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*Welcome
Back*



Collegian file photo



Photos: Lindsey Shuey, The Daily Collegian

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How to start the semester off right

By Maddie Aiken
THE DAILY COLLEGIAN

With another academic year upon Happy Valley, many students are excited to reunite with friends, go to new classes and root for Penn State football.

However, as promising as a new semester can seem, many students find themselves burnt out or overcome with bad habits by October.

You don't have to struggle during fall semester, though — there are a few actions a Penn Stater can take at the beginning of this semester to ensure success and prevent stress and procrastination.

1. Make a list of goals for the semester

Grab a piece of paper and a pen

and start jotting down what you hope to achieve between now and early December. Do you want all A's and B's? A new study buddy? The ability to wake up without the 'snooze' button?

Make your goals a bit more permanent by writing them down — and be sure not to forget about your goals by week three of the semester.

2. Budget your time

The great thing about college is that you control your time and what you want to do with it.

The bad thing about college is the same — you control your time and what you want to do with it.

It's easy to put off writing that essay, or spread yourself too thin with a ton of work and commitments. Avoid procrastinating or

being swamped with too much work by making a schedule for the day and committing to that schedule.

3. Actually go to class

This one might be a no-brainer, but most Penn Staters will skip class at least once a semester, especially during the first week of the semester, known as "silly week."

As tempting as it is to stay in bed an extra hour, the best way to stay on top of your classes is to actually go to class.

4. Be consistent with your sleep schedule

While some schedules may vary, you may end up with classes starting early on certain days and later on others. Instead of sleeping in some days and waking up early other days, try to wake up at a consistent time each morning.

The same goes for bedtime — turn the lights out (including your phone) the same time every night. Allow your body to develop a sleep routine so you're not too tired.

5. Try something new

Is there a club you've wanted to join? A book you've been meaning to read? A restaurant downtown you've heard is great but have never been to? Set this semester apart from the rest and avoid falling into routine by trying something new.

Three months into the semester, students can feel agitated and bored if they stick to the same schedule each week.

Make each day a day to remember by switching up your typical routine — you never know what good may come from it.



Collegian file photo

A student takes a mid-day nap at the Forestry Building.

Advice on tackling the sophomore year slump

MY VIEW | GABRIELLE BARONE

I hate to break it to you, but the "sophomore slump" is definitely real—just not necessarily in the way you think.

I've found the aptly-named phenomenon is more of a rapid, unexpected and very painful decline in energy.

For a majority of people I spoke to my sophomore year, sleeping in felt like an essential part of the day.

There's also now a likelihood you will be staring—zombified—at your computer screen by 10 p.m., unable to form words like "the" or "as."

Now that you're no longer thrilled to just be in college, sleep deprivation will actually hit you. Easy first-year classes fly out the window once you have to start getting serious about your degree and—dare I say—your intended major.

What you feel won't be the pure, sink-into-the-mattress-asleep-in-five-minutes exhaustion that you felt freshman year,

after running around for 15 hours straight.

What you'll feel will be the mind-numbing, foot-dragging exhaustion of the sophomore who just needs a lot more sleep.

The good news about being technically an upperclassman? You will get sick a lot less, mostly be adjusted to dining hall food and be able to walk to the Willard Building in your sleep. You might even find that you're better at managing your time without the constant distraction of being new to the campus.

To combat this affliction, here are some tips to help the slump become hopefully more of a gentle slope. What I lack in any sort of medical degree or knowledge, I make up in two good semesters of sophomore year.

Allegedly, sleep is nice. Everyone says you need eight hours, but don't be afraid to—drumroll, please—go to bed early.

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



Collegian file photo

Students come and go at the first day of the student organization spring involvement fair at Alumni Hall in the HUB-Robeson Center.

To email reporter: mea5457@psu.edu.
Follow her on Twitter at: [@madsaiken](https://twitter.com/madsaiken).

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Taking care: Penn State’s mental health resources

By Bailey Jensen
THE DAILY COLLEGIAN

Medora McCarthy remembers a time in her college career when asking for help wasn’t the easiest thing to do.

In her freshman year, McCarthy (senior-labor and employment relations, human resources and employment relations) was an active fencer until she suffered two ankle injuries, which caused her to redshirt during her sophomore year. She said she felt isolated and overall depressed about her inability to move around freely and engage in activities she enjoyed.

It took her well over eight months to fully heal after going through surgery.

“It was a tough time for me,” McCarthy said. “And eventually I thought, ‘Hey, maybe it’s time to talk to someone about the fact that I’m not doing too well at the moment.’”

McCarthy said with the help of her athletic trainer, who advised her to talk to someone, she found help in Penn State’s Active Minds chapter — a national nonprofit organization dedicated to raising mental health awareness among college students.

“I went to a couple meetings at first and found that it was a really welcoming group of people,” McCarthy said. “Everyone was sympathetic and because it’s so small, it feels so intimate.”

McCarthy, the upcoming vice

president of the chapter, found out a lot about herself. In seeking help, she discovered there were other issues affecting her mental health she hadn’t even realized.

