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# Penn State weighs in on 2020

### By Erin Hogge THE DAILY COLLEGIAN

The next president of the United States may have already begun his or her campaign for the prestigious position.

of six politicians have announced they either plan to run for the presidency in 2020 or have formed an exploratory committee — a group created to aid potential candidates in making the decision of whether to run for office.

Democrats who have filed to run for office include John Delaney, Richard ing over his administration, including Ojeda, Tulsi Gabbard, Julian Castro ones that border on treason," Major and Kirsten Gillibrand.

Warren announced she had formed an exploratory committee on the last day of 2018. However, she has not yet said whether or not she will run in the College Republicans, said that alelection.

Donald Trump, who filed to run for reelection on Jan. 20, 2017. At this time, no other Republicans have announced plans to run for office.

Michael Berkman, professor and director of the McCourtney Institute of Democracy, said he believes President Trump's lack of an expansive base support will hurt his chances of being re-elected.

osition. "We don't know yet if he will be seri-According to ballotpedia.org, a total ously challenged by anyone within his own party," Berkman said. "That can be very damaging to an incumbent president."

Mark Major, associate teaching professor of political science at Penn State, shared Berkman's sentiments.

"He has so many scandals loomsaid via email. "With Democrats as Massachusetts Senator Elizabeth the House majority, the next two years will be a state of paralysis for his agenda.'

Reagan McCarthy, president of the though there are rumors circulating All candidates will face President about possible GOP challengers for the 2020 election — such as Former Ambassador Nikki Haley or Senator Jeff Flake — none of them are viable candidates to face President Trump.

"I don't think that a lack of a GOP challenger will change the [political] landscape too drastically," McCarthy (senior-political science) said. "The Democrats will more than likely nominate a far-left candidate who does not resonate with the average American voter, which will not bode well for their chances at the White House in 2020."

McCarthy had advice for the Republican Party in terms of how to keep its position in the future.

"Republicans need to make the case for compassionate conservatism to groups that were traditionally receptive of them, like college educated women and those who live in suburbs," McCarthy said.

"Republicans also need to begin to make the case to marginalized communities as to how lower taxes, free markets, and constitutionalism will be beneficial to them."

Kelsey Denny, secretary of the College Democrats, said she believes the reason so few Republicans have decided to run for the office is because President Trump is the party's incumbent.

"It would be utterly absurd for a GOP member to primary their own president," Denny (junior-political science and global and international studies) said.

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However, Denny said the biggest threat to President Trump's re-election is himself.

"[President Trump] creates his own demolition," Denny said.

Denny said the best way for Democrats to impact the 2020 election in their favor is to advocate for progressive candidates with a wide range of beliefs.

"As long as our candidates continue to be honest, transparent and willing to fight for what is good — three things [President] Trump has failed at —we will be fine for 2020," Denny said.

Whatever the future holds, it is apparent the 2020 Presidential Election, though still over a year from now, is already heating up.

> To email reporter: egh5129@psu.edu. Follow her on Twitter at @erin\_hogge.



# **Local businesses** fundraise for THON

**By Grace Miller** THE DAILY COLLEGIAN

for THON" fundraiser. "We want to find a way to give back to the community,' social media director and assistant sales manager Danielle Stemple said, "and we know that Penn Staters take such pride in being part of something as special as THON." From Jan. 21 through Feb. 17, Lion's Pride will donate 20 percent of their total sales to THON. With purchases over \$75, customers will receive a free drawstring bag to use at THON. Stemple said they have already donated over a quarter of a million dollars. "I know that pretty much all the management team at Lion's Pride graduated from Penn State, and when we went to school we were involved with THON," Stemple said. "It's our way of continuing our involvement even after we graduated." Stemple said she believes it is important for local businesses to get involved and give back to the university and the State College community. "I mean, the university is why we're here and it's what supports us," Stemple said. "Any way we can give back and make an impact locally, I think, is really important." Morgan Frazier, floor manager at Fiddle **Danielle Stemple** head, a soup and Lion's Pride salad café also on College Avenue,

John Stinely/Collegian

Penn State defense Kevin Kerr (5) goes to take the puck from Denver's Kohen Olischefski (12) during Penn State men's hockey NCAA tournament game versus Denver at the PPL Center on Saturday, March 24, 2018.

# Finally seeing the old Kerr

By Dylan Jacobs THE DAILY COLLEGIAN

Kerr, one question always comes to mind — What if?

The potential has always been there, but injuries have derailed any sort of momentum he has had.

But as of late, Kerr is starting to put it all together.

The senior defenseman has netted a goal in each of the last two series, his first two goals since Dec. 1, 2018.

"I think anytime you score and do well individually it helps your confidence," Kerr said. "It is definitely a building block for me to continue getting better each weekend."

Kerr was injured again before the start of this season and it looked like it would be the same old problems for the defenseman.

turned and he hasn't missed a 10 rating. game since .

anything I was just excited to be back out there and play," Kerr said following the game against Princeton on Oct. 30. "It felt great to get back out there spirit wise."

The recent success of Kerr has ice. not gone unnoticed by the rest of the team.

"It's awesome," defenseman Kris Myllari said. "I mean you love seeing any of your team- ented, a great skater, he's got

mates get a goal, especially a guy who has been through a lot.

"He's a senior, great leader When thinking about Kevin and comes and just does the right things all the time so it's great to see him get rewarded."

Kerr didn't eclipse 25 games played in each of the last two seasons but has already played in 18 so far this season.

He is third amongst Penn State's defenseman in points even though he has played in four fewer games.

The Bensalem, Pennsylvania, native is starting to play like he did at the start of his college career

"It's huge. He was incredible his freshman year and you're seeing that come back," forward Alec Marsh said. "He's comfortable, back in shape. I think he's been great recently. Let's hope it keeps going for him."

In his freshman year, Kerr had But after four games, he re- 17 points in 37 games with a plus-

'Last year we didn't have him "It was a ton of fun more than very often, but now to have him every game is huge," forward Sam Sternschein said. "He's unbelievable back there.<sup>3</sup>

> One reason for his success may be due to his new partner on the

Evan Bell made his debut two weeks ago , and has been alongside Kerr the entire time.

"[Bell's] obviously super tal-

great hands, he's got great hockey sense, so it's a lot of fun to play with him," Kerr said. "I'm real excited about it."

Gadowsky attributed their strong play together with the fact they think similarly and play the game the same way.

He also stated that his effort during the break was key to his strong play.

"I think he's looking better and better. He really pushed himself during the break because he was off for so long because he had an injury that was tough to heal ... " Gadowsky said. "He's looked the best he's looked all year."

