

DAILY COLLEGIAN

Vol. 119, No. 45

Feb. 25-27, 2019

collegian.psu.edu

NEDA aims to raise eating disorder awareness

By Jordan Corley
THE DAILY COLLEGIAN

The term “eating disorder” is defined by the American Psychiatric Association as an illness in which a person experiences a significant disturbance in their eating habits and is consumed by thoughts of food and body.

But those who have an eating disorder, as well as the National Eating Disorders Association, know the illness is more than just a significant disturbance, and are working to spread awareness about just how much living with one could impact someone’s life.

National Eating Disorders Awareness Week is an annual, international event created by the NEDA to spread this awareness and work to end the stigma surrounding them.

This year, the week will occur from Feb. 25 to March 3. The theme is “Come as You Are,” which highlights “NEDA’s movement toward inclusivity in the greater eating disorder community and [its] goal of unifying the field of eating disorders,” according to the NEDA website.

The goal this year is to create an atmosphere where everyone feels welcome to share their story — no matter what their body type, body image or relationship with food is.

“I always like to say that it’s not really about the food,” Katelyn Quick, a registered dietitian and part of Penn State Health Promotion and Wellness, said. “It’s really that the food is the coping mechanism for some issue that’s unresolved in that person’s life.”

Macy Eleni, an eating disorder recovery advocate on social media platforms and YouTube, said

she does not believe in the medical definition of an eating disorder because every person experiences an eating disorder differently.

“I think there’s a lot of definitions for [an eating disorder],” Eleni said, “but I think that those definitions are also the problem when it comes to what eating disorders are.”

Eleni said the weight standard associated with anorexia nervosa prevents many individuals who are considered a healthy weight, or even overweight on a BMI chart, from receiving help. According to the diagnosis qualifications provided by the DSM-5 manual and the opinions of some doctors, the person cannot have an eating disorder unless medically underweight.

Eleni said she believes if someone sees they are not “sick enough” according to the medical diagnosis, they may believe they don’t need help.

The belief that eating disorders are solely about food is a common misconception had by the general public and an instigator of the stigma that surrounds the illness, Quick said.

According to NEDA, eating disorders are a complicated mental illness with multiple components extending beyond the aspect of food in one’s daily life. Eating disorders can also present themselves in different ways — including but not limited to anorexia nervosa, body dysmorphic disorder, bulimia nervosa and binge eating disorder.

Pinpointing the exact cause of an eating disorder is also complicated. Research indicates strong genetic and environmental risk factors

that make an individual more susceptible to the development of an eating disorder.

“There is not a single cause for these disorders,” Brian Crosby, associate professor of psychology, said. “They stem from a range of factors including genetics, neurobiological factors, sociocultural factors related to ideals about body weight, size and beauty, family factors, cognitive and personality factors, etcetera.”

Eating disorders can affect people of any age, sex, gender, race, ethnicity and socioeconomic group, according to NEDA.

“The first time I ever remember understanding that I could control what I put in my body was probably about when I was five or six,” Eleni said.

Around 11-years-old, Eleni said her restriction tendencies worsened. At 16 years old, Eleni went into eating disorder treatment. She said she was forced into treatment by her mother and doctors. Although she hated it at the time, she is very grateful to them now.

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Drawn to life: Chip Mock’s caricatures

By Gabrielle Barone
THE DAILY COLLEGIAN

Chip Mock began drawing in junior high school. Centre County’s local caricature artist wasn’t drawing caricatures, however: He spent time in study hall drawing his teachers, trying to get their likenesses.

In June, the artist will celebrate 40 years of drawing caricatures at events.

But his real interest in caricature drawing started in an unusual place.

When he was young, growing up in Johnstown, Pennsylvania, his family went to church on Sundays. Standing outside the church, waiting for people to come out, was a man selling newspapers at a kiosk. Mock’s family would buy a copy, which contained a TV guide section with upcoming listings.

On the cover of the TV guide, drawn by artist John Johns, were caricatures of famous television celebrities like Lucille Ball and Bob Newhart. Mock thought it was the “coolest thing” that Johns drew in color, while television was still black and white. Eventually, he started reading Mad Magazine — a publication famous for its caricatures and drawings.

“And I’m like, ‘This is something that’s pretty cool,’” Mock said.

At Greater Johnstown Area Vocational Technical High School, he played trumpet in the county band. He also began to earn money for his artistic talent by making silk-screening T-shirts and painting signs in his parent’s basement, often for the band students.

His high school art teacher, Paul Whinnie, had gone to the Art Institute of Pittsburgh and thought it was a great place, so Mock applied there and was accepted. As a visual communications major, he had an intensive workload creating everything by hand and without the help of computers. However, the four hours a day he spent creating art during high school had prepared him for it.

What he wanted to explore further was caricatures, and the same man who’d inspired him as a child was now the same man offering caricature workshops.