After her injury healed, she continued her treatment when her anxiety and depression persisted.

“I didn’t tell my family at first because I didn’t want to worry or upset them,” McCarthy said. “But when I did, they were relieved to discover I was putting my health first, which was fortunate for me because their support has really made things easier.”

Alondra Abril Perez, upcoming president of the chapter, has been involved with Active Minds since her sophomore year.

“It’s important to continue the conversation,” Perez (senior-psychology) said. “Sometimes we get so wrapped up in college life we forget to take care of ourselves mentally.”

Perez said a recent study done by Active Minds “confirms the organization has a significant impact” on student mental health and well-being.

The organization, now 15 years old and present on

more than 600 campuses, conducted the study through a pool of more than 1,100 students at 12 colleges.

According to the organization’s website regarding the study, highlights include an increase in student comfort in reaching out to those struggling with a mental health issues, and the creation of more supportive campus climates that increase the likelihood students in distress will seek mental health services.

Perez said in addition to Active Minds, there are a variety of resources available at Penn State for students seeking help in the area of mental health. Many can be found on the university’s college of medicine website.

Such facilities include a 24-hour Crisis Support hotline, the CEDAR clinic – which is run by the Department of Educational Psychology, Counseling, and Special Education, and also the Psychological Clinic and Counseling and Psychological Services (CAPS).

CAPS serves approximately 4,500 students per year. It’s a treatment center that provides group and individual counseling, crisis intervention, prevention, and consultation, and psychological and psychiatric evaluations for undergraduate and graduate

students.

The professional staff includes psychologists, psychiatric providers, professional counselors, social workers and graduate trainees.

Katharine Staley, assistant director of community education and outreach at CAPS, believes the facility is a great resource for students and makes a big difference within the Penn State community.

“It’s best not to think of CAPS as just a place where you can go when you’re in the middle of a crisis, but rather a service you can use to prevent such a crisis from happening,” Staley said.

Staley said when students think of CAPS, they may think mainly of individual therapy, and while the facility does offer individualized help, there are a full-range of resources available, including workshops on stress management, anxiety, insomnia, procrastination and other concerns.

“College pushes kids to mature and reflect on who they are and what they want to do in life,” Staley said. “It’s challenging, making it understandable so many seek help.”

Staley said a few pieces of advice include setting a healthy sleep schedule, taking deep breaths, walking to clear one’s head and joining a community that provides comfort and support. She said it’s also important not to skip class, as doing so without good reason would only exasperate issues.

“There is no doubt that seeking mental health professionals is less stigmatized than it used to be,” Staley said. “Most people realize how nice it is having someone to talk to, someone who really listens.”

McCarthy said while she was



Students play with a certified therapy dog during a CAPS/Therapy Dog Information Session in Atherton Hall on April 19.

focused on her own mental health, helping other people within the club was a great way for her to work through the healing process.

“I think we’re in a time when people are becoming more aware of mental health issues, and more people are becoming brave enough to talk about them,” McCarthy said. “Hopefully in the years to come [Active Minds] will develop and grow in members.”

McCarthy said what resonates with her is the advice not to wait until a time of crisis to seek help.

“A lot of people are silent about what they are going through, so everyone seems okay on the outside,” McCarthy said. “Freshmen year is a transition period. I wish I would have realized sooner that I wasn’t alone and that it’s normal to ask for help.”

To email reporter: bej5070@psu.edu. Follow her on Twitter at [@baileyejensen](https://twitter.com/baileyejensen).



Students play with a certified therapy dog in Atherton Hall on April 19.

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Considering going greek? What you need to know



Two sorority members hug during Bid Day on Sept. 12, 2016.

By Patrick Newkumet
THE DAILY COLLEGIAN

With the advent of a new semester, some Penn State students new and returning will consider joining one of the 57 fraternities or sororities on campus.

This recruitment process, however, has come under heightened scrutiny following the death of Penn State sophomore Timothy Piazza. Piazza died on Feb. 4, 2017 after a fall down a flight of stairs at the Beta Theta Pi fraternity house at a pledging event.

At the end of 2017, Penn State imposed several restrictions on greek life. Among those restrictions was the establishment of a credit requirement for prospective rush candidates.

To be eligible for recruitment, a student must possess at least 14 credits and maintain over a 2.50 cumulative GPA.

This means incoming freshmen will be unable to rush a fraternity

or sorority this fall semester.

The Penn State Interfraternity Council does not plan to add any of their own changes to recruitment, despite recent issues with violations of Penn State student conduct.

In the 2018 spring semester, four greek life organizations were suspended for violations related to either hazing or alcohol.

“There have been no major changes to the recruitment process for this semester,” Daniel Lee, vice president of communications, said. “The IFC aims to continue to provide a safe, informative, and effective recruitment process for both chapters and recruits.”

The council has yet to release the schedule for fall rush, but activities typically begin in early September.

Despite such sanctions toward Penn State greek life, the Interfraternity Council maintains its stance of the positive nature of these organizations.

