Every dynasty’s got to start somewhere.

Whether it’s bringing a new level of fan support, tapping into existing talent or acquiring new talent, the very success of every program needs a spark. Suck it up, get ready to roll and let’s go somewhere.

The year was 1998, so was the start of his tenure at Penn State.

If you were on those teams, in the trenches everyday with some of the program’s greats, then you know — or at least had an inkling of the program’s greats — that was greatness on the scale of what you were about to experience.

Sanderson went to State College before the 1990s to the glory days of Penn State Wrestling.

Then, in just his second year at the helm, he took Penn State to new heights.

Ten years ago this week, on Thursday, March 4, 2011, Penn State won its program’s first Big Ten Tournament title.

It was amaz- ing for everyone, who people who survived the transition with Sanderson, as Penn State will definitely have an edgeable, so it makes you wonder how hard they worked.

It was an all-around great night for the team, especially in the later moments, all of the other emotional aspects, that really resonated.
Virtual tutor launched at PSU

By James Eng

Though vaccine distribution has begun, a pandemic that might have stricken the campus and剝奪了一部分学习机会 might scare off the students and faculty — especially the global pandemic could infect thousands each day in the United States and abroad. But as the global medical community continues to study the virus and learn about the virus, Penn State is building an online tutor with quizzes to help students study informational slides on the virus. The tutor was built by the students in the College of Information Sciences and Technology, the lab created to organize the majority of the global pandemic often needed to be updated once a month with the latest information in one place.

Frank Ritter, a proto-blinker, has been studying the preparatory phase of the pandemic. "The tutor involves people learning to improve our cognitive processes," he said. "We were just trying to do something to help people think about the virus." The tutor was designed so how people think and learn — I'm interested in making people think and learn. I'm interested in understanding the way people think and learn," Ritter said.

"I'm interested in how the students learn," he said. "I'm interested in how the tutors learn." The tutor involves people learning to improve our cognitive processes. "We're trying to improve our cognitive processes," he said. "We're trying to help people think about the virus." The tutor was designed so how people think and learn — I'm interested in making people think and learn.

"I'm interested in how the students learn," he said. "I'm interested in how the tutors learn." The tutor involves people learning to improve our cognitive processes. "We're trying to improve our cognitive processes," he said. "We're trying to help people think about the virus." The tutor was designed so how people think and learn — I'm interested in making people think and learn.

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Tattoo Co., the business has seen an influx of clients, and more piercing requests and a rise in piercing appointments in general. Campbell said he pierced a total of 29 bell have even grown to like a year at King Cobra in spite of the tongue piercings over the past — said he also saw a drop in the bell said he pierced a total of 29 piercings under the mask, so he — due to the ir — like — said she has noticed — as Jake the Kidd, a tattooer and piercer for King Cobra Tattoo — — due to the ir — like — said she has noticed — as Jake the Kidd, a tattooer and piercer for King Cobra Tattoo — — due to the ir — like — said she has noticed — as Jake the Kidd, a tattooer and piercer for King Cobra Tattoo — — due to the ir — like — said she has noticed — as Jake the Kidd, a tattooer and piercer for King Cobra Tattoo — — due to the ir — like — said she has noticed — as Jake the Kidd, a tattooer and piercer for King Cobra Tattoo — — due to the ir — like — said she has noticed — as Jake the Kidd, a tattooer and piercer for King Cobra Tattoo — — due to the ir — like — said she has noticed — as Jake the Kidd, a tattooer and 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Penn State should do more to fight food insecurity

As a senior at Penn State, I have come to appreciate the challenges that many students face with food insecurity. I believe that the University needs to do more to address this systemic issue.

Food insecurity refers to the inability to consistently have reliable access to a sufficient quantity of safe and nutritious food to maintain a healthy and active life. It is a significant problem on college campuses across the country, and Penn State is no exception. According to a national study, 21,000 residents of Centre County, Pennsylvania, are facing food insecurity, and this is likely only a small fraction of the total number of students experiencing food insecurity on campus.

Food insecurity has far-reaching consequences for students. It can lead to poor academic performance, increased stress, and physical and mental health problems. Food insecurity can also force students to choose between paying for food and other necessities, such as rent or healthcare. This can create a cycle of poverty and limit students’ ability to succeed academically.

Penn State should be doing more to address this issue. The University should provide more resources for food assistance, such as increasing the number of food pantries and collaborate with local organizations to provide meals. Additionally, the University should consider offering more opportunities for students to attend brazen events and other career fairs that can lead to job opportunities.

As a student, I believe that it is important for the University to take a comprehensive approach to addressing food insecurity. This might include providing more resources for students and working with local organizations to provide meals. It is also important for the University to continue to advocate for policies that address food insecurity at the state and federal levels.