John Johns was then the President Emeritus of the Art Institute, and offered caricature drawing workshops to students. At the



Briana San Diego/Collegian

Chip Mock, of State College, draws free caricatures at the Bryce Jordan Center on Sunday, Feb. 2.

end of the workshop, if they did well enough, students would have the opportunity to participate in the Three Rivers Arts Festival, where they, along with Johns, would do live caricature-drawing for festival-goers. Mock, then a college freshman, had already been interested in exploring caricatures, and wanted to get into the Festival, so he took the workshop.

Johns would wear a Hawaiian shirt to events, and bring a backpack with a microphone on it, Mock said, in order to talk to people as he was drawing their caricatures. From this, Mock learned to talk more when drawing — but also about his own ability to draw at live events.

“At the arts festival, anytime he was out there drawing, I’d make sure I was drawing near him,” Mock said. “A lot of artists, they didn’t want to be near him because he was getting all the good business and all that, but I wanted to see if I can keep up with him. I could keep up with him.”

The Art Institute was good about giving students practical experience, Mock said. They would give tours where people could come in and watch the students draw, or send them to festivals. During the Festivals,

each student would have a line of people waiting to have their caricatures drawn. Soon after, people began calling him, asking him to draw at birthday parties, wedding receptions and company picnics.

After graduating in 1981, Mock moved to State College to take a job with Barash Advertising, a local media company founded by Mimi Barash Copper-smith.

When he got to State College, he was interested in the Central Pennsylvania Festival of the Arts. By 1982, Mock was drawing there, and people were calling again to hire him for other events.

How to draw a caricature

Today, Mock still does graphic design and advertising through his business, Mock Creations. He mainly does print work, drawing by hand, and works with health-care companies.

For Mock, each caricature drawing begins with the nose, which serves as the “center of the caricature universe.” From there, he’ll work outward, usually to the mouth or eyes. He’d been taught to draw the shape of the face—the hairline, the neck, the shoulders — and then to draw in the details, but found he had more room to exaggerate if he

worked outward from the center of the face.

Having drawn “hundreds of thousands” of caricatures over the years, Mock is able to envision the piece as soon as someone sits down to have their picture drawn.

“I know what I need to do to make it look like you and I know what I’m gonna exaggerate and still make it look like you,” Mock said. “My goal is to make it look more like you than you look like you.”

Mock estimated it takes one to two minutes for him to draw a caricature. Occasionally, he’ll branch out and draw pets if someone requests that their pets be included. No matter what caricatures he’s drawing, it’s always with a permanent marker on an 18x24 piece of paper — so he can draw groups and exaggerate more.

“I’ve had the pleasure of doing caricatures on cruise ships, so I’ve drawn on cruises to Bermuda and the Mediterranean, so I’ve gotten to draw literally all over the world. The Mediterranean cruise was Italy, the Greek islands and Istanbul, Turkey so you know, who would have ever thought this would get me to Istanbul, Turkey?” Mock said.

Caricatures around Pennsylvania

Mock has also done caricatures at events all over Central Pennsylvania, at Penn State and off campus. He’s drawn at the Central Pennsylvania Festival of the Arts, the Pennsylvania State Laurel Festival, Uncork the Alleghenies and regularly draws at after-prom events held by the local high schools. He also draws at many Penn State events, where his caricatures are free.

Molly Nulty, the assistant director of Welcome Programs in Penn State’s Student Transition and Orientation Programs, has had Mock draw at campus events like Late Night, Pollock Party, Nittany Block Party and Rock the Ice, where his caricatures have proved popular.

“Chip consistently has a line of students waiting to have their caricatures drawn during our events — some of which are three or four hours long,” Nulty said via email.

Nulty believes Mock’s caricatures can help to ease some of the nerves students might feel when they transition to a new place, especially a large university.

“It’s always great to see how quickly one of Chip’s drawings can help a group of students bond with each other, and I think that is a big part of what makes him so talented,” Nulty said.

That, Nulty said, is one of the reasons they invite him back each semester. “Additionally, I appreciate that students are able to walk away from the events at which Chip is present with their caricatures. It’s a...nice way for them to have a memento from one of their first few days on campus.”

Similarly, Marce Pancio, assistant director of Residence Life at Pollock Halls, has had the opportunity to work with Mock at Pollock Palooza events.

“He is great to work with and does amazing work — the students love it every year,” Pancio said via email.

Even when she isn’t working with him, “I always see Chip’s smiling face outside of the University working — football, [Central Pennsylvania Festival of the Arts], [G]range Fair, and Memorial [D]ay in Boalsburg,” Pancio said.

See **CARICATURES**, Page 6.



James Leavy/Collegian

A student strikes a pose during the swimsuit portion of the Essence of the Isle event on Saturday, Feb. 23. The event was hosted by the Caribbean Student Association.



James Leavy/Collegian

Penn State students supporting fellow students at the Essence of the Isle, during the fashion show on Saturday, Feb. 23. The event was hosted by the Caribbean Student Association.



James Leavy/Collegian

A student performs at the Essence of the Isle event on Saturday, Feb. 23. The event was hosted by the Caribbean Student Association.

Tour guides face winter challenges

By Cayley Urenko
THE DAILY COLLEGIAN

Central Pennsylvania gets hit hard every winter with snowy, cold weather, which has worked out for Penn State students with recent class cancellations — but not so much for student recruitment organizations on campus.

