strolling around spontaneously, other demographics find the music appealing as well.

“We’re not planning to be stars, we’re just local musicians having a great time.”

Tom Wilson
Founder of RamaLama

“The smiles on their faces are like our reward,” Wilson said. “It’s like our pay.”

Often, the group will perform around Centre County and use its proceeds to fundraise on behalf of local community organizations such as the State College and Bellefonte Food Banks and PAWS.

The band is also currently looking for other similar charitable organizations to fundraise for.

In the past, the band has performed at concerts including the Central Pennsylvania Festival of the Arts.

When performing at rest homes, Wilson and Brown have both noticed a palpable

“We were strolling around the town, singing,” Wilson said reminiscing, “and even some of the young people, they’d stop, and they’d look, and they’d get these smiles on their faces, ‘Wow, this was really cool.’”

reaction from the audience, many of whom listened to doo-wop when it was on the radio, or heard the musical groups on TV and radio on “American Bandstand.”

“You’ll see people that come in, they’ll be in wheelchairs, or just sort of non-responsive,” Wilson said, “and a certain song will come on and their heads will come up, and their eyes will get bright and they’ll actually sing along to these songs.”

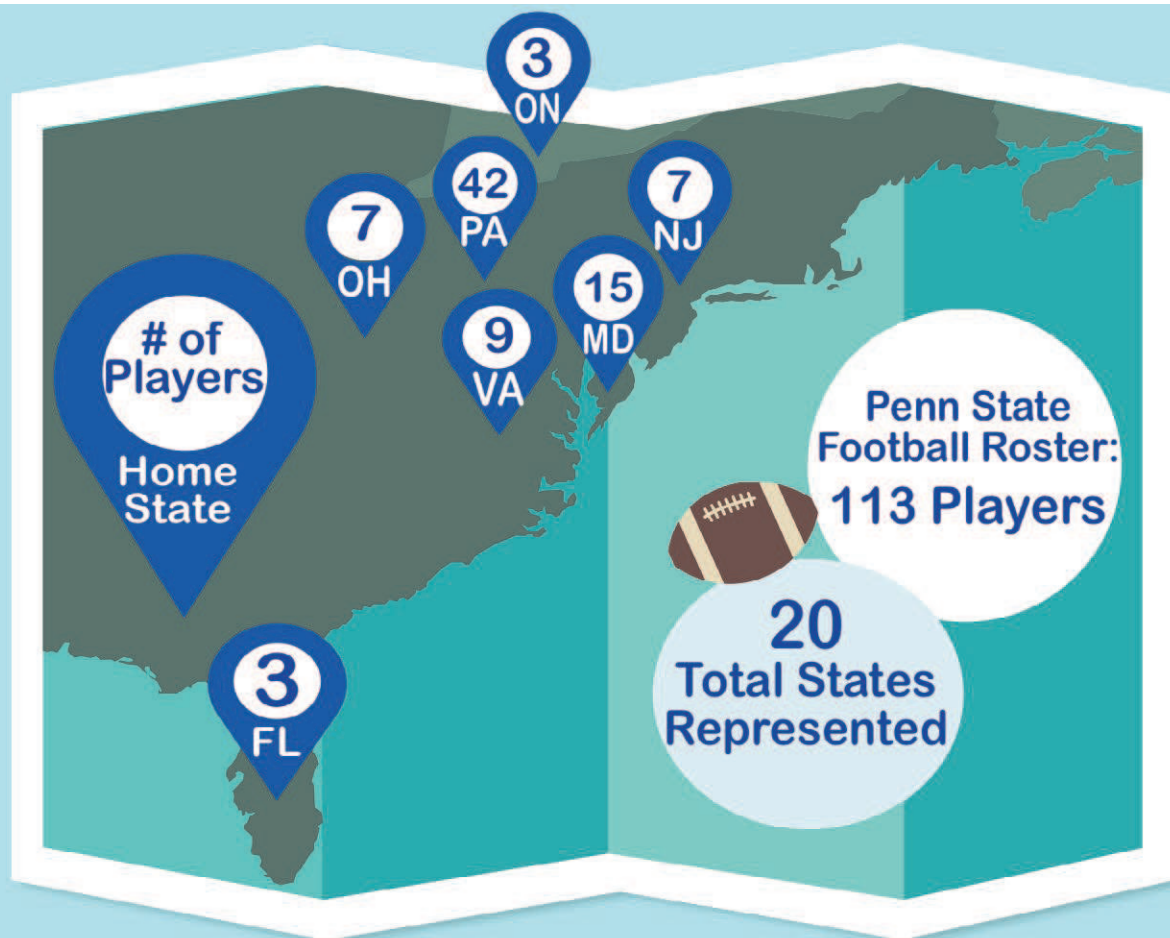
Wilson said performing doo-wop for senior citizens is a “connector.”