Kerr was selected as an alternate captain for this season, and captain Chase Berger knows the value that Kerr brings.

"I'm really happy for him," Berger said. "He's a real cerebral and smart guy. He's also just a great teammate and he makes other people better."

In the first half of the season, the defense as a whole really struggled.

It isn't perfect yet, but right now, Kerr is becoming a crucial part of the turnaround.

"If we are going to go where we all want to go, Kevin Kerr is going to be a big part of it," Gadowsky said.

To email reporter: dkj5109@psu.edu. Follow him on Twitter at @DylJacob.

As Penn State's THON approaches, so do the opportunities to get involved and donate. Many of State College's downtown businesses are in the giving spirit and hope to work with the community to give back.

Duck Donuts is one of these businesses.

Located on South Fraser Street, the donut chain is raising money for State High's Mini-THON — the high school's smaller version of THON, which donates money to the Four Diamonds in support of those with pediatric cancer.

"We're a pretty good company for local fundraising," manager Rachel Campbell said. "We're very flexible with our fundraising. I know a lot of places [where] it's like, 'This is what vou can do. You have specific dates.' With us, we're very flexible."

If customers mention the Mini-THON fundraiser with

their purchase at Duck Donuts, 15 percent of the order's total cost will be donated. Customers also have the option of rounding up their order cost to the next dollar.

"We've actu-

ally raised a decent amount already," Campbell said. Campbell said being a local business is a significant factor in why they help, and why it is important to fundraise for events like Mini-THONs.

"It definitely shows that we have our hands in the community," Campbell said. "The owners are local. A lot of our employees that work here are local, so it's good to know that we can support local fundraisers and everything."

Lion's Pride, a clothing store on College Avenue, is also focused on giving back, but in a days in the near future. different way.

Lion's Pride is about to start its 10th-annual "Four Weeks

"Any way we can give back and make an impact locally, I think, is really important."

agrees.

"I think mainly because we're a local business and THON is based locally here... if [customers] know that a fundraiser is going on, they will definitely say, 'Hey, I'd like to donate to THON,'" Frazier said.

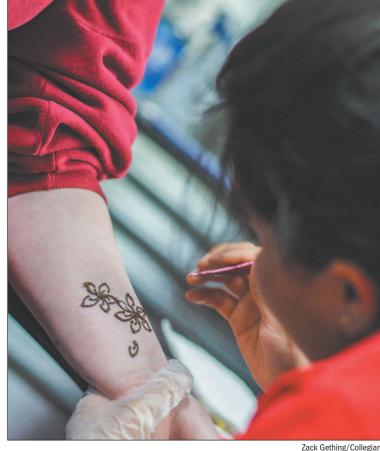
Frazier said Fiddlehead partners with different sororities and student organizations to host days where 10 percent of sales can be donated to benefit THON.

According to Frazier, Fiddlehead will pair with sororities to have more of these fundraiser

To email reporter: Igm5130@psu.edu. Follow her on Twitter at @graceemilleer.

# **HENNA FOR HOPE**





Zack Gething/Collegian

Vidhi Bhanushali (sophomore- biochemistry and molecular biology) applies a Henna tattoo onto the arm of The Henna Tattoo Fundraiser benefitted the Kerala Chief Minister Sierra Hicks (senior-mechanical engineering) during the Henna Tattoo Fundraiser benefiting India's flood relief. Distress Relief Fund at Paper Moon Tattoo Company on Tuesday, Jan. 15.

# **Penn State releases first hazing report**

Spurred by the Timothy J. Piazza Antihazing Law, it outlines 31 instances of misconduct

By Maddie Aiken THE DAILY COLLEGIAN

hazing report in accordance with the Timothy J. Piazza Antihazing Law on Jan. 15 — detailing all reports of hazing that occurred between 2013 and 2018 at Penn State's 20 campuses.

The report consisted of descriptions of each incident and sanctions taken by the university. Twenty-four of the 31 reports happened at University Park.

Of the 24 reports made at University Park, 22 happened within greek life organizations.

The report also detailed the sanctions taken against Beta Theta Pi — the now-banned fraternity where sophomore pledge Timothy Piazza died following an alcohol-fueled bid-acceptance night.

conduct withdrawal from the university.

It is unclear which brothers Theta Pi was permanently expelled from the university following Piazza's death.

Of the 21 other greek life organizations, 10 were suspended, 10 were put on probation and one is awaiting sanctions.

Between 2013 and 2018, hazing was reported at the following University Park greek life organizations:

Delta Sigma Phi, Delta Upsilon, Phi Kappa Theta, Sigma Lambda Gamma, Pi Kappa Phi, Kappa Delta Rho, Phi Kappa Tau, Alpha According to the report, seven Psi, Phi Mu Delta, Alpha Chi Rho, will release a report biannually.

brothers were indefinitely ex- Pi Lambda Phi, Alpha Sigma Phi, pelled following the incident. Alpha Chi Omega, Zeta Psi, Tau Seven were suspended, two were Kappa Epsilon, Lambda Chi Al-Penn State released its first put on probation and 21 took a pha, Kappa Sigma, Sigma Phi Epsilon and Phi Kappa Sigma.

The two University Park reports not related to greek life received which sanctions. Beta included an alcohol-related incident within the Shades of Blue A Capella music group and a stun gun-related incident which occurred during a high school sports camp.

Aside from a report on the women's soccer team at Penn State Altoona, none of the university's reported incidents involved athletic teams.

Signed into Pennsylvania law in October 2018, the anti-hazing law requires all organizations that consist primarily of students including clubs, athletic teams Phi Alpha, Alpha Kappa Delta and service groups — to be in-Phi, Beta Theta Pi, Phi Kappa cluded in the report. Penn State

According to Penn State spokeswoman Lisa Powers, the university will investigate all hazing allegations.

The university follows a notolerance policy toward hazing and organizations found guilty of hazing may face disaffiliation or separation from the university, according to Powers.

"Penn State leaders were early advocates for changes to the law and are pleased that the Timothy J. Piazza Antihazing Law was signed into Pennsylvania law in October, signaling an important step toward adopting critical legislation in support of student safety and well-being across the Commonwealth," Powers said via email.

The report's data primarily comes from Penn State's Office of Student Conduct. The Office of Ethics and Compliance organized and shared the report.

Sponsored by Senator Jake Corman, the Timothy J. Piazza Antihazing Law created tiers for hazing in Pennsylvania.

The report stipulates that hazing resulting in death or serious bodily injury will be charged as a third-degree felony. Hazing resulting in bodily injuring will result in a third-degree misdemeanor charge.