“Greek organizations are unique student organizations – they provide a home away from home, numerous avenues to get involved in philanthropy and community service, and a wide range of leadership opportunities,” Lee (senior-finance and economics) said.

It is worth mentioning, however, that statistical analysis has found a higher incidence of campus sexual assaults occurs in greek life than in non-greek organizations, as previously reported by The Daily Collegian.

Despite this, the IFC sees the recruitment of new, upstanding students as the future of greek life on campus.

“The IFC remains committed to ensuring that our organizations continue to recruit high quality members that are committed to improving our community,” Lee said.

To email reporter: pfn5020@psu.edu. Follow him on Twitter at: [@patnewkumet](https://twitter.com/patnewkumet).

Don't bite this page: New food places coming to State College

By Natalie Schield
FOR THE COLLEGIAN

While restaurant staples around State College are great options, trying a new menu is a great choice.

Replacing some popular food spots around Penn State, here's a quick refresher of seven restaurants that are set to open their doors in either late summer or early fall.

Doggie's Rathskeller and Garden: 108 S. Pugh St.

Playa Bowls: 482 E. Calder Way

Snap Custom Pizza: 132 W. College Ave.

Hello Bistro: 126 W. College Ave.

Crazy Boil: 1617 N. Atherton St.

With no official opening date, Doggie's Rathskeller and Garden, located at 108 S. Pugh St., hopes to open sometime in the fall semester. Previously known as the All-American Rathskeller, this bar under new owners have kept the same booths, but added new decor featuring pictures of football and rugby, as previously reported by The Daily Collegian. Doggie's had a two-day soft opening during Arts Fest and hopes to fully open once students return for the fall semester.

Playa Bowls

Located below the Legacy Apartments on 482 E. Calder Way, this trendy smoothie bowl cafe is expected to open sometime in August. Playa Bowls features acai,

pitaya, banana, chia pudding, oatmeal and coconut bowls. They also have fresh fruit juice and smoothie options.

Snap Custom Pizza

Replacing Herwig's Austrian Bistro, Snap Custom Pizza will be located at 132 W. College Ave. and expects to open in early fall.

This quick service location's expertise is in pizza. Signature pizzas are priced at \$7.99 and \$8.99 for custom pizzas. Customers will be able to choose sauce, cheese, proteins, vegetables and finishing touches such as feta cheese or baby spinach, according to the restaurant's website.

Hello Bistro

Hello Bistro will be remodeling Penn State's well known "The Diner," but has yet to announce its opening date.

The restaurant specializes in burgers and custom salads, while also serving grilled sandwiches and soups.



A sign for Snap Custom Pizza hangs in the window of the former building of Herwig's Austrian Bistro on Aug. 2.

The restaurant is part of the same restaurant company as Eat'n Park. Hello Bistro describes itself as Eat'n Park's "sassy cousin," according to its website.

Crazy Boil

Replacing Eat'n Park, Crazy Boil will be located in the North

Atherton Place Shopping Center at 1617 N. Atherton St.

Crazy Boil features Cajun style seafood. Although an opening date has yet to be confirmed, construction and renovation is currently taking place at the location.

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BJC events to look forward to this fall

By Molly Sweigart
FOR THE COLLEGIAN

The Bryce Jordan Center will feature a great selection of concerts and events this fall, ranging from country to rap to comedy, and many genres in between. Home to many Penn State sporting events and Penn State's THON, the Bryce Jordan Center also commonly features "top-name performers in the music entertainment industry," according to the center's website. Perhaps the biggest name coming to Penn State this fall is Elton John, who is scheduled to perform his farewell tour, "Farewell Yellow Brick Road,"

Upcoming shows

Elton John: Sept. 16

Thomas Rhett: Sept. 27

J. Cole: Sept. 28

Justin Timberlake: Oct. 15

Metallica: Oct. 20

at 8 p.m. on Sunday, Sept. 16. Tickets for this performance are sold out, according to the center's website. Other artists, such as country singer Thomas Rhett, rapper J. Cole pop and singer-songwriter Justin Timberlake, still have tickets available through the Bryce Jordan Center's website and ticketmaster.com. Rhett will kick off an exciting weekend as he performs on Thursday, Sept. 27, with J. Cole to follow on Friday, Sept. 28. Both concerts coincide with the Penn State-Ohio State football game, which is slated for Saturday, Sept. 30. Ravleen Ingle said she is excited J. Cole is going to perform at Penn State. "I don't know how they got J. Cole," Ingle (freshman-pre-med) said. "Plus the Ohio State tailgate - that's like the perfect weekend." Timberlake will perform later in the fall, with his "The Man of the Woods" tour coming to University Park on Monday, Oct. 15. Heavy metal band Metallica is set to perform on Saturday, Oct. 20 and country group Old Dominion will follow with their "Happy Endings" tour on Friday, Oct. 26. All three shows also still have tickets available for purchase for



Go Go Gadget performs during the final hours of THON 2015 at the BJC on Feb. 22, 2015. Tickets are also still available for this show, according to the center's website. To see what other shows and events are heading to Penn State this fall, visit bjc.psu.edu.