“It’s just so cool to sit and watch them and see their faces light up when we play a song that they really love and means something to them,” Brown said.

While most bands are formed with the aim of getting famous, going platinum and becoming rock stars, RamaLama is simply just along for the ride.

“We’re not planning to be stars,” Wilson said. “We’re just local musicians having a great time.”

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FOOTBALL ROSTER SUMMER CENSUS

With full summer workouts just around the corner, here's a breakdown of the roster by the numbers

By Matt Linger
THE DAILY COLLEGIAN

When it comes to college football, there's a bevy of constantly changing information to process. Penn State is no different.

FOOTBALL With just 65 days until Penn State football kicks off the 2018 season at home against Appalachian State, time is running out to get to know the Nittany Lions new-and-old and who will play a part this fall.

For that reason, we broke the most recently released roster down for a comprehensive census of Penn State's summer participants.

Editor's note: Information was taken from the official team roster released Sunday, June 24 and was accurate at time of print.

Demographics

Although it's nearly certain that changes will be made prior to the Nittany Lions' Sept. 1 matchup with Appalachian State, as of Sunday coach James Franklin's roster stood at 113 players.

Those players come from each corner of the United States and beyond.

As far as U.S. states go, Pennsylvania — as expected — leads the way with 42 players. The

next highest total for any state is Maryland with 15, followed by Virginia (9) and New Jersey (7).

Ohio is also home to seven Nittany Lions, including redshirt sophomore Antonio Shelton and redshirt freshman long snapper Chris Stoll. Both grew up in Westerville, Ohio, just 15 miles from Columbus.

In all, 20 states are represented by at least one rostered player, the farthest being California, home of fifth-year linebacker Koa Farmer.

Currently, only three Floridians call Beaver Stadium their home, but with newly-hired running backs coach and Florida native Ja'Juan Seider expected to be involved heavily in future recruiting efforts, that number should rise over the next couple of years.

This year's team will also feature a trio of Canadians in redshirt sophomore defensive end Daniel Joseph, redshirt freshman safety Jonathan Sutherland and freshman linebacker Jesse Luketa. All three hail from Ontario, with the latter two coming from Ottawa.

By the Numbers

With a small army of players, jersey number duplicates are necessary.

In all, 26 jersey numbers are worn by two players, including each single-digit number aside

from No. 1. That fact is not exceptional, especially considering single-digit numbers are usually sought after in most college programs.

What is rare, however, is that No. 19 is not only worn by two players, but by two defensive players in cornerback Trent Gordon and end Torrence Brown. Considering Gordon is a true freshman and Brown is a redshirt senior and three-time letterman, it can be expected Brown will be the only one wearing the number by the time the season rolls around.

No. 26, which was donned by former Penn State phenom and current New York Giants rookie running back Saquon Barkley for the last three years, was recently acquired by Sutherland.

Freshman defensive end-turned-linebacker Micah Parsons has selected No. 11, following in the footsteps of hard-hitting former Penn State and current NFL linebackers Brandon Bell and Navorro Bowman.

Alternatively, 13 numbers are not currently owned by any players. No. 22 was retired in 2013 in honor of John Cappelletti, the program's sole Heisman Trophy winner who led the Nittany Lions to an undefeated season in 1973.