Penn State has canceled seven days of classes because of winter weather so far this academic year, causing campus tours for transferring and prospective students to be canceled, as well.

Lion Ambassadors, Lion Scouts and S.M.A.R.T. (the Student Minority Advisory and Recruitment Team) are all organizations responsible for hosting tours around the University Park campus.

TaKhari Thompson, secretary of S.M.A.R.T., said that S.M.A.R.T. gives more private tours than general tours to high schools or church groups.

“[Tour groups] will request a day and will request that S.M.A.R.T. tour guides specifically give a tour,” Thompson (junior-geography) said. “Then we come in and there’s a snowstorm, if the university isn’t open then we can’t give them a tour.”

Thompson said this sets the tour groups back, so prospective students may not get another opportunity to visit Penn State.

“As long as the university is open, we will tour in anything — rain, sleet and snow,” Thompson said.

Thompson said the university supplies resources for students to be warm and comfortable in the uncontrollable weather conditions, like warm jackets, hand warmers and foot warmers.

“The hardest part [about giving tours] is trying to keep the morale of the tour group up because no one wants to tour in inclement weather, but at the same time, they drove all the way to State College, they’re not about to turn around and miss their tour,” Thompson said.

Tara Bunce, director of communications of Lion Ambassadors, said because of the required uniforms Lion Ambassadors must wear, they are a bit limited when it comes to dressing warmly, but they have learned to “pow-



Ken Kalbach/Collegian

Students walk from class in the frigid cold weather in front of Old Main on Wednesday, Jan. 30.

er through” the winter weather.

“It might be a bad day, but it could be a day for someone to fall in love with Penn State, too,” Bunce (senior-advertising and new media art) said.

President of Lion Ambassadors, Nick Pazuchanics, said he still had a memorable experience when he toured Penn State in a blizzard and remembers how excited his tour guides were, despite the bad weather.

“Seeing students walking around through the blizzard indicated that [Penn State] has the pride that powers everyone to do the things they’re supposed to be doing,” Pazuchanics (senior-labor and employment relations) said. “The ability to influence someone’s decision to come to Penn State supersedes going through and snow and ice.”

“There are a couple of times [on tours] when you get to pop inside too, which is always nice. There are places you can go to get a break from the snow,” Pazuchanics said. “But then you

have to talk over everyone’s sneaky shoes as they’re walking through the hallways.”

As president, he said he’s impressed watching the tour guides go through the wintery weather.

“Yes, they complain, and we all do sometimes, but people are still willing to go out there and I think that speaks to the quality of the organization,” Pazuchanics said.

Bunce said she tries to use sarcasm and humor during inclement tours, and has received many compliments from families and alumni who appreciate her trying to make the best out of an unideal experience.

“If you see tour guides that are willing to go through the snow, rain, whatever it may be to show you their school, that’s really cool,” Bunce said. “That says a lot about the university itself.”

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NEDA

FROM Page 1.

“I was at that point in life that I feel like a lot of people go through where I didn’t want to be there, I didn’t care to be there,” Eleni said. “I completely wasted all of those resources that my mom provided me, but I just couldn’t see it.”

After leaving treatment, Eleni said she continued to survive in life, yet that did not translate to recovery or happiness. Eleni said she took her first step toward real recovery after moving to Los Angeles with her boyfriend following college. She was working in the fashion industry and creating fashion-related content for her YouTube channel, when she mentally broke down one day.

Eleni recorded herself talking about her eating disorder and the prospects of recovery, something she never really considered herself able to do. She posted the video and has been making recovery content ever since.

Currently, Eleni said she is in a good place in her recovery and believes her videos help others in their own journeys.

“I feel like because I feel okay to share, that it’s kind of like my duty to do so because there are so many people that aren’t [comfortable sharing],” Eleni said.

In Crosby’s abnormal psychology class, he said he teaches students about the diagnostic criteria of an eating disorder, treatment options, prevalence and progression of the disorder, and the effect an eating disorder can have on physical health.

Crosby said he aims to clarify the specifics of the different types of eating disorders in order to help combat the stigmas surrounding them.

The biggest misconception Crosby hears is that binge-eating and purging are exclusive to bulimia nervosa. However, individuals with anorexia nervosa may also engage in these behaviors.

When lecturing about these disorders, Crosby said he is aware students in class may have an eating disorder.

“I don’t believe that talking about the diagnosis and

treatment of eating disorders is offensive,” Crosby said. “I do, however, exercise caution when sharing any photographs or videos related to these disorders.”

Crosby said he has had students voice their concern after viewing visual material in class, which prompted Crosby to accommodate his lecture material. Students have also shared their experiences with eating disorders with him.

“It is a big step for someone to share this information,” Crosby said, “but I appreciate the insight that I can gain about eating disorders from these discussions.”

This year, Crosby said his lectures on eating disorders align with NEDAwareness Week. He will discuss with his students some of the activities available to students throughout the week.