The law also established categories of both organizational and institutional hazing.

In addition, the law requires institutions and high schools to adopt a written anti-hazing policy. These institutions must enforce this policy, report violations of the policy and take the necessary disciplinary measures when the policy is violated.

To email reporter: mea5457@psu.edu. Follow her on Twitter at @madsaiken.



**OPINION | MADELINE MESSA Government shutdown** sets records, speaks volumes about Trump

Day 27: Everything is at a

Meanwhile, hundreds of thousands of workers are deprived of their paychecks. Essential organizations have halted their responsibilities; the Food and Drug Administration went over three weeks without conducting inspections of high-risk foods. Airport safety is questionable as security lines weave through baggage claims to pass through short-staffed TSA checkpoints. To alleviate the shutdown's side effects, Penn State offered resources for students from families of furloughed workers, who could be struggling to pay tuition. Trump, however, has shown less sympathy. Pelosi criticized the president, saying Trump thinks impacted employees "can just ask their father for more money." Democracies are inherently paradoxical. Our government's tug-of-war over funding for a border wall is a grim example of the fallout that can result from it. We require consent before we allow action; this usually succeeds in benefitting the majority of citizens, but there is a long history of it leading to prolonged decision-making. The shutdown is arguably a filibuster taken to the extreme. It is done in hopes of one party caving in to the other, contradicting the role of democracies. Trump, in this scenario, is acting as a senator waffling about southern cooking recipes for 15 hours (yes, that actually happened; Fun fact: Huey Long only gave in because he had to use the bathroom). The likelihood of an amicable end to the shutdown shrinks daily, with the idea of declaring of a national emergency becoming salivating to Trump. Whatever brings the shutdown to a close, it needs to happen soon. Furloughed workers need their salaries and our democracy needs to do its job. And, as hilarious as the dinner was, celebrated athletes invited to the White House should be rewarded with meal choices that exceed McDonald's French fries.

President Eric Barron listens as Tom Kline, attorney for the Piazza family, addresses the media during a press conference explaining their role and feelings of new Timothy J. Piazza Antihazing legislation at the Centre County Courthouse on Friday, March 23, 2018.

# Barron talks greek life reform, challenges in recent blog post

### By Caitlyn Frolo THE DAILY COLLEGIAN

Penn State President Eric Barron's latest blog post provides the Penn State community with an update on greek life reform and the progress made in the past year.

In 2017, the university implemented new restrictions on greek life following the hazing-fueled death of sophomore pledge Timothy Piazza.

According to the blog post written by Barron, the university considered withdrawing its recognition of greek letter organizations. However, Penn State believed that, with effort, it could work to "recapture many of the positive ideals of greek life and minimize risky behaviors."

To recapture these ideals, the university introduced chapter scorecards, university monitoring and other reform tactics involving eligibility and academics.

in the Highlands neighborhood are down 20 percent and cases at fraternities are down around 30 percent.

In addition, Panhellenic grade point averages are up by 0.3 and many greek councils have increased the required GPA for new members.

Barron also mentioned greek scorecards, which he said have become a tool for community members to learn about specific chapter's strengths and weaknesses. He also addressed the challenges that remain in the process of greek life reform, including a November 2018 court decision that allowed members of two university-suspended fraternities to operate as fraternity houses in the borough.

"This would impede any ability to promote student and community safety," Barron said.

Barron said the university has issued a warning to par-Barron said with these reforms ents advising their children not

being put into place, crime totals to join these chapters.

Barron said he is hopeful that the progress will continue into the next academic year.

"I am proud of the students who have stepped up in the face of adversity," Barron said. "Because of them, I see a future where Greek-letter organizations at Penn State can continue with a renewed purpose, focused on leadership, service, and camaraderie.'

Barron's blog post, which was published on Jan. 16, comes just a day after Penn State released its first hazing report in accordance with the Timothy J. Piazza Antihazing Law.

The report details all reported instances of hazing at Penn State's 20 campuses from 2013 to 2018. Of the 31 reports, 24 happened at University Park with 22 of those occurring within greek life organizations.

To email reporter: cmf5906@psu.edu. Follow her on Twitter at @caitlynfrolo. standstill as both sides hold their ground, some 800,000 peo-

ple are forced to make ends meet while working without pay and the threat of a declared state of emergency looms What reads

like the start of an apocalyptic novel is what the United States is enduring today as the government shutdown drags on.

President Donald Trump's shutdown claimed the title of the longest in history when it reached day 23 on Jan. 13, surpassing the Clinton administration's 21-day shutdown from late 1995 to early 1996.

Unlike closures before it, the ongoing one is backed by reasoning that contradicts - rather than upholds — a promise made by the president. For his supporters, "Mexico" became the fill-in-the-blank answer when they were asked who would pay for the border wall that Trump vehemently pledged would be built. Ironically, Trump's effort to turn his back to immigrants is instead shunning his own nation as he powers down the White House and demands \$5.7 billion for funding.

With the shutdown, Trump furthers his status as a president of contradictions. He claimed he would take full blame for the shutdown in a meeting with Sen. Chuck Schumer and Speaker of the House, Nancy Pelosi. However, he has done the opposite. He jabbed his finger at Democrats, going so far as to say they are 'having fun" in a recent tweet.

The only fun I've seen come from the shutdown is the internet having a ball Photoshopping a picture of the president standing before a candlelit feast of fast food. My personal favorite edit of it shows Trump hosting the Last Supper. And that was made possible because dinner options were limited during the Clemson Tigers' White House visit, due to the staffed chefs being on unpaid leave.

Madeline Messa is a junior majoring in political science and journalism, and is The Daily Collegian's Thursday columnist. Her email is mgm5413@psu.edu.



Whether using pads, tampons or the evergrowing, popular menstrual cup, women who have periods need to be prepared to face the unavoidable visit of Mother Nature every month.

the University Park Undergraduate Association has solutions.

Starting this semester, UPUA and the menstrual company Aunt Flow have partnered to bring free pads and tampons to bathrooms in the HUB-Robeson Center.

Boxes of free pads and tampons can currently be found in the women's, gender-neutral and family bathrooms in the HUB. These boxes will remain in the bathrooms until the end of the current UPUA term in March.

Aunt Flow, a menstrual company started by Claire Coder, donates one pad or

tampon for every 10 that are sold. Currently, the company has donated 350,000 products, according to its website.

After elections for a new UPUA president and vice president are decided, the new administration can vote to continue the partnership with Aunt Flow.