One notable number not occupied on the current roster is

43, most recently worn by linebacker Manny Bowen. Bowen started in nine games before being suspended and ultimately removed from the roster prior to the 2017 Fiesta Bowl.

A recent Instagram post by Bowen has raised speculation he could be back with the Nittany Lions sooner rather than later, a return which may be welcomed judging by several former teammates' encouraging comments on the photo.

If Franklin chooses to reinstate Bowen for his senior season, his old jersey could be waiting for him.

Returning Players

Although James Franklin's team has lost a few notable names on both sides of the ball (see: Saquon Barkley) due to graduation and the NFL draft, the Nittany Lions won't lack experience in 2018.

Penn State returns 41 lettermen (not counting a possible Bowen comeback), eight of which have received the honor three times.

Five of those three-time letter winners play on a defense which loses eight Fiesta Bowl starters and six Big Ten honorees. However, the defense should be bolstered by the expected return of corner John Reid, who missed his entire junior season due to injury after starting each game

and being named an All-Big Ten honorable mention the year before, and the rise of last year's underclassmen role players.

For the most part, the voids left in the defense are up the middle. One of the two open defensive tackle spots will presumably be filled by junior Kevin Givens, who spent time all over the defensive line last year. The other is seemingly up for grabs.

In the defensive backfield, Penn State will have to replace the draftee duo of Troy Apke and Marcus Allen at safety.

The position which raises the most question marks is undoubtedly linebacker. Expect a rotation at the second level, even if Bowen is reinstated.

On the opposite side of the ball, seven starters return. Perhaps the most important of these — besides redshirt senior quarterback Trace McSorley — is the quartet of offensive linemen returning.

With such an experienced group upfront and a quarterback entering his third year as a starter, Penn State should be able to ease the burden of negating the loss of its two most prolific skill players in Barkley and tight end Mike Gesicki.

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

Top contenders for the Heisman Trophy

MY VIEW | TYLER KING

Saquon Barkley may be gone, but there is still a Heisman contender on Penn State's roster.



FOOTBALL

Trace McSorley shared the backfield with Barkley over the last two seasons, but he had to take a backseat in the national spotlight. As the Penn State offense racked up 460 yards per game, it was Barkley, not McSorley, that drew the eyes of fans and opposing defenses.

Now Barkley is a member of the New York Giants and McSorley is ready for one last season in Happy Valley, where he and the rest of the Penn State offense is eager to prove that the train will keep rolling on, even without Barkley.

That isn't to say McSorley has been invisible, however. He is entering his third season as the starting quarterback for one of the most successful programs in college football over the last two seasons.

While he began the 2017 season as a Heisman contender, McSorley didn't really have a chance to garner enough attention alongside Barkley, despite putting up big numbers and improving dramatically in terms of completion percentage.

But entering the 2018 season,

McSorley is the Heisman contender on Penn State's roster.

A lot of talent won't be returning to college football next season, including the likes of Barkley, Baker Mayfield and Josh Rosen. But there are plenty of talented players to watch for when the season gets underway in September.

Let's take a look at some of McSorley's early competition for college football's highest individual honor.

Bryce Love RB Stanford

The lone returning player from the Heisman ceremony is currently the odds-on favorite to hoist the trophy in New York this December.

Love surprised a lot of people by opting to return to Palo Alto for his senior season with the Cardinal. Many thought he was a fringe first round draft pick, but he opted to return and potentially be the top running back selected in the 2019 NFL Draft.

The North Carolina native broke onto the scene during his team's first game of the season against Rice, where he ran for 180 yards on just 13 attempts. His real coming out party came against UCLA when Love dashed for 263 yards during Stanford's 58-34 route of the Bruins.

The biggest thing hurting Love's Heisman chances last year were Stanford's lack of success as a team.

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

Rounding up the Big Ten news

By Thomas Schlarp
THE DAILY COLLEGIAN

Penn State has certainly been busy this summer landing key recruits, making viral videos of a surprise scholarship offer to a veteran player and with a certain former letterman gracing the cover of a magazine in the nude.