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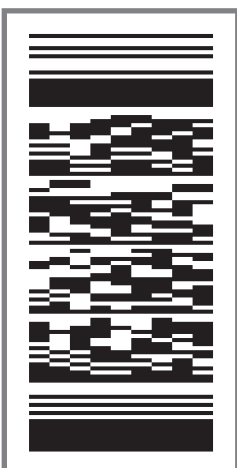


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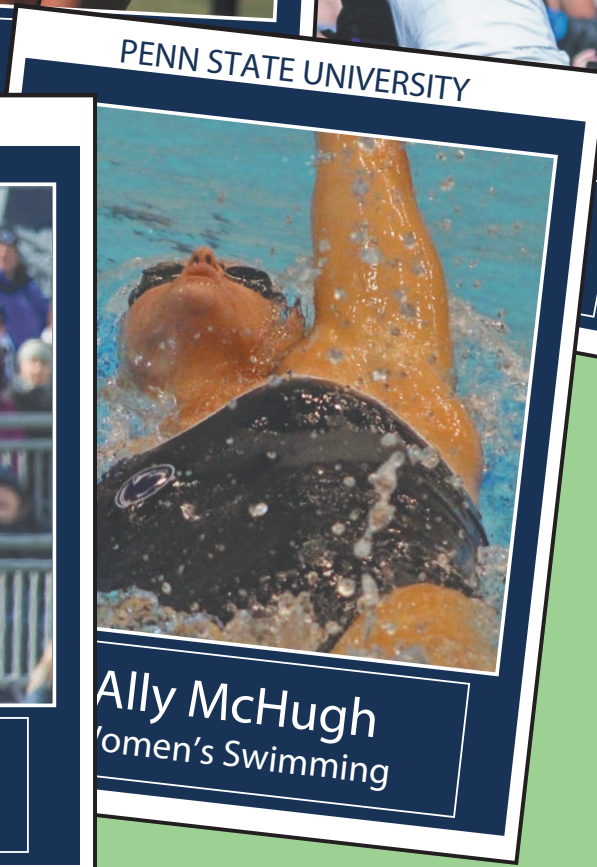
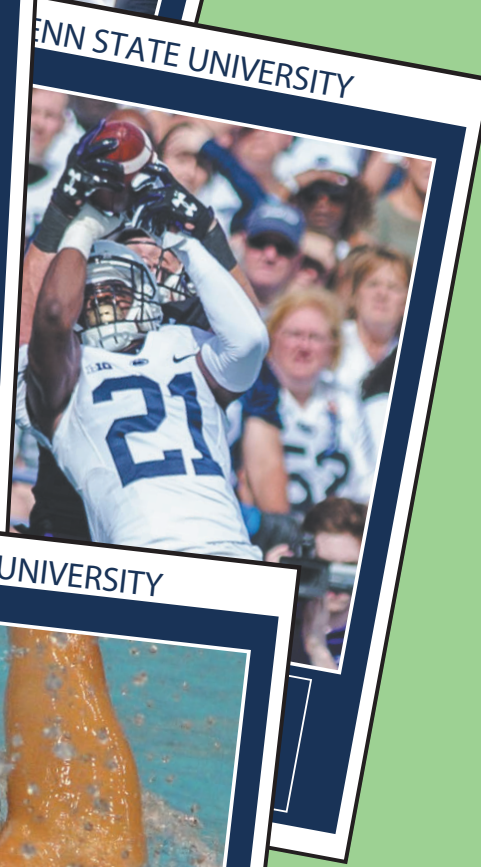


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FALL SPORTS PREVIEW

Collect them all!

Page B5



Freezing down a third NCAA berth

By Ben Ferree
THE DAILY COLLEGIAN

Penn State men’s hockey has seen unprecedented success in its transition from a club to a Division I program. The Nittany Lions are looking to make the NCAA Tournament for an impressive third year in a row. It is easy to forget that this upcoming season will only be the sixth season as a NCAA program for Penn State.

Not a single player on the Nittany Lion’s roster this season has been a part of a losing season in Happy Valley. In order for Penn State to replicate this success again this season and return to the postseason, here are four things the Nittany Lions must do this season.

Find a new leader

Penn State will head into this season looking for a new captain after the graduation of James Robinson. Robinson, who coach Guy Gadowsky refers to as ‘Jimmy Pucks,’ will be playing hockey with Cergy-Pontoise in France this season and will leave an irreplaceable void on the ice in State College. It is paramount for Penn State that someone steps up to take over the leadership role that Robinson expertly filled last season. In his postseason press conference in April, Gadowsky nodded towards one potential player to fill the role: Chase Berger. “I think [Berger] is as good a leader as I’ve been around, so I know he’s going to fill a great leadership role,” Gadowsky said at the press conference. “I know Jimmy Pucks, who I have great admiration for, speaks very highly of him as a leader and I think Chase, number one, is going to be most important to us in that sense.” But Berger will also have to get used to the fact that Robinson is no longer on the roster, as the two have been line mates from the day Berger

arrived in State College. Gadowsky has full confidence Berger will remain a crucial part of the team and adjust to not playing alongside Robinson. “[Robinson and Berger] have had a great synergy from day one and that will be tested next year, so I can’t really say what I expect because I don’t know,” Gadowsky said. “But I do expect that he’s going to be a great leader and I know that he’s going to do it on both ends of the ice. That’s what I know for sure.”