UPUA vice president Laura McKinney has spearheaded the project since its conception. She said the inspiration behind starting this campaign was eliminating the cost barriers of

such an essential thing, especially on a college campus when the cost of almost everything is exponentially higher," McKinney (junior-broadcast journalism) said.

To put this into perspective, HuffPost calculated the average costs women might spend on their periods during their lifetime.

For tampons, the average lifetime cost is \$1,773. Panty liners/pads can exceed costs of











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A PennTAP event sponsored by Invent Penn State.













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## **PSU must fix admitted diversity shortcomings**

With the release of its newest diversity report, it would seem Penn State continues to mislead students, faculty and alumni portraying the university as more inclusive than it may actually be.

The university released a report meant to tout the steps that've been taken and the progress that has been apparently made including 30 percent of faculty and 13 percent of staff being "of diverse backgrounds."

One professor, Dr. Errol A. Henderson, saw through the sunshine and rainbows attitude the university looked to push yesterday and shed some light on what it's like to actually be a person of color at one of the nation's prominent undergraduate institutions.

Henderson said he is the only tenured African-American professor in the history of Penn State's political science department and in a letter to the editor, he detailed the racism and discrimination he's been subject to during his 17 years.

Part of President Eric Barron's new strategic plan is to "foster and embrace a diverse world," but, as Henderson

### **OUR VIEW**

### Progress has been made, but we need to start seeing tangible goals and results

points out, Penn State has fallen students of color more wildly short in that regard, though it continues to spew platitudes about all the progress its made in that department.

Even with Penn State noting there's "much more work to be done," it's odd for the institution to boast about its achievements in the area of diversity when a professor of high stature and with a lot of clout is saying otherwise — and also considering many people of color don't always feel comfortable on this campus.

The injustices professor Henderson has experienced are a failure of his department, but the continued complacency and failure to make large changes to ensure a better experience for students of color falls on the university as a whole.

Barron will insist Penn State has made progress and given

opportunities.

Then why from 2010-16 did black students graduate from Penn State at a rate of 70.5 percent when their white counterparts graduated at 87.5 percent?

If this is supposed to be a bastion of learning and higher education, then why not work hard to improve the rate of black students that graduate?

Sure, the university will tell you that its 70.5 percent black graduation rate is better than all four-year public institutions - but if you lower the bar enough, you can always clear it.

Similarly, this graduation rate is one of a handful of statistics that the university will likely choose to cherrypick to show that things are going well, but it's easy to find numbers to show things are fine when few people can hold the

university accountable.

Barron can likely expect minimal blowback from these low numbers in diversity. But, some will certainly come from students of color around campus, those who feel as though Penn State doesn't have a diverse enough student body, and certainly not a diverse enough faculty, if many of them can probably count the number of minority professors they've had on one hand.

That's unacceptable. How is Penn State supposed to recruit students when they know they won't be represent-

ed? And if Penn State is so diverse and wants to tout it, why not let the public be exposed to the important minority voices and achievements on campus like those of professor Henderson. Why aren't we

hearing their voices?

But Penn State hasn't really done that — maybe it's tried, maybe professors of color are unhappy or maybe there just aren't that many and they've exhausted all the options. But it's hard for the public to know for sure.

Which is why, if a student of color is here, it's hard to comprehend what they endure on a daily basis, knowing that their own university where they're shelling out tens of thousands of dollars to attend, hasn't made significant strides in diversity and inclusion.

Penn State likes to think of itself as one of the nation's preeminent higher education institutions.

That's fine, and it likely is. But going forward, Penn State needs to walk the walk and lay out specific, concrete goals with actual figures in mind to achieve.

If they can hit those goals and continue and strengthen their renewed commitment to diversity and inclusion, actions like those can have a ripple effect around the country, especially coming from a university like Penn State.

# **LETTER TO THE EDITOR | Errol Henderson** Being Black at Penn State

I have been at Penn State since 2002. I am the only tenured African American professor in the history of the Penn State political science department. How long is that? George Atherton taught political science at PSU in the 19th century: yes, that Atherton.

Think about it: the United States has had an African American president before the political science department at PSU has promoted an African American to full professor.

The department has never tenured a black woman.

None of this should be surprising. There has been roughly three percent African American faculty at PSU for 30 years, this

became our best placements at Big Ten universities. I asked the head to put their pictures on the front of our department web page as a testament to our seriousness and recent success in educating black women PhDs and as well as a recruiting tool.

The head, a senior white woman professor, refused. Seeing no reason for the refusal given that there were stock pictures of white students on our web page-and one black person who wasn't even a PSU student, as far as I know-I repeated my requests.

The department stonewalled for several years using a range of excuses including deleting all pictures of people on the front page. Now there are a variety of pictures on the web page, which conceals the years of resistance by the department of this simple act of acknowledging black women PhD graduates in political science. Much worse is the instance when I raised the issue to the department head of a senior white male professor using the sexist slur, "bitch", in a departmental meeting. I immediately objected to this professor; but when I complained to the head, a white woman senior professor, she told me that this white man's use of the slur, "bitch", was tantamount to the use of the word 'dear" The white woman head then accused me of contributing to a hostile climate because I'd used the word dear before and the white man professor was promoted. Today both of these people determine if I will even be considered for promotion, which surprisingly, I am not. This is typical for those of us who complain of the hostile climate we are compelled to work in: we are the ones who are accused of creating the hostile climate that we are subjected to: often by the very peopleadministrators and senior professors—who create and maintain this hostile climate. For example, in my formal annual evaluation, a previous department head, also a white

woman, began to talk to me about black rapists and how she had been stalked by black men when she taught at another university-this was nowhere near the subject that we were discussing at the time.

Taken aback, I asked her what did this have to do with me or my annual evaluation; and she replied "well, you never know where people are coming from?"

When I told her that these were racist tropes and complained to the dean, also a white woman, my concerns were dismissed, and the Head was given an award by that dean.

The racism is beyond attitudinal, it is institutionalized in the evaluative criteria the department and college use as well.

Particularly troubling is the published research showing that students' SRTE ratings are consistently lower for new, female, minority and physically disabled faculty regardless of their teaching quality.

This is not even a small sample of the toxic racist climate that I'm compelled to work in, create in, teach in, research in, do service in, and be black in... here at PSU... #BeingBlackatPennState

**#BBPSU**.

If professors and administrators will treat black professors in such racist ways, then how do you think they treat black students, or student applicants?



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JAN. 17-23, 2019

is a deplorable record.

This is often concealed by the University's continued promotion of its "diverse" faculty/students, which shows trends that are typically not reflected among its African American equivalents.

For example, black student enrollment still does not reach levels achieved at PSU in the mid-1980s.