FOOTBALL But the Nittany Lions are far from the only team making headlines as the mercury rises.

With nine games scheduled against Big Ten opponents, there have been some summer developments already among the teams on the upcoming Penn State slate.

Here's a breakdown of the five biggest stories around the Big Ten.

New transfer and redshirt rules

The NCAA passed two new rules in the last few weeks, with the biggest impact on Penn State likely being the change to the redshirt process.

Formerly a redshirted player would have had to sit out an entire season, but new legislation now allows for a player to appear in up to four games throughout the season and still retain their redshirt status.

Having the option to play in up to four games will allow younger players to garner some experience without having to burn an entire year of eligibility.

Coaches may be less pressured to play a borderline healthy athlete, knowing that they can go deeper into their bench. A team's bowl game at the end of the year can now also provide a little experimentation and evaluation of what young talent a team may have to look forward to in the following season.

The new transfer rule states that athletes no longer have to ask coaches for permission to transfer from the program. Previously athletes were required to gain permission from their school to contact another school.

The new rule does, however, allow for conferences to enact slightly stricter transfer restrictions such as potentially blocking in-conference transfers.

Hunter Johnson to Northwestern

Speaking of transfers, Northwestern landed perhaps the biggest transfer of the year in former Clemson quarterback Hunter Johnson.

Johnson was the No. 1 rated quarterback in the Class of 2017 by ESPN.

The Indiana native will have to sit out the 2018 season per NCAA transfer rules, but will have three years of eligibility remaining beginning in 2019.

Last season Johnson played in four games for the Tigers, completing 77.8 percent of his passes and throwing for 234 yards and a pair of touchdowns.

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

Manny Bowen could be the missing link

MY VIEW | PATRICK BURNS

It appeared as if Manny Bowen’s tumultuous Penn State career had come to an end back in January, but a cryptic Instagram post has fans wondering. As of Wednesday afternoon, Bowen’s status is still up in the air.

The Barnegat, New Jersey, native was on campus for the entire spring semester and is still enrolled at Penn State, according to the university’s student directory. Rumors that Bowen could rejoin the Nittany Lions have been swirling for far longer than just the past week, too.

However, Penn State hasn’t come forward with an official statement, Bowen was nowhere to be found on the Nittany Lions’ latest roster update this past Sunday and the team currently sits exactly at the maximum of 85 scholarships.

That means he’d either have to walk back onto the team or a current scholarship player would have to transfer out.

Like Bowen’s status going forward, Penn State’s linebacker

Once kicked off for violating team rules, Bowen could be exactly what the Nittany Lions’ defense needs

group faces plenty of uncertainty and it’s hard to ignore the gaping hole in the middle of Brent Pry’s defense.

Whoever starts at the MIKE position this upcoming season will do so not having played the position at much length at the collegiate level, or in Micah Parsons’ case, ever before.

While Parsons and fellow freshmen Ellis Brooks and Jesse Luketa are bound to contribute in a massive way down the line and have impressed this spring, experience and leadership are perhaps the two most important positions at the MIKE position.

Koa Farmer and Cam Brown certainly possess the experience



Collegian file photo

Manny Bowen (43) assists Robert Windsor (54) in a tackle against Ohio State at Beaver Stadium during the White Out game on Oct. 27, 2016.



Caitlin Lee/Collegian

Bowen (43) celebrates during a game against Michigan at Beaver Stadium on Saturday, Oct. 21, 2017. Penn State defeated Michigan 42-13.

that the aforementioned freshmen don’t, but each are at their best on the outside.

Redshirt junior Jarvis Miller will also contribute this season but is still relatively new to the position and like Farmer and Brown, is more suited to play on the outside.

Enter (or re-enter, for that matter) Bowen: who is by far the best candidate to replace Jason Cabinda as the general of Pry’s defense.

While Bowen’s past troubles shouldn’t be ignored, neither should his success on the football field.

I thought he was the blue and white’s top linebacker last season, and with some transition on the defensive line and at safety, his veteran presence is needed in a year in which Penn State

hopes to compete for a Big Ten and perhaps even a national title.