In honor of NEDAwareness Week, author and speaker Jes Baker will speak, and The Body Monologues and student activities will take place in the HUB-Robeson Center throughout the week. To celebrate body positivity, special FitWell classes such as power remix and yoga will be available to students in the Intramural Building.

For students with an eating disorder or disordered eating habits, Penn State offers the program Healthy Eating and Living Support (HEALS) to help students begin the process of recovery.

Through HEALS, students have access to medical treatment, nutritional treatment, individual counseling and group therapy.

Nutritional treatment is provided through the Nutrition Clinic and counseling is provided through Penn State’s Counseling and Psychological Services.

The biggest piece of advice Eleni would offer to college students with an eating disorder is to talk to someone about the disorder.

“You need to be completely honest with yourself and tell someone, anyone that you feel you can trust and just tell them,” Eleni said. “Tell them every thought that you think you’re not supposed to say out loud.”

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Flag protests are not anti-American

Revisionist history can cause a lot of problems.

It allows people to disregard facts and paint a false narrative of events, furthering whatever cause suits them.

Take for example, the Civil War — which some seem to paint as “the War of Northern Aggression” and make it seem as though the Confederacy, which seceded from the United States and owned slaves, was somehow maligned throughout history.

Even former White House Chief of Staff John Kelly, who is a retired Marine Corps general said that the war was largely about an inability to compromise and that there were good people on both sides... as if there’s a compromise to be found between owning other humans and not.

But too many hate groups, especially in the South, are eager to rewrite history and set this country back to the times of Jim Crow and segregation, and a disturbing number of people are willing to pay tribute to and idolize Confederate monuments.

As a result of this idolatry and reverence for a bygone era, eight basketball players at the University of Mississippi, collo-

OUR VIEW

Ole Miss basketball players boldly highlight that anthem protests are not unpatriotic

quially known as “Ole Miss,” knelt for the national anthem before the team’s game against Georgia in response to a pro-Confederate rally happening both on campus and throughout Oxford, Mississippi.

The other interesting aspect is that Ole Miss’s nickname is the Rebels, which promotes the “Lost Cause” mentality that many pro-Confederate apologists love to adopt.

But beyond all of that, these athletes should be commended for taking such a big risk in such a hostile part of the south to speak out against the racism and bigotry that was seeping into their campus.

That’s not to say there’s no racism and bigotry at universities in the north.

However, slavery wasn’t an integral part of their culture and was widely held to be

deplorable, and this protest by these players is them recognizing the history of the south and saying they will not tolerate its repetition nor any grip the Confederacy may still hold in this country.

These players will likely quickly be derided for choosing this as their preferred protest method even despite one of the players, Breein Tyree, taking to Twitter to clarify that this protest has nothing to do with troops having served in the U.S. Military.

That should say something about where we are as a country that a tweet like that had to be clarified.

The white head coach Kermit Davis even explicitly said: “This was all about the hate groups that came to our community to try to spread racism and bigotry.”

And yet, his players will still be portrayed by some as anti-American, anti-troops anti-whatever other smear people will choose to throw at them all for exercising their First Amendment rights.

Maybe they’re the real Americans for realizing that the flag represents America in its totality and that includes the good parts and the bad, uncomfortable, regrettable parts of this country’s complex history.

In his privileged position as a white man in a part of the country where white supremacy is still present, Davis’ show of support is incredibly important.

Davis had previously said his teams would stand for the anthem and respect the flag, and he seems to now be of the opinion that it’s respectable to take action through kneeling to protest injustice without hating

America.

The south has a long way to go toward repairing its past and doing right by the communities of color that live there.

Former Mayor of New Orleans Mitch Landrieu, a white man, recognized this and said in a Guardian article: “You may have the law on your side, but if someone else controls the money, the machines or the hardware you need to make your new law work, you are screwed. This is the difference between de jure and de facto discrimination in today’s world.”

That’s a white mayor from one of the south’s largest and most important cities talking about the pushback he received when he tried to take down pro-Confederate monuments and also details obstacles still faced by people of color today.

So let’s all take a page from Kirby Davis’ and Mitch Landrieu’s books and develop the capacity for empathy, an ability to let circumstance and reason change your mind, and to realize that racism and bigotry are just as present now as they ever have been.

MY VIEW | Mike Fortugno

Machado’s contract won’t be worth it for the Padres

Last week, my phone began to buzz as a flood of GroupMe messages, texts, and push notifications took up my screen.

The common denominator behind it all was that Manny Machado, Major League Baseball’s crown jewel of the free agency season, had finally signed... with the San Diego Padres.

Yes the 96 loss Padres, who haven’t qualified for the post-season since 2006 and whose annual payroll has never exceeded the \$100 million mark until this upcoming year (\$110 million), handed the 26-year old Machado a contract valued at \$300 million dollars over 10 years.

The contact is the largest free-agent contract in the history of baseball (and American sports), topping Alex Rodriguez’s 2007 offseason deal with the Yankees for \$275 million over 10 years.

Only Giancarlo Stanton’s 13-year extension with the Miami Marlins for \$325 million in 2014 has ever guaranteed a player more money.

The question now is: Will he be worth it?

