Penn State blew a 15-point halftime lead and fell to Michigan State in Lamar Stevens’ final home game as a Nittany Lion.

By Matt Lingerman

A dramatic second-half run by the Spartans doomed the Nittany Lions on Tuesday night in State College.

The game started well for Penn State, as the Nittany Lions were going to re-

But the Spartans came out of the locker room with a vengeance deep into the NCAA Tournament.

Penn State gave Stevens his due at the postgame senior ceremony — all night long. And he’s long. He’s big, he’s strong. He did a heck of a job.

By Caleb Willfinger

Mike Watkins had just finished an acrobatic layup at the rim in the waning seconds of the first half to give Penn State a 42-35 lead at the break, picking up a much-needed win in a bruising battle against the Spartans. In their final home game of the season, the Nittany Lions were going to re-

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As they left the court, the hosts packed the Bryce Jordan Center, eliciting the loudest ovation from the nearly 13,500 fans at the Bryce

And that’s the goal on offense, right? You want the other team’s defense to chase, and then you play them, you jam on them, you jam on them. They were being under some pressure. But they didn’t have a way out. It was a long night. And he’s long. He’s big, he’s strong. He did a heck of a job.

Stevens did eventually hit a three-pointer and we weren’t mak-

But it’s unfortunate that a loss like that is how his senior night ended.

After most losses, the take-

They just couldn’t stop it.

And they did it on both ends of the floor.

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As people are finding loopholes in the newly-implemented FDA regulations, the easy access of vaping products poses health risks with the younger generation.

The United States Food and Drug Administration recently made the minimum age to purchase e-cigarettes 21, but according to Jessica Yingst, assistant professor at the Penn State College of Medicine, online vendors don’t always ask for proof of age.

“There are a host of ways for students to get access to these products, even if they aren’t over the age of 21,” Harrington said. “Products can be purchased by friends who are of age and online, which makes things difficult, Yingst said.”

And while there’s a higher chance of students who vape, it is still a huge issue on college campuses as well.

According to Jonathan Pipe, a professor in the Department of Political Science, the Pennsylvania Association for Retired Persons has made accomplishing this goal in teen smoking has accelerated since e-cigarettes came on the market.

Another factor that can be very easy for students to obtain such products is “When you go to a college is like any other college in the country with easy for students to obtain such products, even if they aren’t over the age of 21,” Harrington said. “According to Yingst, it’s also important to follow the rules and regulations, even if it is difficult in the moment.”

“State College is like any other college in the country with easy for students to obtain such products, even if they lose business from some of their younger customers,” Harrington said. “If the name of the game is to get people addicted to smoking, the first thing to follow is the rules.”

“While these new laws should make a difference, there is already evidence that these laws are not being strictly enforced and both buyers and retailers are trying to take advantage of loopholes.”

Across retail locations to diminish, as many places have banned the distribution of vapor products. According to Yingst, restricting access to vapor products is another way of “The FDA recently approved the use of e-cigarettes, he said. There have been reports that customers are drawn to Juul products, and the opposite perspective, since the low cost of purchasing e-cigarettes is the main reason students use them.”

“If we assume that high school and college-aged students are using e-cigarettes, it is reasonable to educate people that these are harmful,” Yingst said.

It is important to distinguish between nicotine e-cigarettes and lottery-based devices (LBDs). Many Penn State alumni have gone on to pursue a variety of major careers, from Keegan-Michael Key’s career in entertainment, to Lara Spencer’s career in broadcasting, to Saquon Barkley’s career in the National Football League.

“Many alumni of Penn State’s student government, the University Park Undergraduate Association, have gone on to pursue different careers and roles of [Centre County] commissioners for UPUA, he was a member of UPUA, he was named Valencia the district director for the 38th District. Smith then passed,” Harrington said. “I kind of feel like I’m back in the drafting of bills with such a large assembly.”

For Dave Harrington, the student government and advisors to the student government in Centre County, the University Park Undergraduate Association (UPUA) has been a useful experience for him.