There’s no doubt that Penn State would benefit the most from Bowen’s presence this upcoming season, but it could provide a boost in the future as well.

Parsons is as dynamic of a defensive talent as Penn State has ever seen, but based off of James Franklin’s comments at the end of the spring, it sounds like the former five-star recruit would be best suited to wreak havoc at the SAM or WILL position, or even at defensive end as a freshman.

This is a luxury that Franklin probably wouldn’t have without the potential addition of Bowen, who could help ease Parsons, Brooks and Luketa into their respective positions.

It’s mostly unknown what exactly Bowen did to lose his place on the team, and it’s possible that he’s burned one too many bridges with the Nittany Lions to make a comeback.

But, based off of the comments on his latest Instagram post, it’s rather evident his former teammates would gladly welcome him back onto the team.

He’ll have to earn back his place but if he does, there’s no reason he shouldn’t be leading Pry’s defense onto the field on Sept. 1 at Beaver Stadium.

And if he does, there’s no denying that Penn State will be better off for it.

To email reporter: pab5404@psu.edu. Follow him on Twitter at [@PatrickBurns_](https://twitter.com/PatrickBurns_).



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LEGAL NOTICES

THE ROBY HOUSE Alumni Foundation Inc. successfully filed its Articles of Incorporation in the state of Pennsylvania as of February 2018.

VOLUNTEERS

INDIVIDUALS WITH DEPRESSION Between 30-65yo Needed for Paid MRI Research Study. Depression ongoing. No metal in body (titanium ok). Contact: depression.imaging.study@gmail.com

PAID MRI RESEARCH Opportunity for Individuals with multiple sclerosis (MS) between 18-65yo. No history of depression. Able to undergo MRI. Contact: depression.imaging.study@gmail.com

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Crossword

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Across

- 1 Nuclear energy source
- 5 Untidy one
- 9 Massage target
- 13 Stellar phenomenon
- 14 Attached, in a way
- 16 Like show horses
- 17 Conducted business
- 19 Queen’s residence
- 20 Point of view
- 21 Neuter
- 23 Rooster’s mate
- 24 Heart of the matter
- 26 A good look
- 28 Suggestions
- 31 Put two and two together
- 33 Actress Carrere
- 34 “Buona ____” (Italian greeting)
- 35 One in a suit
- 36 Gave at church
- 39 It follows April in Paris
- 40 Some bargains
- 42 Roswell sighting
- 43 Catch phrase
- 45 First lady
- 46 Makes lace
- 47 “Arabian Nights” menace
- 48 Verdi’s “____ tu”
- 49 Sheriff’s group
- 50 Less of a mess
- 52 Sinister look
- 54 Track action
- 55 Reid of “American Pie”
- 57 Pub orders
- 60 Retreat
- 62 Tympan
- 65 Like some salts
- 66 Spot

Down

- 1 Certain colonist
- 2 Rocky peaks
- 3 Like an oxeye window
- 4 Capital of Nicaragua
- 5 Sports figures
- 6 Varnish ingredient
- 7 Chooses
- 8 Tooted
- 9 Cigarette’s end
- 10 Toy dogs
- 11 Shack
- 12 Paradise lost
- 15 W.W. II turning point
- 18 Foul mood
- 22 Legendary creatures of the Himalayas
- 25 Mexican snack
- 27 Strong and healthy
- 28 Schools of thought
- 29 “Hud” Oscar winner
- 30 Front burner items
- 32 Postpone
- 35 Barley bristle
- 36 Three (It.)
- 37 Small amphibians
- 38 Medicinal amount
- 40 Implied
- 41 Like Darth Vader
- 44 Pantheon member
- 46 Bullfighters
- 48 Typos
- 49 Llama land
- 50 Poke fun at
- 51 Vittles
- 53 Key material
- 54 Spill the beans
- 56 Chinese nurse
- 58 Big tippler
- 59 Social rebuff
- 61 Rodent
- 63 Life story, in brief
- 64 Pothook shape