Is it really worth it to pay a baseball player, whose affect on the outcome of a game comes from maybe three or four at bats and plays in the field, \$30 million dollars per year into his 30s?

I would say the answer to this is a resounding, no — but then again, what do I know?

However, I would be remiss if I did not dig into the recent history of teams offering similar contracts and their value.

Machado now tops the list of 10 richest contracts in baseball history, but in professional sports we value a player and a

contract’s worth based on production – and what I mean by production are championships.

Of this list, which includes players like Albert Pujols, Prince Fielder and A-Rod twice; just three of the contracts resulted in a World Series trophy.

These contacts include A-Rod’s aforementioned deal with the Yankees, David Price’s 7 year \$217 million deal with the Boston Red Sox before the 2016 season, and Jason Heyward’s 8 year \$184 million deal with the Chicago Cubs before the 2016 season.

The common theme in each of these deals that seemingly paid off is that all three of these players were joining a team (A-Rod resigned with the Yankees after opting out of his previous deal) already in contention for title that just needed a little help.

A-Rod rejoined a 2007 Yankees team that won 94 games and lost in the ALDS, Heyward signed onto join a Cubs team that won 97 games and lost in the NLCS, and even the sub-.500 Red Sox of 2015 were just two years removed from a World Series championship.

It should also be noted that for each of those players, a championship was won within the first three years of the contract.

The Yankees won their title with Rodriguez in 2009, the Cubs with Heyward in the first year of their 2016 deal, and the Red Sox just this past year in 2018.

What we should also note is that aside from those championship performances, each of the three players have pretty much not lived up to their contracts.

A-Rod’s 10-year deal produced just four years that were actually worthy of his money. From 2008 until 2011 he was an All-Star in all but the trophy year of 2009, before his



Associated Press

Manny Machado agreed to the biggest contract ever for a free agent.

production value dropped to that of your standard ballplayer.

Using Baseball-Reference.com’s definition of a “Win’s Above Replacement” or WAR Rating, a rating of 8 or higher is MVP level production, above 5 is All-Star level production, above 2 is the average of any given starter, and below that is for reserve players.

From 2012 on, A-Rod was rated a 2.2, 0.3, did not play due to suspension in 2014, 2.9, and -1.2 before being essentially forced out of baseball by the Yankees two years short of his contract length.

Jason Heyward posted a 6.6 WAR rating with the Cardinals in 2015, which spurred the Cubs decision to hand him his lucrative deal – in the years following he posted WAR’s of just 1.3, 2.3 and 1.6.

Finally, David Price was inked by the Sox following a 2015 in which he finished in second place in the American League Cy Young vote — his next three years saw a 3.0, 1.6

and 4.4 rating.

The point I am trying to get across here, and what is pretty much my defense of MLB general managers is that if you sign players to these sort of long term deals which take up large chunks of your payroll — you better win, because the production will inevitably fall to replacement level.

In my opinion the Padres, despite their number one ranked farm system, are far and away from winning a championship in the next three years when Machado will be at the front door of his 30s.

In short, I see why it took until late February for a team to give Machado the deal he wanted; I along with 29 other MLB front offices don’t see him being worth it.

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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.

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Who we are

The Daily Collegian’s editorial

LEADING BY EXAMPLE



Photo: Ken Minamoto/Collegian

Senior captain Chase Berger lets his actions do the talking for the Nittany Lions

By Dylan Jacobs
THE DAILY COLLEGIAN

On Saturday night, Chase Berger walked into the media room at Pegula Ice Arena and the disappointment within him could be seen just by taking a glance at his face.

It was his senior night — potentially his last game on the sheet of ice he's spent a large portion of his college career on.

And it couldn't have ended any worse — a 7-3 defeat at the hands of a Wisconsin team at the bottom of the Big Ten standings.

The team struggled in many different areas, most notably on defense and special teams, but after a couple of questions, he went on to throw blame onto one person — himself.

"Guys weren't ready to go, and that starts with me," Berger said.

That is the motto Berger has used throughout his year as Penn State's captain.

"I'll say stuff when it needs to be said but I think at the end of the day, the respect I get from the guys is not really from what I say but how I carry myself on and off the ice," Berger said.

Accountability is important to Berger, not just for himself, but for his team as a whole.

And that certainly has gained him the respect he desires.

"I think he holds guys accountable really well, which that's really tough to do in today's day and age, but I think he does really good job at that," recent graduate Trevor Hamilton told The Daily

Collegian.

"He's one of those guys that looks after guys off the ice. If someone needs help with something he is always the first guy to reach out. I think he is a really good gifted athlete and human being as well."

Berger was an alternate captain during his junior year, and when the previous group of seniors got together to discuss who should be the team's next captain, the choice was obvious.

"When [coach Guy] Gadowsky brought us in, I actually told him that I think that Chase should be the captain," Hamilton said. "That was kind of a unanimous kind of choice."

When Berger was named captain, his goal was to learn from the ones that came before him.

While he acknowledges David Glen, David Goodwin and James Robinson had some differences in their leadership style, their overall message was the same.