Yet, the Chief Academic Officer, Provost Nick Jones, when asked about PSU targeting diverse hires, replied: "we don't discriminate one way or the other.

One way or the other? What's the "other"?

There has been three percent African American faculty for 30 years, and the provost is concerned with racial discrimination of "one way or the other"?

It sounds like the "good people on both sides" type of argument.

The provost's comments reflect, inform, and sets the policy and tone for the university; and this is evident in the political science department where my treatment as the only tenured black professor in its history is much different-and negatively so-than that of white professors.

For example, when I arrived in the department in 2002 there were no black PhD students in our classes. I helped recruit three black women who not only graduated but two of whom

They rationalize using SRTEs that we know are biased by race and gender by arguing that these are not the only criteria they use-but they shouldn't be used at all if we know they are biased-and egregiously so with regard to race (and imagine how that works out for the only black professor in a department's history).

Even first year education students at Penn State have recognized this and the Collegian has published articles related to it (e.g.Daily Collegian November 28, 2018).

But, again, the department and college has not devised a system to account for the racism of administrators and colleagues in the department who may conduct peer reviews.

For example, a senior white male colleague in my department stormed out of a meeting in contempt of the idea of having a staff member from the Office of Educational Equity attend a faculty meeting to discuss "implicit bias"—not racism, just "implicit bias".

What confidence can a black colleague have for such a white senior professor who will evaluate their teaching and research—especially that which focuses on white supremacism and patriarchy, and to vote on their promotion, who will not even tolerate a discussion of implicit bias, much less, racism?

Âmong my many and largely ignored suggestions to the provost is that in certain situations (e.g. a major department that is still experiencing historic racial 'firsts", such as having the first black tenured professor in its history), oversight and/or interventions from the provost office are necessary.

But then again, when the provost spoke with faculty in our college, he opened his comments with an ethnic "joke" ... so?

Another requirement is that those of us who have been subjected to the prevalent and enduring white racism on this campus from colleagues, administrators, staff, and students should give voice to their experiences, at minimum, and take concerted action, even if it begins with just a letter to the student newspaper, as Gary King did recently (e.g. Daily Collegian February 7, 2018)

The racists who are hidden in plain sight use the cover of concealment to shroud their racist practices; and they use the silence of others to conceal their white racist actions; and those who remain silent are complicit in that white racism. These are unfortunate facts of being black at Penn State... #BeingBlackatPennState #BBPSU

Errol A. Henderson is an associate professor of political science at Penn State.

### We want to hear from you

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

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

Postal Mail/In Person: 123 S. Burrowes St., State College, PA 16801 Letters should be about 200 words. Student letters should include class year, major and campus. Letters from alumni should include graduation year. All writers should provide their address and phone number for

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

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PAGE 6

JAN. 17-23, 2019 **B1G WEEKEND AHEAD** 

SPORTS

Penn State hosts No. 4 Ohio State for an important two-game series at Pegula Ice Arena

By Ben Ferree THE DAILY COLLEGIAN

Mentality was a big theme in coach Guy Gadowsky's Monday press conference.

**MEN'S** HOCKEY

It's crucial for Penn State's season that the team shows up to Pegula Ice Arena

with the right mentality against one of the toughest teams in the nation.

No. 13 Penn State is set to take on No. 4 Ohio State this weekend in an important two-game series for the Nittany Lions.

Following a disappointing split with the team at the bottom of the Big Ten, Michigan State, Penn State will stay at home for a matchup against the current first place team in the conference, Ohio State.

If results elsewhere go the Nittany Lion's way, it is possible for Penn State to jump from fourth to second in the Big Ten standings with a sweep.

The two teams last faced off against each other in Columbus at the end of November.

Penn State won the first game of the series 4-3, as Denis Smirnov had the game winning power-play goal.

In the second game of the series, the Buckeyes got their revenge winning 5-2, although the game was much closer than the score represents.

Ohio State added two emptynet goals including one with just four seconds left in the game.



Forward Chase Berger (8) steers the puck away from Ohio State forward Freddy Gerard (15) during the game against Ohio State on Friday, Jan. 12, 2018.

the scoring for Ohio State with a have, their game plan is actually team high 25 points and 13 goals.

Philadelphia Flyers draft pick Tanner Laczynski is following of 2.18 goals per game, which is close behind Jobst with 20 points 12th in nation and tops in the Big close behind Jobst with 20 points this season.

The Penn State defense, which gives up an average 3.68 goals per game, will be tasked with slowing down this talented group of Ohio State forwards.

But even with all of the talented

Senior Mason Jobst is leading offensive players the Buckeyes second best save percentage in all on the defensive side of the ice.

Ten

The Buckeyes have had a twoheaded attack in goal this season with sophomore Tommy Nappier and senior Sean Romeo splitting time in between the pipes.

the Nappier has posted

the nation, stopping .945 percent of shots the netminder has faced Ohio State gives up an average this season and has only allowed an average 1.58 goals in his 12 appearances this season.

Romeo has a save percentage of .904. The two goalies will be tested this weekend though as Penn State holds the most prolific goal scoring offense in the nation, averaging 4.86 goals per game.

Penn State is led by Evan

Barratt and Alex Limoges, who both rank second in the nation in scoring with 30 points each.

Six Nittany Lion players have 20 or more points already this season and every place to take the ice except for the goalies has recorded a point this season for Penn State. Peyton Jones is expected to start in goal for Penn State. The junior net-minder has a save percentage of .901 this season.

Ohio State is coming off a home split against rivals Michigan. The Buckeyes' last trip to Pegula Ice Arena was last January where the two teams split the series.

The Friday night game will be Penn State's annual White Out game with the puck dropping at 7 p.m.

On Saturday, puck drop has been moved from 7 p.m. to 3 p.m. because of an impending snow storm in State College.

> To email reporter: bcf5167@psu.edu. Follow him on Twitter at @BFerree3.

### No. 13 Penn State vs. No. 4 **Ohio State**

When: Friday and Saturday Where: Pegula Ice Arena

Players to watch: Evan Barratt (PSU), Alex Limoges (PSU), Peyton Jones (PSU), Mason Jobst (OSU), Tanner Laczynski (OSU), Tommy Napier (OSU)

# Nittany Lions finally show progress on offense

### By Matt Lingerman THE DAILY COLLEGIAN

of Penn State's loss to No. 23 Iowa on Wednesday, Jamari Wheeler leapt to corral a



Maishe Dailey miss, turned up

Bolton in the corner. The freshman guard — who the Nittany Lions up by 10.