Bigar’s Stars

By JACQUELINE BIGAR

Thursday, June 28, 2018

www.jacquelinebigar.com

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ARIES (March 21-April 19)
★★★★ Situations could be explosive, which only adds to the pressure of the moment. A close associate or friend tries to talk you into seeing the rightness of his or her approach and actions. You might agree with this person at first, just to keep the peace. Tonight: Out strutting your stuff.
TAURUS (April 20-May 20)
★★★★ You step up to the plate and meet any challenge that heads your way. You could be touchier than you realize. Communication of all sorts seems to be activated and directed at you. Know that you will need to be selective about your choices. Tonight: Get tickets to a concert.
GEMINI (May 21-June 20)
★★★★ Your sense of what is possible might be off. A partner could be making a situation more complicated than it needs to be. You have the energy and wherewithal to accomplish what is necessary. Don’t push yourself too hard. Tonight: Use your imagination with a partner.
CANCER (June 21-July 22)
★★★★ Moonchild, you experience a lot of moods when the Moon is full. This Full Moon, you are favored, especially within a relationship. Do not push too hard to achieve your goals. You might be surprised by how quickly others come forward when you pull back. Tonight: In the moment.

LEO (July 23-Aug. 22)
★★★★ Much is going on behind the scenes. You might be ready to share what you know, but you will need to enhance your knowledge first. Your attitude reflects your desire to not let a discussion go too far. Your home could be the center of attention. Tonight: Do a juggling act.
VIRGO (Aug. 23-Sept. 22)
★★★★ Speak your mind, and others will be delighted by what they hear. You could see a lot of waffling between you and another person as far as how you should approach a situation. Examine what it would be best to do under the present circumstances. Tonight: Out and about.
LIBRA (Sept. 23-Oct. 22)
★★★★ When your stress levels get high, you could become quite reactive. As a result, others become emotional. Attempt to cut this behavior and stay more mellow. Others will calm down, and their actions will be more reasonable. Tonight: Spend some extra time at home.
SCORPIO (Oct. 23-Nov. 21)
★★★★ Your optimism comes through, no matter what is happening with others. Your positive attitude sifts through any confusion, negativity and other such issues. Open up to new ideas if old ones do not work. You could be more of a role model than you realize. Tonight: With friends.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★ You could be too tired to continue as you have been. You know what is necessary, yet you still might wonder what it would be best to do. You experience uproar around your finances, especially when dealing with another person. Tonight: Know and understand your limits.
CAPRICORN (Dec. 22-Jan. 19)
★★★★ You waffle back and forth about a specific relationship, as well as other interactions. You could be confused about the best way to proceed. Emphasize friendship, and you will see much of the uproar die. Remain positive, but don’t be naive. Tonight: Be where your friends are.
AQUARIUS (Jan. 20-Feb. 18)
★★★★ You sense that a lot is going on behind the scenes, yet you can’t seem to verify your hunch. Go off and let go of your intuitive feelings for now. You will discover a better way of dealing with this implied knowledge when events bring the situation into clarity. Tonight: Say “yes.”
PISCES (Feb. 19-March 20)
★★★★ Perhaps you have been in a situation where you are juggling different facets of your social life. It appears that a new friend wants to learn more about your life and the people who are a part of it. Your intuition points to a new path yet to be discovered. Tonight: Follow the music.

BORN TODAY

Actor John Cusack (1966), comedian Gilda Radner (1946), SpaceX CEO Elon Musk (1971)

YOUR BIRTHDAY MESSAGE:

This year you open up to fast changes. Do not fight the inevitable. Relate directly to others, and avoid hearsay if possible.

If you are single, you could meet someone who makes your heart skip a beat. Romance marks your year.

If you are attached, the two of you will need to be more relaxed with each other. This attitude will only bring you closer.

CAPRICORN has similar issues to yours, but nearly always has opposing solutions.