"I try to kind of model what I do after all of those guys," Berger said.

"I've been a part of teams where leaders are really type-A where they're yelling at guys and I haven't really felt like that has benefitted the team that much, so I try to not only do my part but kind of empower these guys, the seniors, the upperclassmen, the leaders on the team to kind of step up as well so it's kind of a collective effort."

Empowering others to speak up has worked for Berger. Multiple times throughout the year, Gadowsky has mentioned guys giving motivational speeches, but

he has rarely mentioned Berger.

It's clear he doesn't want to be the only leader on the team.

"I would say that I'm vocal when I have to be," Berger said back in January.

"We've got a lot of guys that like to talk like [Alec Marsh], [Chris Funkey] and our other captains. They say all the right stuff so a lot of the time I don't need to say something but I'll say stuff when I have to... I try to lead all throughout the week and when I'm on the ice because talk is cheap."

Jim Hulton, Berger's coach at the Tri-City Storm in the USHL, said the most important part of being a good captain is being a good person, and that Berger embodies that to a tee.

"To me, good captains are great people first and foremost. Gone are the days of the rah-rah speeches and the fire and brimstone. To me, it's guys who play the game the right way, in terms of showing up every day, they're first in the gym, last out of the gym, first on the ice, last off the ice," Hulton told The Daily Collegian.

"They approach everything with a smile on their face and they build people up, don't tear people down. To me, that's what Chase always did... that's what true leaders do."

Berger's versatility is what makes him so important to the Nittany Lions.

Last year's captain James Robinson wasn't known for goal scoring.

He played on the defensive forward line, providing tough and physical minutes.

Berger can do all of that and more.

"He plays hard. He plays Penn State style of hockey," Hamilton said. "It doesn't matter if he's playing the first line or the third line he's always bringing the energy and making sure guys are staying on top of things."

He has always been a scoring threat for the Nittany Lions. He ranked fourth, fifth, and sixth on the team in points over his first three years, and currently ranks seventh in points this season.

Earlier this year, he became the third Nittany Lions to eclipse 100 points, and he is now second in program history with 115 points.

But this year, he maybe hasn't gotten the attention he deserves. While he is one of the team's most consistent players, other players have gotten more of the praise.

"I mean he's kind of in the shadows of the [Evan] Barratts, the [Alex] Limoges and all those guys who are doing very well

point wise this year," Hamilton said.

"But he's always the guy doing the right thing in the d-zone and making sure he is doing the right thing for the team. He is making sure that what he does is right for the team which will ultimately get them a win before trying to go for points."

For a lot of his Penn State career, Berger has played alongside Alec Marsh and former Nittany Lion Andrew Sturtz.

That line was always successful, partly because of Berger's playmaking ability.

"No matter who he plays with, he's going to make them better whether it's Aarne or Sternschein or Marsh, he's going to make them have a good season," Sturtz told the Collegian.

With a player as versatile as Berger, Gadowsky knows how important a player like him is to the success of the program.

"He's a perfect representative of what we want Penn State hockey to be," Gadowsky said after the game against Notre Dame on Dec. 8. "He's a great student, a great person, he's extremely grateful for everything Penn State hockey has to offer and he's a tremendous player and a tremendous leader."

Berger's journey to Penn State was similar to many others.

Before coming to State College, he spent time in the USHL playing with the Storm.

The Storm have been kind of a pipeline for Penn State, as numerous players have gone through Kearny, Nebraska, to get to Happy Valley.

When Berger was there, he played alongside another member of this year's senior class, Kevin Kerr.

They both had verbal commitments to Penn State when they got to Tri-City, and that grew their bond the moment they got there, as Hulton saw them as perfect fits together at Penn State.

"I think it was just a part of the process when [Gadowsky] went in to Penn State, he knew what they wanted to build around..." Hulton said.

"They're not always defined by one thing or another. They're defined by big shot count, and in-your-face up and down lineup

so I think coach Gadowsky had a mold of what he was looking for and these two kids fit that and the fact that they came together at Tri-City was more good fortune."

Berger and Kerr have played together for the last six years, forming a bond while playing for the Storm.

"We were great friends out there in juniors," Kerr said.

"It was a really small town, about 20,000 people. It was tiny.

So we didn't really get to do much expect hangout, play Xbox and some chess games and watch football

on Sundays but we became close. We roomed together

freshman year and throughout our entire time at college. We've been living in the same apartment for the past three years now so we've pretty much been

together for the past six years. He's one of my best friends, a great guy on and off the ice."

Berger was a consistent secondary scoring threat with the Storm, tallying 24 goals in his two years.

The complete player that he is during his time at Penn State was evident before he even got there.

"It was actually his play away from the puck that was most impressive early on," Hulton said.

"We knew he had a pedigree as a goal scorer, but in order to play at a higher level you gotta be able to play away from the puck. I think he had a grasp of that early on. It was his positioning away from the puck that in turn allowed him to get into offensive spots and he had the hands to finish when he got there."

Hulton will always remember a specific pass that Kerr made in a playoff game.

But his favorite memories of Berger are much different.