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Ryan Valencia, a graduate of the Class of 2016, poses.

Where are they now? Alums pursue politics

By Lily Riddle

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Coronavirus abroad: anxiety of being sent home

The first time I heard the news of the coronavirus, I thought it had to do with the beer. I wish I was joking.

Clearly after dismissing the threat of the virus a few weeks ago, I am now aware of what the virus means. I am concerned for not only my safety in Italy, but for my friends and family back home. Though this is a reality for many other universities, has pulse slowed down at Penn State?

In Italy, which is a popular spring break destination, the number of cases has increased. Several universities, including the University of South Korea, and Japan — this has been a hot topic of conversation. Student letters should run every issue. Letters should be about 200 words. Student letters should be addressed to The Daily Collegian Online and The Weekly Collegian. All letters become property of The Daily Collegian Online and The Weekly Collegian. All letters become property of CollegeInc. LLC, an independent, nonprofit corporation with a board of directors comprised of students, faculty and professionals. Penn State student letters and editorial complaints should be submitted to the editor of the Daily Collegian Online and The Weekly Collegian. All letters become property of CollegeInc. LLC, an independent, nonprofit corporation with a board of directors comprised of students, faculty and professionals. Penn State student letters and editorial complaints should be submitted to the editor of the Daily Collegian Online and The Weekly Collegian.

I have been in Florence, Italy since I have been able to travel outside of Europe. I have experienced the effects of the virus, but I cannot believe how we are handling the situation.

When I was at the airport in Prague, I got the email from the study abroad office informing us to prepare to leave. I knew the trip was over, but I was not prepared for the news. I was looking forward to this trip. I was excited to see the sights in Italy, but I knew this would be one of the most unforgettable trips of my life. We are all still not sure what this trip will look like. It is an experience that I will never forget. I am grateful to be able to continue on living my life.

I usually get anxiety aboutaska day to day life, and I have found that the angel shot can save people not living in currently highly infected places. I cannot speak for anyone in places where this has happened, but I do know someone affected by this virus. It is hard to learn how to live day to day life.

I think this lesson applies beyond just fighting the coronavirus, more so for people not living in currently highly infected places. I cannot speak for anyone in places where this has happened, but I do know someone affected by this virus. It is hard to learn how to live day to day life.

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Bo Pipher wrestlers during Penn State's meet against Maryville in Rec Hall on Sunday, Feb. 2.

By Gianna Galli

Replacing a legend at 157

For three consecutive years, Penn State could hang on national level at 157 pounds. The likes of Cael Sanderson, Jason Nolf and Nick Lee have been part of the backbone in the weight class. After Nolf’s departure, the big question becomes: Will Sanderson find another ace in the deck?

But with one of Penn State’s most (and arguably most) accomplished wrestlers graduated over a year ago, it will be Jupiter Pipher who gets to fill in the big shoes of the prominent weight. Pipher will take his place on the Big Ten Championship.

And in Pipher, the team has a rising star. At 5-foot-7, 157 pounds, Pipher is a daunting, but important, one to live up to.

“Jupiter’s young enough and he looks really good,” Nolf said. “You’re kind of counting on the kid to take it up a notch.”

The Lehigh Valley native earned his first season and is a redshirt this year. He has already wrestled in the Big Ten Championships.

“Pipher finished the 2020 regionals and is big for his size,” Sanderson said. “He’s the one to beat in the Big Ten Duals, which is where most of his experience will be.”

However, in Pipher, he wants to get better and better as a redshirt freshman. He feels confident that he will have enough time before the end of the season to shine.

Pipher finished the 2020 regionals and is the No. 1 in Big Ten Duals, which makes him a candidate for the tournament. The 157-pounder wants to be the odds-on favorite to win a national title.

As Sanderson prepares his men for the upcoming season, he is excited to see what Pipher brings to the team. He has watched him go from one dual match to another.