WORD SEARCH

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New Orleans

Bayou
Beads
Beignets
Big Easy
Bourbon Street
Cajun
Crawfish
Creole
French Quarter
Gumbo
Jambalaya
Jazz
Katrina
Levees
Louisiana
Mardi Gras
New Orleans
Parade
Parish
Po Boys
Pralines
Riverboat
Saints
Streetscars
Superdome
Swamp
Voodoo

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

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Four Easy Meals

for the college student
who can hardly work a stove

By Lauren Fox
THE DAILY COLLEGIAN

For many sophomores and juniors moving off campus and into apartments for the first time, cooking is a foreign experience. Making one's own meals can also be a new concept for incoming freshmen.

Here are four easy meals that can help you jump into the world of cooking.

1. Egg on Avocado Toast

Ingredients:

- ½ of an avocado
- 1 piece of bread
- 1 egg
- Crushed red pepper to taste
- Pepper

Instructions:

Smash the avocado in the bowl until it is a smooth consistency.

Add in as much of the crushed red pepper as you want, and then mix it throughout the avocado.

Set aside. Put your bread in the toaster and set it to the toast setting of your choice. While it toasts, crack an egg onto a frying pan and let cook at a low heat. Continue to let it cook until the egg whites are solidified and the yolk is still runny.

Sprinkle a little bit of pepper onto the egg. Take the bread out of the toaster when it is your desired level of toasted, and spread the avocado on top. Carefully slide the egg from the frying pan to the toast so the yolk does not crack, and enjoy.

2. Ramen Soup

Ingredients:

- 1 pack of ramen with any flavor packet
- 1 egg
- 1 ½ cups of sliced mushrooms
- 1 cup sliced carrots
- Garlic powder to taste
- Chives

Instructions:

Boil two cups of water, then add the ramen noodles. Let it cook until the noodles are softened, but not completely done as you will need to put it back on the stove top for a few more minutes later.

Take it off the stove top and add the flavor packet, allowing it to dissolve completely. At this time, you can also add garlic powder to give it more flavor.

Add carrots, mushrooms and chives to the soup and put it back on the stove top, bringing it to a simmer rather than a boil. While the vegetables cook, scramble an egg and slowly drizzle it into the soup.

Make sure to stir the egg into the soup very well so it is evenly dispersed and cooks evenly. Take it off the stove top once the egg is completely cooked and the soup is ready to serve.

3. Minute rice fried rice

Ingredients:

- 1 egg
- Vegetable oil
- Sesame oil
- 1 bag of steam fresh rice with vegetables
- 1 teaspoon garlic powder
- ½ teaspoon ginger
- 2/8 teaspoon Chinese 5 spice powder
- About ½ cup soy sauce

Instructions:

Put the rice in the microwave and follow cooking instructions on the bag. While you wait, coat a large frying pan with two parts vegetable oil, one part sesame oil and swirl it around to mix.

Scramble the egg and cook it on the frying pan on a low heat. Once the rice is done, add it to the frying pan and mix it so the egg is even dispersed throughout the rice.

You can now bring the temperature on the stove up to a medium heat. Add half of the ¼ cup soy sauce and stir it around to evenly coat the rice. Now you can add the garlic powder, ginger and Chinese 5 spice powder.

Mix it all evenly, and add the rest of the soy sauce.

Do a taste test to make sure it does not need any more of one ingredient. Take the fried rice off the heat and it is ready to serve.

4. Naan Pizza

Ingredients:

- 1 piece of Naan bread
- Spoonful of olive oil
- Half a spoonful of minced garlic
- One pre-sliced stick of mozzarella
- ½ of a tomato
- Oregano
- Any other toppings of choice (I use spinach and mushrooms)

Instructions:

Spread a spoonful of olive oil onto the Naan bread, then add half a spoonful of minced garlic. Make sure it is spread evenly throughout the bread and there are no large buildups of garlic.

Take slices of the mozzarella and place them all over the pizza. Add slices of tomatoes and other toppings in between the mozzarella or where the pizza looks empty.

Put in the oven at 400 degrees. Since the bread has already been baked, you only need to keep it in the oven long enough for the cheese to melt and the toppings to cook. This should only take between six to 10 minutes, depending on your toppings.

Once taken out of the oven, sprinkle some oregano on top to finish it up.



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



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Incorporation in
the state of
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February 2018.