Strengthen the Blue Line

Last season, the blue line was an area of weakness for the Nittany Lions, especially early in the season where disorganization plagued the squad and often left goaltender Peyton Jones high and dry. This year, the Nittany Lions will have a much different look on the defensive side of the ice after the graduation of Erik Autio and Trevor Hamilton. An obvious player who needs to take the next step for the Nittany Lions is Cole Hults, a freshman last season who played in 38 games and according to Gadowsky, needed to make strides this summer.

“He can’t just come in with the same explosiveness and the same level of conditioning and just think that those experiences are going to do it,” Gadowsky said back in April. “He needs to be more explosive, he needs to be leaner and meaner. If that happens, I’ll be extremely optimistic for him but that’s going to be important for him.”

Denis Smirnov

Last season Andrew Sturtz was the most explosive and dynamic offensive player for Penn State’s offense, leading the team with 40 points. But the Nittany Lions will be without his services this season, as Sturtz decided to forgo his senior season and will be playing in the AHL for



Denis Smirnov (25) attempts to move the puck around Michigan’s Joseph Cecconi (33) on Oct. 28, 2017.

the Belleville Senators. This leaves another hole on the ice for the Nittany Lions—but the squad is not short on offensive talent. Many players can step up into the role of Sturtz, notably Liam Folkes and Evan Barratt, who both had promising years. But if the Nittany Lions want to return to the NCAA Tournament this season, Smirnov will have to return to the player he was as a freshman. The Moscow, Russia, native was responsible for a team-leading 47 points his freshman year. However, last season Smirnov wasn’t the same and couldn’t find the same level of production. The forward was tied for fifth on the team in points with 27 last season and the Nittany Lions were also a mere plus one with Smirnov on the ice. This season, a higher level of play from the Russian is necessary if the Nittany Lions

want to make another NCAA Tournament appearance. **Favorable nonconference schedule** Penn State will not leave the state of Pennsylvania until Nov. 23 with a two-game series against Ohio State, which will only be its second conference series of the year. The Nittany Lions need to take advantage of this less challenging schedule and start the season strong—something Penn State failed to do last season. Penn State failed to win two games in a weekend last season until Nov. 18 with a sweep of Arizona State. This run included a loss at home to American International. The team’s struggles in the nonconference schedule last season hurt Penn State and put them on the bubble of the NCAA Tournament before defeating

Minnesota four times in a row to eventually clinch a postseason spot. Success in the nonconference portion of their season is also crucial to Gadowsky’s squad, as the Nittany Lions play in one of the toughest conferences in college hockey. The Big Ten sent three teams to last season’s Frozen Four, which means Penn State needs to take advantage of the nonconference schedule before facing the grueling schedule of the Big Ten. Nonconference series against Clarkson and Princeton—two teams that also made the NCAA Tournament last season—will also give the Nittany Lions a chance to pick up quality wins that could give the team a slight boost in the PairWise rankings.

To email reporter: bcf5167@psu.edu. Follow him on Twitter at [@BFerree3](https://twitter.com/BFerree3)

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QB room depth one of Lions’ many strengths

By Thomas Schlarp
THE DAILY COLLEGIAN

Much like Rome, the current version of Penn State football wasn’t built in a day.

In fact, it took James Franklin four years to assemble this Nittany Lion team. But after four years of waiting, Penn State finally has a luxury it has not had in quite some time: depth in the roster.

Be it the stable of running backs waiting to fill the mammoth-sized shoes left behind by Saquon Barkley, the bevy of starting offensive line combinations to choose from or the young up-and-coming talent poised to rise as the next generation of Linebacker U—Penn State’s roster has finally recovered and returned to its pre-sanction depth that can compete with the most elite programs in the country.

While Trace McSorley is accomplished enough in his own right to merit attention as one of the nation’s top quarterbacks, it’s the entire unit of signal-callers at Penn State that could also prove to be the cream of the crop when compared to other quarterback rooms across college football this fall.

“The competitive nature that we have, you see come out of oth-

er of the best quarterback rooms in the country,” Tommy Stevens said at Lift for Life. “It’s hard for us to believe there’s a better one in the country right now.”

With six quarterbacks listed on the roster and 2019 four-star commit Ta’Quon Roberson on his way next season, the Nittany Lions appear to be well equipped at the most important position, even after McSorley eventually departs. Led by quarterbacks coach and newly appointed offensive coordinator, Ricky Rahne, a room that just four seasons ago consisted of only Christian Hackenberg, a converted Vanderbilt safety (McSorley), an Indiana All-State high school defensive back (Stevens) and preferred walk-on Billy Fessler, is now so deep that passers like redshirt sophomore Jake Zembiec, the top 2015 football recruit in the entire state of New York as rated by Rivals, are battling for the right to be the fourth-string quarterback.