"Chase, I just remember that smile," Hulton said.

"He was just a very constant guy and his willingness to play any role I think he played everything from first line center to third line left wing, wherever we needed him. That to me was more than one moment but his steady and calm personality stands out to me."

"When [Guy] Gadowsky brought us in, I actually told him that I think that Chase should be the captain. That was kind of a unanimous kind of choice."

Trevor Hamilton
Former Penn State defenseman



Ken Minamoto/Collegian

Chase Berger (8) protects the puck during the game against Minnesota at Pegula Ice Arena on Feb. 9.

EXPECT THE UNEXPECTED

Jason Nolf never expected to wrestle at Rec Hall, but he ended his time there exactly how he started

By Jake Aferiat
THE DAILY COLLEGIAN

Jason Nolf finished his Rec Hall career in the same manner that he began it — with a pin.

As a result, he sent the 6,614 fans into a standing ovation and an uproar when he pinned Buffalo's Kyle Todrank in 5:41 in what marked Nolf's final time competing in Rec Hall.

While the result was likely to be expected, Nolf first had to believe that he'd even be competing in one of the hallowed cathedrals of college wrestling.

And yet for the three-time All-American and two-time NCAA champion the prospect of wrestling for Penn State — where he has become a fixture and an all-time great — wasn't something he expected five years ago.

Nolf had offers from Stanford, Cornell, Northwestern, Wisconsin and Lehigh before settling on Penn State thanks to coaxing from coach Cael Sanderson.

"When I was being recruited, I never thought I'd come to Penn State, then coach Cael kept on me

and I ended up committing," Nolf said. "It's not something I really expected."

Luckily for Sanderson and company, his recruiting pitch worked.

Five years and 111 bouts ago, Nolf made his Rec Hall and Penn State debut against Lock Haven's Aaron McKinney and pinned him in 2:42. The rest is history.

The Yatesboro, Pennsylvania, native has made a career out of pinning big opponents in big moments, acting as a momentum-setter of sorts.

That first pin set the momentum for Nolf's other 57 and as Penn State's 157-pounder, this year, just like last year, his pins often set the momentum for the second half of duals

"To have that kind of effect is part of wrestling, and there's momentum and you feed off each other and that's definitely a real thing," Nolf said.

It can be hard to imagine that momentum is as important as

it is, when talking about a team with as much innate talent as Penn State.

But both Nolf and teammate Bo Nickal, who drew inspira-



Noah Riffe/Collegian

Jason Nolf pins Kyle Todrank during the wrestling match against Buffalo at Rec Hall on Sunday, Feb. 24.

tion from former teammate Zain Retherford, say it can't be discounted.

"Last year when we had Zain on the team and he'd get the pin, it was exciting," Nickal said. "The best that you can do for your team is get a pin, so we want to win every match and win by as large a margin as we can, so it's definitely something that gets us excited."

While Nolf gets his teammates excited, he gets the Penn State

fans equally as excited.

And even though Nolf's result on Senior Day was perhaps among the most expected and most fitting of any college wrestler ever, his thought from five years ago still prevails.

To Nolf, the result seemed unexpected because the circumstance of wrestling for Penn State was unexpected and that's not lost on him.

In fact, he's more cognizant and grateful of that

than ever before.

"It's just been a blessing to be a part of this program and to have these people surrounding us and to have the best fans in the country," Nolf said. "I definitely feel a lot of energy going out and wrestling and I feel grateful to be here."

Sanderson is grateful that Nolf and his teammates have been able to come up clutch for the Nittany Lions when it matters.

"Any of these other guys are very fortunate to be on a team with guys like Jason Nolf and Bo Nickal and feed off their energy..." Sanderson said. "They're the ones that have to make the decisions in the way they think and the way they perceive the situation they're in. They've done a fantastic job."

As storybook of an ending as Nolf may have had to his Rec Hall career, his Penn State career isn't over yet with the Big Ten and NCAA tournament both just weeks away.

So don't tell Nolf that his career has come full circle just yet despite another characteristic fall.

"I just try to wrestle my best every match, and the best I can do for my team is to get the pin, so that's what I go for," Nolf said. "I've still got some matches left to go, so the circle hasn't closed quite yet."

To email reporter: jxa5415@psu.edu. Follow him on Twitter at [@Jake_Aferiat51](https://twitter.com/Jake_Aferiat51).



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Bigar's Stars

By JACQUELINE BIGAR

Monday, Feb. 25, 2019

www.jacquelinebigar.com

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ARIES (March 21-April 19)

★★★★ One-on-one relating helps to process an issue between you and a boss. Conversations open more possibilities than you could imagine. Keep processing new ideas and thoughts. Tonight: Quality time with a favorite person.

TAURUS (April 20-May 20)

★★★★ You could be more forthright and direct than you have been for a while. Others listen while you air your feelings. You're opinionated and cannot expect everyone to understand where you're coming from. Tonight: Acting as though there is no tomorrow.

GEMINI (May 21-June 20)

★★★ Dig into your work; accomplish as much as you can. You have many people around you who would like to visit or get advice from you. Keep your eye on the big picture. You will see quite a difference. Tonight: All smiles. Doing what you want to do.