"Sometimes the ball sticks, and with the ball, especially the the ball wasn't sticking tonight. I Six minutes into the second half thought we had some good flow, reversed the ball, had some really good paint touches. I thought we got really quality shots."

McCaffery said his team primarily played man-to-man deafter a few Penn State makes put went up for the flush.

a good job of that," Chamber said. ers making intuitive decisions younger Nittany Lions.

On one such play in the second half, Dread stepped into what would've been an ill-advised 3-pointer and then decided better of it, instead throwing the ball to Lamar Stevens at the foul court and fired fense in the first half, but switched line. Stevens then spun and fed a pass to Rasir to zone early in the second half a pass to Harrar down low who

> At the time, it put Penn State The Hawkeyes forced five up 82-81 with just over two minutes remaining in the game.



played just six minutes and failed to register a point against Michi- straight stops after that alteragan State on Sunday - thought tion, but Penn State averted long about shooting a 3-pointer, but term futility by placing three

"The stats look

saw the ball go

which was an

fantastic. We finally

through the basket,

incredible positive."

Pat Chambers

Head Coach

ried it to the top of the key and reset the offense before again driving this time drawing a foul and two free throws.

essence. In that 10-second spurt is precisely what Pat Chambers wants out of his offense; push

there, and make smart decisions when it's not.

Over the first six games of Penn State's winless start to conference play, the Nittany Lions didn't play that brand of basketball.

But on Wednesday, even though the Chambers' squad didn't yield a win, it did find a breakthrough offensively.

"The stats look fantastic," Chambers said. "We finally saw the ball go through the basket, which was an incredible positive, and we needed that. We got that confidence."

That confidence was found right from the opening tip, when Myles Dread followed a Josh Reaves make with a pair of 3-pointers and forced Iowa coach Fran McCaffery to call timeout less than 90 seconds into the game.

But what was equally important as the fact Dread hit the deep balls was the fact that they were both wide open looks.

During its skid, Penn State has struggled to find quality shots, but the Nittany Lions managed to buck that trend early against Iowa.

Even though Chambers harps on playing up-tempo, Penn State continued to work the ball even in the half court in order to find open looks all night.

'I thought we played through the clock — that was the phrase I was using — and I thought we did

instead decided to pump fake and attempt a drive. wings who cycle up top, a player in the top of the lane and a big After the lane was filled, he car- man, usually Mike Watkins or

John Harrar, on

the baseline. or some variation of it, Penn to get the quality paint touches Chambers mentioned and also found a handful of the team's 23

assists.

It's a system the ball when the opportunity is which requires adherence to and proper execution of the offensive game plan — areas in which Penn State has struggled recently.

"In those situations, it's just don't let the ball stick," Reaves said. "Keep moving the ball, keep cutting for each other, and just getting movement throughout the entirety of the possession. We did a pretty good job of that."

Penn State's ability to play within the framework of the offense was made possible by play-

Although the Nittany Lions didn't leave the Bryce Jordan Center with their first conference win of the season Wednesday, it wasn't because of their offense.

That's something which With this set couldn't be said of the six previous Big Ten losses, during which they failed to eclipse the 64-point State was able mark. Penn State pushed the ball when it could and worked the ball when it needed to.

For a young team which has struggled as mightily as Chambers' squad has over the past month, that's progress.

'That's the way Iowa plays, they play a little bit like Michigan State. They get the ball out quick, they're pushing on makes and misses, so it's gonna be a high possession game and I think that's the best thing for us," Chambers said. "Even though we're not finding success right now, sometimes we're gonna grind it, but today we were gonna push it and I feel like it worked for the most part."

To email reporter: mcl5347@psu.edu. Follow him on Twitter at @linger\_man.



Penn State guard Rasir Bolton (13) dribbles past lowa defenders during at the Bryce Jordan Center on Wednesday, Jan. 16.

Forward Aarne Talvitie (20) tries to take the puck from Nicholas Boka (74) against Michigan at Pegula Arena on Nov. 16, 2018.

# Wrapping up the World Juniors

### By Ben Ferree THE DAILY COLLEGIAN

As Penn State continues its Big Ten schedule in the most crucial part of the season, two

**MEN'S** HOCKEY

Nittany Lions earned some new hardware over college hockey's winter break. Freshman Aarne Talvitie and

sophomore Evan Barratt both represented their respective nations at the World Juniors Championship, making the pair the first-ever Penn State players to take part in the most prestigious junior tournament in the world.

The tournament concluded with the teammates facing off against each other for the second time in the tournament but this time for the gold medal.

Team USA erased a two-goal deficit in the third period but a Kakko Kaapo goal with under two minutes left in the game sealed the victory for Finland, giving Talvitie the gold medal while Barratt earned a silver medal.

"It's hard to explain it. You don't know what's going on," Talvitie said. "It's the best moment so far for me in my life and when you get a chance to pick up the cup and lift it up and you see the whole team coming to celebrate there is no other feeling like that.'

Talvitie finished the tournament with a team high seven points, including two goals in Finland's semifinal win over Switzerland.

Barratt only recorded one point in the tournament, but it was a big one as it was the game the full story.

winning goal in Team USA's first game against Slovakia.

"At a tournament like that they have guys who can play in the NHL in a year or two," Barratt said

"The first couple games you are getting your feet under you and you see how these guys can play and when you're on the bench your eyes are wide open."

Both players, who have played for national development teams before coming to Penn State, enjoyed the opportunity to reconnecting with some former teammates.

"It was fun catching up with them and hanging out with them for that tournament," Barratt said. "Hockey wise it was a really great experience, every game, every play, every period you're standing there like 'Wow some of these guys are really special' and it was a really cool team to be a part of."

Sending two players to the tournament did come at a cost for Penn State though, as Talvitie was injured during the gold medal game against Team USA.

Coach Guy Gadowsky confirmed last Saturday that Talvitie will have surgery and will miss the remainder of the season.

"It is such a great experience for these guys and I think that if you were to say 'you get a chance to win a World Juniors gold medal but you would have to miss the rest of the season' I think there's a lot of guys that would take that right away," Gadowsky said.

'I'm not downplaying anything it's just a really special thing to represent your country and that's a really prestigious tournament."

Visit collegian.psu.edu to read



# **DOUBLE FEATURE**

Theatre major and All-American at 184, Shakur Rasheed hopes to shine both on the mat and on the stage

By Jake Aferiat THE DAILY COLLEGIAN

Over the last year, Shakur Rasheed has carved out a role for himself as one of Penn State's prolific scorers.

WRESTLING

The senior All-American went 24-5 last year with

20 bonus point wins, including 12 pins.