The quarterback position now serves as an area of strength for the Lions and no longer relies on other areas of the team to cover up the weakness behind center.

Even Stevens’ decision to stay at Penn State rather than transfer demonstrates a chemistry and competitive nature among the passers that an inferior quarterback room may have not retained—a quality

backup quarterback off to seek greener pastures elsewhere.

“I’m a lot more comfortable in the room than I once was,” Stevens said. “We’ve got a lot of characters. We all enjoy being around each other and spending time with each other. It’s a very competitive group that shares a lot of similar interests.”

Recently rated as the third-best passing unit in the country by Barton Simmons of CBS Sports, Simmons lists the Nittany Lion passers behind only the groups at Washington, headed by Jake Browning, and Alabama, led by Tua Tagovailoa and Jalen Hurts.

Despite Hackenberg’s lack of success in the NFL, Penn State has been fortunate to always have at least one of the nation’s top quarterbacks to help steady the program and return it to prominence.

As Franklin has now turned a program in shambles back to a perennial national championship contender, so too has the quarterback position become a perennial position of prominence, now rich with talent and ready sling the Nittany Lions past their competition.

“There’s a lot of good teams out there,” Stevens said, “but [our quarterback room] is the best.”

To email reporter: rts5199@psu.edu.
Follow him on Twitter at [@TSchlarp](https://twitter.com/TSchlarp).



Quarterback Trace McSorley (9) throws the ball during warmups prior to the game against Maryland at Capital One Field on Saturday, Nov. 25, 2017.

Penn State Football 2018 Season Schedule		
	Sat. Sept. 1	Appalachian State
	Sat. Sept. 8	@ Pittsburgh
	Sat. Sept. 15	Kent State
	Fri. Sept. 21	@ Illinois
	Sat. Sept. 29	Ohio State
	Sat. Oct. 6	Michigan State
	Sat. Oct. 20	@ Indiana
	Sat. Oct. 27	Iowa
	Sat. Nov. 3	@ Michigan
	Sat. Nov. 10	Wisconsin
	Sat. Nov. 17	@ Rutgers
	Sat. Nov. 24	Maryland



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Russ Rose's thorn: Nebraska

By Jake Aferiat
THE DAILY COLLEGIAN

Every rose has its thorn—and for coach Russ Rose, that thorn is Nebraska.

It may seem trivial, but beating Penn State at women's volleyball — one of the most storied programs in the history of the sport — is a Herculean task for most teams.

After all, Rose is the winningest coach in Penn State athletic history and his career 1,246-198 record stands atop the list of any women's volleyball coach whose tenure was exclusively with one Division I program. Penn State's seven national titles are also tied with Stanford for the most in NCAA history.

Unfortunately for Penn State, Nebraska isn't most teams and the Cornhuskers are closing the national championship gap quickly.

As the defending national champions, the Cornhuskers currently boast a 21-10 all-time record against the Nittany Lions. They're the only Big Ten team Penn State has a losing record against and they served

Penn State both of its losses last season.

Even before the first of two meetings between the Cornhuskers and Nittany Lions last year, Rose expected Nebraska would likely give his squad fits and wear them down.

"Nebraska's always been a really good serve and pass team... so we'll have our hands full with them," Rose said prior to the Sep. 22 match, which his team entered 10-0.

As it turned out, Rose's assessment of Nebraska was well placed, as the Cornhuskers proved why they were the Big Ten leader in opponent hitting percentage.

The Cornhuskers won the first match in straight sets, the eighth time they've shutout the Nittany Lions and held Penn State, last year's Big Ten leader in hitting percentage at .339, to a meager .227 percent, resulting in Penn State's first loss of the season.

From there Penn State rattled off 23 straight wins — 19 in the regular season and four in the postseason — as the Nittany Lions looked like world beaters and an eighth national title seemed likely.

But this Penn State 'rose' had

two thorns, and once again for Rose, that thorn was Nebraska in the NCAA tournament.

The Nittany Lions dropped two sets through their first four matches of the NCAA Tournament leading up to their Final Four matchup with the Cornhuskers. Enter Nebraska, however, and everything changed.

Nebraska came out and cruised to a 25-18 first set victory over Penn State only to have the Nittany Lions answer and win two straight sets, 25-23 and 26-24, respectively.

The fourth set was back-and-forth and ultimately saw Nebraska prevail 28-26 to force a deciding fifth set, where Nebraska showed its dominance once more. The Cornhuskers then won the fifth set and punched their ticket to the NCAA Championship en route to their fifth national title.

"They don't make a lot of errors and they're an especially good serve-pass team," Rose said prior to that match.

The Nittany Lions will square off against the reigning national champion Cornhuskers twice in the upcoming regular season — at home on Oct. 13 at Rec Hall and on Nov. 2 in Lincoln, Nebraska.