CANCER (June 21-July 22)

★★★★ You seem to be full of fun and willing to get past a repetitive problem. You might want to circulate and get feedback from someone who has had a similar experience. Stay on top of what's occurring. Tonight: Get extra z's.

LEO (July 23-Aug. 22)

★★★★ You might be considering options that have been unfathomable until now. You could discuss breaking precedent. You might find that a solution involving a new approach is much more favorable. Make no announcement until you're totally sure of yourself. Tonight: Nap, then decide.

VIRGO (Aug. 23-Sept. 22)

★★★★ You surmise that others don't recognize what you do for them. Therefore, you could decide to act like a free agent. You become more spontaneous. Understand your limits; ask questions to help others see what they can expect from you. Tonight: In the moment.

LIBRA (Sept. 23-Oct. 22)

★★★★★ Your personality generally melts boundaries and creates more friendship and fun than you're aware of. Open up to a new opportunity that presents itself late in the day. You feel as though you cannot be stopped. Tonight: At a favorite haunt.

SCORPIO (Oct. 23-Nov. 21)

★★★★ Push as hard as you need to. You could be more fluid and direct in how you approach a key person in your life. Listen to what you're hearing. If you do, you're about to make a big difference. Tonight: Be spontaneous.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★★★ Your ability to read between the lines could make a considerable difference in an outcome. Listen to news with a grain of salt; however, apply what you learn. Others find you to be unusually hip. Tonight: In the moment.

CAPRICORN (Dec. 22-Jan. 19)

★★★★ Aim to maximize a meeting. You need more group support to handle a particular project. Because of the feedback you receive, you will be more creative than you have been in a sustained period. Tonight: Don't be subtle; go for what you want.

AQUARIUS (Jan. 20-Feb. 18)

★★★★ Others make it clear that you're needed. Be ready to take a stand if necessary. You gain a great deal of insight into a boss or friendship. Express your feelings and caring. Communication flourishes. Great ideas seem to pop up from nowhere. Tonight: Happily nestled with your friends.

PISCES (Feb. 19-March 20)

★★★★ Look beyond the obvious. You will see a situation in a new light. As a result, you could resolve any problem that has been lingering. Don't worry; you'll be able to work and get ahead with a project. Your popularity soars to unprecedented levels. Tonight: Wherever great music is played.

YOUR BIRTHDAY MESSAGE:

This year, you will be evolving into a more dynamic person who can visualize and manifest. You seem to grow to a new level of understanding and willingness to proceed. **If you're single**, others find you unusually sensual and attractive. You will want to take your time dating someone to make sure that the person works well with you. **If you're attached**, you and your partner enjoy an active relationship in which you express an unusual creative streak. SCORPIO enjoys your depth.

BORN TODAY

Musician George Harrison (1943), actor Sean Astin (1971), actress Rashida Jones (1976)

Crossword

Across

1 Windblown soil

6 Short run

10 Foreshadow

14 Room at the top

15 Hoodwink

16 Brother of Cain

17 Goddess of the hunt

18 Gelatin substitute

19 Baker's unit

20 Priesthood

22 Dirty

24 Combat

25 Charades, essentially

26 Call for help

29 Supervisor

32 Some law officers

35 Has

37 Dark purple fruit

39 Colossal

41 Lightheaded people?

44 King of Judea

45 Plug away

46 Bailiwick

47 Principle

49 Without delay, for short

51 Drop the ball

52 Facilitate

54 Encountered

56 Derby hat

58 Long way away

61 Pond organism

62 Marching band member

64 New Zealand native

66 Knitting stitch

67 Good name for a Dalmatian

68 Twiddled one's thumbs

69 Film unit

70 Sorority letters

71 Little ones

Down

1 Schoolboy

2 Suffix with psych-

3 Common Latin abbr.

4 Tendon

5 Sacred beetle of ancient Egypt

6 W.W. II turning point

7 Summer mo.

8 Paroxysm

9 Hard drug

10 Danseuse

11 Cousin of a bassoon

12 Obsolete

13 Grimm character

21 Complain

23 Insect stage

26 Campus figure

27 Bird of night

28 Capture

30 Cottontail's tail

31 Where Pago Pago is

33 Inner circle

34 Look of contempt

36 Obstruct

38 Nile bird

40 Peter the Great, e.g.

42 Perfect

43 Peruvian beast

48 Dreaded fly

50 Sanction

53 Blow up

55 Apple-polisher

56 Depressed

57 Folklore fiend

58 Minnesota

59 Kind of rock

60 Liberate

61 Natl. Humor Month

63 Constrictor

65 Driver's lic. and others

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WORD SEARCH

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Physics

Big Bang
Black Hole
Current
Einstein
Energy
Faraday
Force
Gravity
Hawking
Isotope
Joule
Molecule
Momentum
Newton
Nuclear
Paritide
Pascal
Power
Principles
Quantum
Quark
Science
Theory
Velocity
Volt
Watt
Wave

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Kakuro (Cross Sums)

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