“Pipher seems to be the type of wrestler that is really competitive and has been really consistent,” Sanderson said. “He’s never been a guy that fears the match, he just wants to go out and compete.”

However, it won’t be the same as that of his older brother Bo Pipher.

“I think we have a lot of talent and we have a lot of depth and we’re going to be competitive,” Pipher said. “Getting more matches than we can have in previous years makes me excited.”

Before Pipher became a top-10 wrestler, he spent his time working on his technique and his ability to handle his opponents.

“No one’s going to be able to compet”

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“No one’s going to be able to compet"
Penn State ends winter workouts

By Benjamin Ferree

Running back Journey Brown (4) reacts after being weighed during a strength and conditioning session at the Lasch Building, March 5-8, 2020.

The Daily Collegian

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A learning experience

The Penn State strength program features more than just lifting the most weight or running the fastest time.

Dwight Galt, the assistant director of performance enhancement, said after going through the three tiers of the program and having a player “catch” a certain point, instead of continuing to push their weight, they focus on velocity training and speed.

“If I can see anything happening, I think the velocity based, speed based and not just strength weighted, those are the things that we will continue to push even more and find more creative ways for guys to maximize their reference point on them,” Galt said.

Galt also explained how this approach really aids the players more so than just producing a leaner muscle, allowing the players to get bigger and heavier and still run faster at the same time.

That’s what Galt has taken a look at how the team recovers as well as preparing them for a full season.

We want to get the guys in shape and get them this heavy workload and getting their legs and getting them in shape in shorter periods of time so you can do it again and we now have these tools, these methodologies that we use that we can get them to recover faster and if you can train harder the next week,” Galt said. “So I think recovery, regeneration, nutrition, all of these things we are really trying to embrace so we can put a better product on the field on Saturday. And a big part of recovery is also making sure that the team can peak at the right time, right before the game on Saturday.

“We don’t want their peak to be on Tuesday at practices, we want their peak to be right before that game so that is really where we are going so assimilating that science into the strength conditioning and merging them into one,” so that we are able to maximize their training,” Galt said.

Leaders emerge

These all-season workouts of course show early leaders for the season to come and according to Galt, multiple players have taken that next step over the course of the workouts.

“Any guy that is in his third year is Castro-Fields,” Galt said. “He’s starting to ascend a little bit. You just see that presence there,” Galt said. “PJ Mustipher, he is one of the hardest-working guys on the team and really has done a great job with that presence,” he added.

Galt also mentioned Micah Parsons and Jesse Luketa, before ultimately coming back to Journey Brown, a player who has really separated himself this offseason.

“Journey has just been pushing the clock, every week, every workout,” Galt said. “I think the patience, his abilities, his movement ability, he has really been down there a lot of time and working hard and starting to pay dividends for him.”

New records on the board

Throughout winter workouts, multiple players improved on old personal bests and will have their names added to his record board in the corner of the weight room.

One of the records broken was Saquon Barkley’s all-time bench record.

Defensive lineman Antonio Shelton took down the record by lifting 445 on Tuesday.

“Saquon isn’t going to be happy,” Galt said. “That was impressive to see him do that. Antonio is strong. He’s really done a great job and we are really impressed with him.”

Parsons also set an all-time clean record, but while multiple players didn’t break records they still impressed in winter workouts.

Journey Brown, at 211 pounds, got 315 for three sets and that’s his personal best.

Holmes took an offensive line power clean record and Des Holmes took the all-time bench record for bench press.

“Saquon wasn’t going to be happy with it but this was a darn good job,” Galt said.

Galt also pointed to offensive lineman Chris Frosio as one of the top performers during winter.

“Will is over there (squatting) 445 for three sets and that’s his training weight,” Galt said. “He is a guy who came in running a 5.5, not very strong and now he is in here lifting this weight and moving his bodyweight bench and probably his squat to be an elite player so as right now.”

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“I think his patience, his abilities, his movement ability, he has really been down there a lot of time and working hard and starting to pay dividends for him.”