The two regular-season match-

ups will undoubtedly be a challenge for the Nittany Lions, as they enter this season having graduated first-team All-Americans Simone Lee and Haleigh Washington, and Honorable Mention Heidi Thelen.

However the Nittany Lions have one of the nation's top recruiting classes, which features two first-team Under Armour All-Americans in Gabby Blossom and Jonni Parker.

Also returning for Penn State is 2017 Second-Team All-American defensive specialist Kendall White.

Nebraska also graduated two of its All-Americans, Kelly Hunter and Annika Albrecht, both of whom combined for 40 kills, 91 assists and 51 digs in the pair of meetings with Penn State last year.

Penn State has the added intangible need to prove it's capable of beating Nebraska, whether



Aahba Vora/Collegian

Head coach Russ Rose discusses strategy during the game against Illinois on Friday, Sept 29, 2017.

it's in the regular season or in big spots in the postseason, if it wants to take home an eighth national championship this season.

But before Penn State can set its sights on that elusive eighth title, the Nittany Lions will need to beat Nebraska one way or another, something they haven't accomplished in nearly four years.

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

Friday, Aug. 17, 2018

www.jacquelinebigar.com

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ARIES (March 21-April 19)
★★★ You might believe that someone is speaking gibberish. Although this isn't true, this person doesn't seem to connect the dots as you would. Don't worry; keep smiling, and your interactions with this person will work out. Financial gain is possible here. Tonight: Happiest as a duo.

TAURUS (April 20-May 20)
★★★★ Defer to others, and be optimistic about an offer. Others will seek you out, as they enjoy your company. If you are in a committed relationship, make sure to dote on your significant other. You don't want to upset this person. Tonight: Out and about, strutting your stuff.

GEMINI (May 21-June 20)
★★★ When the cat's away, the mouse will play. You have acted like a mouse with an absent cat nearly all week. Now you are faced with an enormous amount to catch up on. Dive right in rather than quarrel. You might be surprised by how much you accomplish. Tonight: Out late.

CANCER (June 21-July 22)
★★★★ Use today to finish last-minute details for a project. You could be surprised by a loved one; the caring and attention he or she gives you mean a lot. You begin to see the makings of several caring days. Go along with a demand from a loved one. Tonight: Christen the weekend.

LEO (July 23-Aug. 22)
★★★ Your instinct might be to stay close to home. If so, you are right to listen to your intuition. Others will find you should they need you. On the other hand, you might opt to squeeze in some R and R. As a result, you are likely to feel more vibrant. Tonight: At a favorite restaurant.

VIRGO (Aug. 23-Sept. 22)
★★★★★ You might not communicate as well as you'd like to. You feel as if you are speaking a foreign language and that people don't seem to "get it." Take charge of a changeable set of plans. Listen to what others want. Somehow you will make it all work. Tonight: Speak your mind.

LIBRA (Sept. 23-Oct. 22)
★★★ Before you say "yes" to someone, make sure you really want to. Honor a change of heart. Remain secure in what you need to do. Be clear about your desires. Remain open in conversations. Make sure your budget is as tight as you'd like. Tonight: Treat a friend to TGIF.

SCORPIO (Oct. 23-Nov. 21)
★★★★★ Beam in more of what you want. You have the charisma and energy to hit a home run. Do not allow someone to change plans or cause a problem. Think positively and you will see better results. Someone might change his or her mind at the last minute. Tonight: Keep smiling.

SAGITTARIUS (Nov. 22-Dec. 21)
★★★ Listen to the drumbeats. Someone is trying to tell you something, whether you want to hear it or not. Slow down and follow your intuition. You might be hoping for a certain resolution, which could color your perspective as well. Ask for feedback. Tonight: Play it low-key.

CAPRICORN (Dec. 22-Jan. 19)
★★★★ You know what you want, but at times you do not use the correct words. Refuse to allow a misunderstanding to even begin. Verify that you are on the same page as someone else, or at least that he or she understands what you're saying. Tonight: Get together with the gang.

AQUARIUS (Jan. 20-Feb. 18)
★★★ Take a stand, if you feel it's necessary. You cannot minimize what is happening around you. Know that more responsibility will be dropped on you. Consider that you might not want to play a significant role. Be honest with what is going on within you. Tonight: Be willing to say "no."

PISCES (Feb. 19-March 20)
★★★★ Put yourself in someone else's shoes. You might not have the control you desire in a tense situation. By identifying with the others involved, you can find the right action or decision. Others appreciate your sensitivity and support. Tonight: Be adventurousome and spontaneous.

BORN TODAY

Actor Sean Penn (1960), actor Robert De Niro (1943), actress Mae West (1893)

YOUR BIRTHDAY MESSAGE:

This year you tend to use tension as a motivator. However, you can get locked into a point of view and have difficulty gaining a broader perspective. Let others know about some of your dreams that you would like to bring to fruition.

If you are single, you radiate a unique intensity, and others cannot stay away from you. You have quite a choice of suitors.

If you are attached, the two of you often trigger each other. You have the key to handling the issue.

SCORPIO sees you as transparent.