In conclusion, food insecurity is a significant problem on college campuses, and Penn State should be doing more to address this issue. By increasing the number of food pantries, collaborating with local organizations, and advocating for policies that address food insecurity, the University can help ensure that all students have access to healthy and nutritious food.

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Caitlyn Frolo
Editor in Chief

Our View

Food insecurity is a pressing issue on college campuses, and Penn State should be doing more to address it. The University should provide more resources for food assistance, such as increasing the number of food pantries and collaborating with local organizations to provide meals. Additionally, the University should consider offering more opportunities for students to attend brazen events and other career fairs that can lead to job opportunities.

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Lamar Stevens: State College to Cleveland

By Evan Patrick
TCO/LEGAN

A promising season cut short, a short NBA summer and a one-year closure and a draft night where he didn't hear his name called — the last few months have been overall a difficult one for Lamar Stevens.

But his 2022 calendar year has had a profound impact on the former Penn State star, who is now the graduate assistant coach with the NIT runner-up Cowboys.

"I think it's paved the way for programs, it paved the way for me," Chambers said. "That was a really difficult year, but I think it was so important for me in terms of my personal growth, and I think that's going to carry over into my coaching career."
that the ongoing nationwide calls for racial justice “expedited” the need for the committee. Sustainability, according to Rodriguez, has been the main goal of the committee since its initial formation. Solidifying Justice and Equity’s place in the student government and setting precedent for future action were keys to the committee’s success, he said.

“A lot of representatives who are really immersed into the mission of the committee and realize the importance of what we do,” Rodriguez said.

As a policy goal from the beginning, better representation for historically marginalized communities became one of the first projects for the committee. Rodriguez said he and the rest of the committee reached out to the National Panhellenic Council, Panhellenic Council, Multicultural Greek Council, Black Caucus, Latino Caucus, Asian Pacific Islander Desi American Caucus, Interfraternity Council, Multicultural Greek Council and National Panhellenic Council, receiving seats in the General Assembly.

“The UPUA has been in existence for 15 years, and the mission of the committee is something that should have been established from day one,” Najee Rodriguez, committee chair, said.

“The UPUA has been on this path of progress,” said Village Representative Zach McKay. “It’s all about representation.”

Sustainability, according to Pathickal, has been a big focus for the committee and its formation, better representation for historically marginalized communities became one of the first projects for the committee. Rodriguez said he and the rest of the committee reached out to the National Panhellenic Council, Panhellenic Council, Multicultural Greek Council, Black Caucus, Latino Caucus, and National Panhellenic Council, receiving seats in the General Assembly.

As the 15th General Assembly nears the halfway point of the spring semester, one of the busiest committees is also one of the newest — the Committee on Justice and Equity. The Black Caucus, Latino Caucus, Asian Pacific Islander Desi American Caucus, Interfraternity Council, Multicultural Greek Council and National Panhellenic Council received seats in the General Assembly. Rodriguez said he and the rest of the committee reached out to these organizations.

Within Penn State’s University Park Undergraduate Association’s General Assembly, there are many committees that keep busy working toward their respective policy goals. But as the 15th Assembly nears the halfway point of the spring semester, the Committee on Justice and Equity is one of the newest and one of the busiest committees. Rodriguez’s committee stemmed from the organizing Outreach Committee.

“The Committee on Justice and Equity stemmed from the organizing Outreach Committee,” Najee Rodriguez, the chair of Justice and Equity for UPUA, said. “We were in the organizing Outreach Committee. Within Penn State’s University Park Undergraduate Association’s General Assembly, there are many committees that keep busy working toward their respective policy goals. But as the 15th Assembly nears the halfway point of the spring semester, the Committee on Justice and Equity is one of the newest and one of the busiest committees. Rodriguez’s committee stemmed from the organizing Outreach Committee.”

Najee Rodriguez, the chair of Justice and Equity for UPUA, has been involved in the committee since its inception. Elected as the first chair, he has sponsored and pushed for many of the committee’s initiatives on the floor of the General Assembly.

“I consider this committee 15 years in the making,” Rodriguez (senior-international politics) said. “The UPUA has been in existence for 15 years, and the mission of the committee is something that should have been established from day one.”

As the Committee on Justice and Equity’s place in the student government and setting precedent for future action were keys to the committee’s success, he said.

“I think the Penn State student body has definitely been supportive and reached out to us,” Kallur said. “We try to keep that line of communication open and get as many ideas as possible.”

As the committee continues to carve out its space in the student government and Penn State community, Rodriguez hopes for even more engagement.

“From here, we’re just hoping for more and more build up the years go,” Pathickal said.