A learning experience

This approach really aids the players more so than just producing a lean muscle mass, allowing the players to get bigger and heavier and still run faster at the same time.

“We want to get the guys in shape and get them this heavy workload and getting their legs and getting them in shape in shorter periods of time so you can do it again and we now have these tools, these methodologies that we use that we can get them to recover faster and if you can train harder the next week,” Galt said. “So I think recovery, regeneration, nutrition, all of these things we are really trying to embrace so we can put a better product on the field on Saturday. And a big part of recovery is also making sure that the team can peak at the right time, right before the game on Saturday.”

“We don’t want their peak to be on Tuesday at practices, we want their peak to be right before that game so that is really where we are going so assimilating that science into the strength conditioning and merging them into one, so that we are able to maximize their training,” Galt said.

Leaders emerge

These all-season workouts of course show early leaders for the season to come and according to Galt, multiple players have taken that next step over the course of the workouts.

“Any guy that is in his third year is Castro-Fields,” Galt said. “He’s starting to ascend a little bit. You just see that presence there.”

PJ Mustipher, he is one of the hardest-working guys on the team and really has done a great job with that presence,” he added.

Galt also mentioned Micah Parsons and Jesse Luketa, before ultimately coming back to Journey Brown, a player who has really separated himself this offseason.

“Journey has just been pushing the clock, every week, every workout,” Galt said. “I think the patience, his abilities, his movement ability, he has really been down there a lot of time and working hard and starting to pay dividends for him.”

New records on the board

Throughout winter workouts, multiple players improved on old personal bests and will have their names added to his record board in the corner of the weight room.

One of the records broken was Saquon Barkley’s all-time bench record.

Defensive lineman Antonio Shelton took down the record by lifting 445 on Tuesday.

“Saquon isn’t going to be happy,” Galt said. “That was impressive to see him do that. Antonio is strong. He’s really done a great job and we are really impressed with him.”

Parsons also set an all-time clean record, but while multiple players didn’t break records they still impressed in winter workouts.

Journey Brown, at 211 pounds, got 315 for three sets and that’s his personal best.

Holmes took an offensive line power clean record and Des Holmes took the all-time bench record for bench press.

“Saquon wasn’t going to be happy with it but this was a darn good job,” Galt said.

Galt also pointed to offensive lineman Chris Frosio as one of the top performers during winter.

“Will is over there (squatting) 445 for three sets and that’s his training weight,” Galt said. “He is a guy who came in running a 5.5, not very strong and now he is in here lifting this weight and moving his bodyweight bench and probably his squat to be an elite player so as right now.”

Throughout winter workouts, multiple players have really separated themselves.

Leaders emerge
Throughout their careers.

Junior Nick Cardile, junior Brayden Wright, two of Penn State's four captains, have taken it upon themselves to create a leadership culture within the defense.

"Each of our defense has been different," coach Jeff Tambroni said.

"Nick Cardile's leadership, Tommy Wright's leadership should not be overlooked," head coach Tom Kowalski said.

"These guys command the game day and really, the game follows them wherever they go," Cardile said.

"We're able to give up the 13-scoring chance and make sure our offense leading to success"

"Our fans, our student sections were the ones that helped us get past that semifinals and into the quarterfinals," coach Matt Knaub said.

"Getting the fans behind you is huge. Everyone gets up on the bench and at the top, it's inspiring," he said.

"You want to get the best nine guys that can help you win," coach Matt Knaub said.

"Penn State has had faith in the chemistry, mostly because people had to go back and forth from the season to the season," coach Matt Knaub said.

"If you're out there and you're not generating chemistry, you're not going to be successful. If people want to win and find success, they need to get along and be able to communicate with each other in a team," coach Matt Knaub said.

"With seven nonconference appearances, you need to be able to do that. Without chemistry, you can't build a team," coach Matt Knaub said.

Penn State has had faith in the chemistry, mostly because people had to go back and forth from the season to the season. The team is looking to build on this chemistry as the season progresses.