

## SYLLY WEEK IN THEIR SHOES

*Students slide through syllabus week while professors feel the pressure*

By Lilly Forsyth  
THE DAILY COLLEGIAN

Most students regard the first days of the semester as either an extended vacation or the opportunity to get off on the right foot.

But the first week, known by many as syllabus week or sylly week, isn't easy for everyone.

And while students hog most of the spotlight during classes, there would be no show without the people running it behind the scenes — the professors, lecturers and graduate students who keep everything running smoothly.

They are put in charge of dozens or hundreds of students of all backgrounds, and are expected to form malleable minds with information worthy of graduation.

So while students often breeze through the first five days of classes, instructors take it much more seriously.

For Charlotte Eubanks, associate professor of comparative literature & Asian studies, preparation began last semester during Thanksgiving break.

Eubanks explained that between spending time with family and attending the Modern Language Association Convention the weekend before the spring semester, she would not have had time to prepare during winter break.

Assistant Civil Engineering Professor Ilgin Guler also started preparations before the break, saying that professors “have to be ready” for the first week.

“Coming back from break is more about teaching so you have to bring that teaching mentality to work,” Guler said. “It’s still nerve wracking — it’s like show time sensation.”

As a “total nerd” in college who kept her syllabi for the entire semester, Eubanks described creating the syllabi for her own classes as an “art.”

“I’m from the ‘small-town South’ which was still very much a sit-on-your porch-and-tell-stories kind of town, so I

think of the first page of my syllabus as the story,” Eubanks said. “I spent a lot of time thinking about that in the shower, on the bus, running — to get that story down.”

In more literal terms, Eubanks includes various traditional Japanese art pieces on her syllabi to give students a visual idea of what will be included in the course. For her CMLIT 100H class, the front page includes a drawing of two men in different dress shaking hands.

“That class is all about stories — learning to tell your own stories and learning to listen deeply to others’ stories so you’re not alone,” she said.

Describing herself as a “super, super shy person,” Eubanks does get nervous before the first day of class, explaining that her mouth often becomes parched and her ears sometimes turn red.

“It’s like this nuclear power station in my ears,” Eubanks said, cupping her ears. “I love teaching, but it takes a lot out of me. I try not to think about it too much, or I’ll get stage fright or something.”

Spring 2019 will be French instructor Nancy Andrus’ second semester teaching at Penn State. Last spring, Andrus taught high school students, including an Advanced Placement French course.

While Andrus was “very nervous” last semester, she was excited to “try something new and different.” The fact that her previous AP students and college students were roughly the same age helped with the transition.

“There is a different approach because students here at the university are adults,” Andrus said. “They’re responsible for how they approach their day and what they do.”

Meanwhile, Eubanks has taught at Penn State since 2006. She said the innovations in technology, like the addition of Canvas, have made sharing information with her students through the years much easier.

“It used to be you had to bring posters and maps rolled up. There’s just all this [stuff] you had to carry with you to class,” she said. “Then there was the overhead projector which was this tool from the heavens.”

Additionally, Canvas allows Eubanks and other instructors to learn some information about prospective students before the first day of class, including year-standing, majors and account profile picture. Eubanks said such information makes her “more anxious.”

She added that professors can see how many students looked at the course and dropped it before the first day.

“I just tell myself that it was bad advising or

course choice and not that they looked at my syllabus and were, like, ‘No way,’” Eubanks said, “because my syllabi are awesome.”

Regarding students who take the first week of classes less seriously, Eubanks understands the mentality. She explained that, while most think going home is a happy reunion, some face difficult situations when returning to their families.

“The holidays can be really hard,” she said. “I think people really do need a chance when they get back to shake it off and take care of the basics.”

As students adjust to class schedules, professors also have to reorganize their lives. Both Andrus and Eubanks mentioned that they are mothers.

“We teachers have lives outside the university,” Andrus said. “But what students need to realize is that we are always here for them. That’s our job... our goal.”

For sociology graduate student Claude Fabinyi, no longer being an undergraduate student has added some perspective, as he described syllabus week as “less frantic.”

“I know there’s an [undergraduate] perspective that ‘It’s sylly week, time to get silly,’” Fabinyi said. “As [graduate] students, [syllabus] week isn’t really a thing because we have three-hour seminars. You have to be prepared on the first day of class.”

The expedited syllabus week is common for some undergraduate students, such as civil engineering or biology majors.

Guler personally spent 20 minutes on her syllabus before covering introductory topics with her students.

“I honestly don’t know what I would talk about for the whole period on the syllabus,” Guler said. “I guess that’s not what I’m used to.”

Guler expects students to be prepared for the class, but is always open to assisting students who need help with her classes or registration.

Fabinyi appreciated when professors dived right into the class, because most of his anxiety came from wondering what the class would be like.

By moving straight to the material, he was able to alleviate his nerves sooner.

He also highlighted that by spending a whole day on the syllabus, students may feel they are losing some of the value of the tuition they are paying for classes.

As syllabus week continues, teachers will continue to educate their students, but Eubanks is also focusing on making her students feel visible.

“Whether the classes are really big or small, I actually want to create a community,” Eubanks said. “People aren’t going to take risks unless they feel seen.”

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Eric Firestone/Collegian

**Tailgaters** set up before the football game against Kent State on Saturday, Sept. 15, 2018.

## ‘Happy Valley’ trademark request faces backlash

By Grace Miller  
THE DAILY COLLEGIAN

On Dec. 4, Penn State filed a request to trademark the name “Happy Valley” for certain apparel — and not everyone is happy about it.