And while Penn State is more than comfortable with Rasheed in that role, coach Cael Sanderson ultimately envisions a different role for the Coram, New York, native down the line.

"He has goals to be an actor and move to Hollywood," Sanderson said. "He's got that personality to be successful in pretty much whatever field he decides to get into. It'll be fun to watch him pursue acting when he's completed his wrestling here."

Rasheed, a theatre major, burst onto the scene for the Nittany Lions following last year's Southern Scuffle, after which point he was locked in a roster battle at 197 until the postseason with teammate and best friend Anthony Cassar. He even sends Cassar videos of him testing out roles.

"He'll [Rasheed] send me Snapchat videos every now and then of him working on some roles but those are private and I thoroughly enjoy them," Cassar said.

Rasheed, Cassar and the rest of the Penn State team are off to a torrid start as the Nittany Lions are currently 6-0 and enjoy an average margin of victory of 34 points.

The Nittany Lions are also coming off their seventh national title in eight years and appear poised to take home their eighth in nine years.

With a program that's so routinely competitive and often the sheed's comedic performances. pinnacle of excellence, it can at times be hard to maintain that level, especially when training or battles in the room or results get



Shakur Rasheed wrestles with Mason Reinhardt of Wisconsin during the wrestling match against Wisconsin at Rec Hall on Sunday, Jan. 13.

tough and stressful.

That's where Rasheed's role as a comedian becomes beneficial to the Nittany Lions.

"We've seen some skits of him that are pretty funny and that make for a good laugh when times are stressful; all good stuff," Sanderson said. "He's a funny kid; he's a character."

In addition to enjoying Ramany of the Nittany Lions choose to blow off steam by playing a fitting game — Monopoly.

The Nittany Lions have

"It'll be fun to watch him pursue acting when he's completed wrestling here."

> **Cael Sanderson** Wrestling Coach

enjoyed a monopoly on the college wrestling world recently, but playing the board game recently became a priority for two-time NCAA champion Mark Hall after Penn State's match with Northwestern.

"We love to wrestle, but we have things we do outside of wrestling to keep our mind off of the tiring things. We've been playing a lot of Monopoly lately," Hall said.

"This last trip, we were at Northwestern, it was on my birthday and Bo [Nickal] bought me Rick and Morty Monopoly and as

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soon as I got it I said 'Dude we're playing this after the match 100 percent.' Then the match was over and as soon as we got back, we started playing Monopoly."

Hall said Rasheed partakes in the games and has won a lot recently, but insists that doesn't necessarily make him the best.

In fact, Hall ventured a guess that part of Rasheed's success is based on luck.

"Shakur's won the most out of all of us, but I wouldn't say he's the best, he's just very reckless, Hall said. "He just always wants to make deals, he's buying a lot of property and once you start getting all those houses and hotels on there, you don't got enough money to pay rent for anyone us. There's definitely an algorithm to it and I don't think he's got it down yet.'

Whether Rasheed has the intricacies of Monopoly down yet or not, he's certainly got wrestling down to a science and understands it fully as he's currently enjoying a 14-0 season with 12 bonus point wins. Rasheed's sights this season are set on winning a national title at 184.

And while that's likely, Cassar and Sanderson feel Rasheed's destined for greatness in acting as well.

"He can do anything. He's good with Italian accents, he could be a good gangster. He's got a wide variety. The sky's the limit for his

acting career," Cassar said. That's a lofty statement for Cassar to make, but Sanderson doubled down and felt that Rasheed could be coming for one of the top celebrities out there right now

"He'd wanna be the guy that saves the world, probably; the guy that takes his shirt off and shows you his 10-pack. But he's also got that personality," Sanderson said. "I'd say the Rock better watch out because Shak is probably coming for your job."

To email reporter: jxa5415@psu.edu. Follow him on Twitter at @Jake\_Aferiat51.





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# Bigar's Stars By JACQUELINE BIGAR

### ARIES (March 21-April 19)

 $\star\star\star\star$  You speak your mind and can be excessively chatty. Just be careful not to let the cat out of the bag. Keep a secret hush-hush. Use your energy well to draw many people together, even if a vibrant discussion or disagreement evolves. Tonight: Make weekend plans with friends. TAURUS (April 20-May 20)

 $\star \star \star \star \star$  You might be concerned about your finances. Perhaps you went a bit overboard this holiday season. Do not fret -just pay off your debt. Remember this moment next year before you shop. Anger emerges, but you will be able to pacify yourself. Tonight: Call a friend first.

### GEMINI (May 21-June 20)

\*\*\*\* You have enough energy to stay up to the wee hours if you so choose. Funnel your energy during the daytime, when you would most benefit from it. You might decide to network or lure a friend out of the blues. Curb a tendency to go overboard. Tonight: The party begins

### CANCER (June 21-July 22)

★★★ You could feel less than terrific right now. Use this time for yourself, if you can. Take a mini break from your winter routine. If possible, take off and visit someone at a distance. You could be amazed by what a new perspective gives you. Tonight: Choose a favorite stress-buster

### LEO (July 23-Aug. 22)

 $\star\star\star\star\star$  Bring your friends together and catch up on recent news. You could be too energetic for some of your friends. Find people who are of the same temperament, and schedule a game of racquetball at the gym. You could be thinking about summer already! Tonight: All smiles VIRGO (Aug. 23-Sept. 22)

★★★ You might need to take the lead at work or within a community project. You have the skills to do so. Confusion could surround you, as others might not be of your same mindset. A discussion could be volatile at best. Know when to calm your mood. Tonight: In the limelight.

### LIBRA (Sept. 23-Oct. 22)

★★★★ Share more of your thoughts with a friend who does not hesitate to play devil's advocate. You are better off being less demanding and more laid-back. You will hear some wild statements from someone whose views you generally respect. Tonight: Follow

### SCORPIO (Oct. 23-Nov. 21)

★★★★★ One-on-one relating takes a toll on your time, yet you enjoy this intensity. Sometimes, you get tired of the same topic taking you to the same results. Be willing to brave some confusion and head in a new direction in a conversation. Tonight: Go with the moment.

### Thursday, Jan. 17, 2019

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SAGITTARIUS (Nov. 22-Dec. 21) ★★★★ Your sunny disposition could carry you over a misunderstanding. Excessive feelings emerge from a discussion with a loved one. You often have excessively emotional moments with this person. A situation might not be as you see it. Tonight: Say "yes" to an unbelievable offer.

### CAPRICORN (Dec. 22-Jan. 19)

★★★ Pace yourself and have an in-depth discussion with someone you must deal with. Do not leave out information, or you could be unhappy with the results. Confusion could run through the day. Be ready to clarify without copping an attitude. Tonight: Think "weekend."