Crossword

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Across

1 Where the buoys are
4 Basilica feature
8 Make eyes at
12 Russian city
14 Try for a part
15 Unsophisticated
17 Not yet final, at law
18 Phoned
19 Run the show
20 Farm
22 Singer Shannon
24 Swiss canton
25 Indications
26 It may need a boost
28 Way to stand
29 Slipshod
34 Acknowledge
37 Breaks
38 Word of possibility
39 Nicaragua's second-largest city
40 Thick soup
41 Flower holder
42 ET's ride
43 Sheer curtain fabric
44 TV show information
45 Some monsters
47 Hero
48 Make a choice
49 Patriots' Day month
52 Leveling wedge
55 Rummy
58 Slanted
60 Radio output
62 Reason for an R rating
64 Back of the neck
65 Astronaut John
66 Loud laugh
67 London's ____ Gallery
68 Send to the canvas

Down

69 Shade trees
70 Part of some uniforms

13 Top dog
16 Poetic time of day
21 Picnic pest
23 River embankment
27 Heating fuel
29 Actress Lombard
30 "I'll second that"
31 Muslim leader
32 Life of Riley
33 Some whiskeys
34 Astrigent substance
35 Thumb one's nose at
36 Like some points
37 Sushi staple
40 Ancient Scots

41 Colorful
43 Touch of frost
44 South American Indian
46 Grits starter
47 Cavalry swords
50 Composer Albéniz
51 Former Greek coins
52 Lose resilience
53 Comic superhero
54 Inspiration
56 Grimm villain
57 Hammer or sickle
59 Abstruse
61 Plastic ____ Band
63 Battering device

WORD SEARCH

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King Tut	C	X	M	X	S	X	M	G	L	R	W	G	L	U	W	S	E	H
Ancient	F	D	N	U	N	V	R	S	S	T	C	A	F	I	T	R	A	N
Artifacts	Z	X	E	P	S	H	A	N	C	I	E	N	T	H	U	O	R	G
Boy King	A	E	M	A	V	E	M	B	M	O	T	G	H	S	R	W	G	I
Burial	P	E	H	Z	T	J	U	Q	G	P	S	D	A	A	X	E	Q	E
Curse	G	X	A	K	D	H	U	M	Y	E	A	E	H	U	G	C	H	R
Death Mask	N	H	G	O	L	D	M	R	Y	K	R	P	R	Y	S	I	L	A
Discovery	I	I	N	W	G	O	A	A	T	T	C	B	P	G	O	A	Z	G
Dynasty	K	B	P	M	U	M	M	Y	S	I	O	T	B	P	Y	L	Y	Y
Egypt	Y	I	V	C	I	E	X	Q	A	K	P	B	R	O	Q	R	M	G
Exhibits	O	T	T	D	C	B	M	R	N	L	H	A	R	D	E	S	U	M
Gods	B	S	G	N	U	E	R	I	Y	P	A	R	H	V	T	V	B	U
Gold	K	H	I	R	R	C	V	R	D	C	G	A	O	U	N	I	L	E
Luxor	G	R	I	W	S	E	E	F	L	E	U	C	T	J	L	U	K	M
Mummy	P	A	X	N	E	T	G	S	P	B	S	S	D	J	X	D	G	R
Museum	L	O	Y	D	S	O	X	J	R	I	S	Y	J	O	R	C	O	H
Mystery	Y	M	Z	Y	E	M	D	F	D	N	R	M	R	L	U	Z	D	A
Nile	Q	U	M	U	N	N	B	M	D	B	L	S	V	M	F	Y	S	Q
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Prince																		
Pyramid																		
Reign																		
Royal																		
Sarcophagus																		
Scarab																		
Tomb																		
Treasure																		
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Kakuro (Cross Sums)

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Answers bit.ly/1CBcyRi

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Collegian Sports

Athlete Cards

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9

Trace McSorely
Football

PENN STATE UNIVERSITY

20

Natalie Heising
Women's Hockey

PENN STATE UNIVERSITY

Ally McHugh
Women's Swimming

PENN STATE UNIVERSITY

21

Laura Freigang
Women's Soccer

PENN STATE UNIVERSITY

28

Gini Bramley
Women's Field Hockey

PENN STATE UNIVERSITY

Constant De La Bassetiere
Men's Tennis

PENN STATE UNIVERSITY

Danae Rivers
Women's Cross Country

PENN STATE UNIVERSITY

31

Peyton Jones
Men's Hockey

PENN STATE UNIVERSITY

10

Ethan Beckford
Men's Soccer

PENN STATE UNIVERSITY

Shannon Hanley
Women's Tennis

PENN STATE UNIVERSITY

66

Connor McGovern
Football

PENN STATE UNIVERSITY

Colin Abert
Men's Cross Country

PENN STATE UNIVERSITY

Charles Huntzinger
Men's Golf

PENN STATE UNIVERSITY

Cara Basso
Women's Golf

PENN STATE UNIVERSITY

21

Bryanna Weiskircher
Women's Volleyball

PENN STATE UNIVERSITY

21

Amani Oruwariye
Football

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