### AQUARIUS (Jan. 20-Feb. 18)

★★★★★ If you have a frisky side, others will pick up on it -- even in the most serious situations. You might think you are being discreet, but you're actually pretty transparent. Confusion surrounds your finances. Do not make any agreements right now. Tonight: Paint the town red. PISCES (Feb. 19-March 20)

★★★★ Stay close to home. Your fiery temperament emerges, you say what you think - but at what cost? Know that you might go overboard in some form or another. Try not to go to such extremes, as it causes your emotions to seesaw. Tonight: Make your home your castle.



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### ARTS & LIFESTYLE



### By Natalie Schield THE DAILY COLLEGIAN

As a pastime, Netflix is everyone's favorite go-to. After leaving "Friends" fans worried about a possible cancellation, to recently increasing the rate of subscription, it must step up its game in order to keep viewers from moving to other streaming platforms this year.

With a variety of new releases scheduled throughout the year, Netflix users are in for a ride.

Already released shows and movies including "A Series of Unfortunate Events" season three, "Tidying Up with Marie Kondo," "Sex Education" and "Solo," Netflix has set its bar very high for the first month of 2019. "Tidying Up" sent home owners straight to Salvation Army with items they had no connection with, and "Sex Education" gave viewers a throwback to high school sex ed class.

After posting four seasons of the science fiction series, Black Mirror, Netflix had recently released an interactive movie, "Black Mirror - Bandersnatch." This video game-style movie allows its audience to choose which experience the main character will receive throughout the entire movie.

Sierra Santarsiero believed this movie stood out from others Netflix has featured in the past. "Most of the time other movies have the same plot so the fact that viewers had an influence on the outcome kept three years.

us invested in it," Santarsiero (freshman - math education) said.

Releasing this Friday, "The Unbreakable Kimmy Schmidt" season four part two, will be available for comedy and Tina Fev fans

"To All the Boys I've Loved Before" had every girl falling for Noah Centineo. His charming personality kept viewers in a daze, while Lana Condor's awkwardness left them biting their nails at every encounter she had with Centineo. Ryan Lombardo is looking forward to part two of this movie.

"It makes my girlfriend happy, so that makes me happy," Lombardo (freshman - department of undergraduate studies) said. The release date of this movie is unknown, but Netflix is looking for later on this year. Many unscheduled releases are planned for this year, too. "13 Reasons Why" season two left viewers on edge about what will happen to Clay Jenson next, and they want to find out what really happens to the cast in season three later this year.

Nina Cirelli is anticipating an intense next season for this high school drama series."I'm so invested and intrigued to see what happens next," Cirelli (freshman kinesiology) said.

Following a big year in Marvel Comics, relatively new series, "The Punisher," will be released. "The OA" will also be back this year after not being renewed for "Stranger Things" season three will



Associated Press The Netflix show "Tidying Up with Marie Kondo" sent home owners straight to Salvation Army to make donations.

action with the Upside Down. Even though the subscription prices are increasing for the new year, it looks like it will not stop some Penn State Netflix subscribers

from binging these

shows and movies.

be available on July

4 this year follow-

ing the adventures

of Eleven, Mike and

the rest of the cast

through what seems

to be another inter-

To email reporter: nvs5417@psu.edu. Follow her on Twitter at @natschield.





Lindsey Shuey/Collegia

Yasmin Jones, a yoga instructor at Lila Yoga, teaches Lila Sun Salutations at Lila Yoga in downtown State College on Wednesday, Jan. 16.

# Lila Yoga teaches health, tranquility

### By Adam Beards THE DAILY COLLEGIAN

When walking down West Beaver Avenue, perhaps to get to a bar, a passerby may notice an innocuous yellow sign reading Lila Yoga.

Situated between Local Whiskey and the Navy Recruiting office, Lila Yoga is a studio located on the second floor of an average looking office complex. While its location may be ordinary, the studio within is certainly not.

Lila studios is a series of airy rooms, fitted with hardwood floors that reflect natural light from the windows overlooking West Beaver Avenue. Tapestries and Zen decorations line the walls, and at the start and end of every class, heavy glass bells are rung to signal the transition.

"It's like a treehouse," Erica Kaufman said.

Kaufman is the founder and owner of Lila Yoga, and was voted the best yoga instructor in 2017 by State College Magazine. She teaches a variety of classes and helps aspiring instructors learn the ropes.

Lila Yoga offers a "Free Week" at the start and end of each semester. The first week, ran from Jan.7 to Jan. 13, but another free week will be offered during finals week. If students are feeling stressed out from schoolwork, a yoga session at Lila could be the trick.

easier for me to focus in my more stationary tasks as well," Inglesby said. In the meantime, as finals are a ways

away, Lila offers daily, weekly and semester long passes.

During class, it's common to hear the hustle and bustle of the streets below. Passerby's chat with one another, sitting CATA busses roar into life and the general humdrum of a college town can be heard during sessions.

people waiting for the bus," Hannah Inglesby said. The instructors don't seem to mind the commotion.

'It becomes a part of the practice that you can hear the bar below, and see cars going by. I think practicing here is a teaching about being centered in everyday life," Inglesby said.

Inglesby has been teaching at Lila for about three years. She also works as a landscape laborer and gardener, and finds that her yogic practices have increased her understanding of how her body works.

"Once you do something like Lila that gives you a healthy relationship to yourself, you want to treat yourself better in other ways," Inglesby said. She said she often finds herself eating better or drinking more water after practicing Lila regularly.

The benefits of Lila Yoga are not limited to physical health alone. Kaufman describes the practice as a "fusion of mind and body.'

During sessions, students are guided through a series of yogic poses, and encouraged to feel the spiritual connection between their bodies and minds as they move through each session.

"The style of practicing Lila yoga is awakening the awareness of the prana, the vital life force that makes us alive," Debmalya Nandy said.

Nandy is a teacher at Lila Yoga, and is "I find that after moving my body it's also a doctoral student at Penn State researching statistics. He grew up in India, where he was schooled in a spiritual ashram institution

In an ashram, young students are guided by monks, as they learn in an academic and spiritual fusion.

Nandy thinks Lila studios comes close to replicating the spiritual experience of his home country.

"When I came to the West I was looking for an environment that was similar "I love that. I love being in the heart to where I grew up. When I found Lila studios, I found a home away from my home," Nandy said. Visit collegian.psu.edu to read the full

of downtown where my friends are, Kaufman said.

"Right here, it's literally an intersection. I look out these windows and see story.





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