Even though the request is still in review, the decision has faced backlash in the past few days.

Bellefonte resident Barbara Coudriet, 57, is one of many people who voiced their opinion on social media.

Coudriet called the university’s move “bold.”

“[The decision] is obnoxious,” Coudriet said. “Like, ‘Who do you think you are? Are you serious?’”

The phrase holds significant value to her, and she believes “Happy Valley” belongs to

everyone in the area, not just the university.

“I’ve been here since 1990, I think, and it just has always been Happy Valley. So to me, it wasn’t something that they should own,” Coudriet said.

Matt Jackson, professor and head of Penn State’s Department of Telecommunications, specializes in copyright law and intellectual property. Jackson, like Coudriet, believes Penn State is mainly driven by money in its attempt to trademark Happy Valley.

“They say the reason they want to trademark the name is so that they can stop people from associating the name Happy Valley with negative connotations, specifically related

to binge drinking,” Jackson said. “But quite frankly, I think the real reason is that it gives them a way to make more money by selling T-shirts and hats and sweatshirts.”

Jackson added the decision to monetize the phrase challenges the idea that life is about “much more than money and commerce.”

“Every time Penn State does little things like this, it sends me a different message,” Jackson said.

Despite not personally agreeing with the decision, he said he does understand where the university is coming from.

“I certainly am sympathetic to, and understand, the university’s perspective that anything we

can do to generate revenue... is beneficial to subsidizing the mission of the university and helping to reduce tuition costs,” Jackson said.

While Penn State would own the phrase, Rachel Pell, the university’s associate vice president for strategic communications, said in a press release local businesses would still be free to use the term on their merchandise.

However, this could still affect places like Happy Valley Brewing Company—who uses the phrase in its title. Celesta Powell, general manager of Happy Valley Brewing Company, said they had not yet finalized a statement about the trademark.

According to the United States

Patent and Trademark Office, the trademark for Happy Valley was last owned by Happy Valley Ventures. The company sold products associated with the legalization of marijuana.

“The University and local entities have been fortunate that the previous owner did not try to preclude the University and local entities ability to use the term,” Pell said in the university’s statement. “There is now an opportunity to safeguard the continued future use of the term, and the University believed this was important for furtherance of its town and gown relationship.”

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## WEATHER YOU LIKE IT OR NOT



Students walk to class on a cold, icy first day of the spring semester on Monday, Jan. 7.

Jonah Rosen/Collegian

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# Bees feel the sting of winter weather

By Erin Hogge  
THE DAILY COLLEGIAN

For university scientists and student volunteers, the reality of bee deaths during winter is harsh.

Just last year, the Beekeepers Club lost all of its bees to the cold weather, thus slowing its productions and making this year one of rebuilding.

The López-Uribe Lab works in conjunction with the Beekeepers Club to provide insight to the beekeepers. The honeybee research labs are housed at the Center for

Pollinator Research, the Grozinger Lab and the López-Uribe Lab.

Katy Evans is the primary caretaker of the apiaries —places where beehives are kept — at the López-Uribe Lab and the Wiley Apiary.

Evans said one of the difficulties of keeping bees alive during winter is the timing of the processes related to beekeeping. For example, knowing when to treat a colony for pests, when to feed a colony and when to split a colony all provide challenges for beekeepers.

“Winter prep begins mid-summer,” Evans said. “This includes making sure the bees have enough food to sustain them during the winter, condensing colonies and treating colonies for Varroa mites.”

According to the USDA National Survey and Canadian Association of Professional Apiculturists, the primary reasons colonies have trouble with losing members are poor quality queen bees and Varroa mites.

“It is important to take the time to monitor mite populations and treat a colony if necessary,” Evans said. “Starvation during the winter is also a concern and is more common than one thinks.”

Evans also noted the importance of the queen bee’s genetics in making sure the rest of the colony survives rough conditions. “Last year the majority of our colonies originated from package bees from the South,” Evans said. “Many times, a local or regional queen will be better adapted to the local climate.”

Hoping to have a better turnout than last year, Evans is optimistic working with the Beekeepers Club will help to make research about both native bees and honeybees more accessible to the local community.

“I am looking forward to working with the club to manage colo-

nies at the Wiley Apiary,” Evans said. “The Center for Pollinator Research has worked very hard over the years to establish a strong, positive and supportive relationship with beekeepers in Pennsylvania and surrounding states.”

Hannah Chisler, co-president of the Beekeepers Club, shared Evans’ sentiments regarding the future of the organization’s work. She cited a desire to make the club “bigger and better.”

“[We’re] constantly growing and attracting many different students from all academic backgrounds,” Chisler said. “These students all bring different insights and questions to the club that we never had before.”

Carrie Zamonski, agriculture student council chair of the Beekeepers Club, shared Evans’ enthusiasm about what the future holds for the organization.

“This semester, we have a wax workshop planned in which we utilize wax from beehives to make different objects such as candles or reusable beeswax wraps that replace plastic wrap,” Zamonski said. “We are lucky to have a great relationship with [the López-Uribe Lab] that allows the club to have hands-on experiential learning at their research hives.”

The research project Evans

mentioned, Tracking the Health of Feral Bees, can be found on the López-Uribe Lab’s website.

The club’s commitment to bees has been recognized, as Penn State was recently certified as a “Bee Campus USA,” the 55th educational institution in the country to do earn such a title. Institutions that alter their landscapes to the benefit of pollinators are eligible to receive the accreditation.

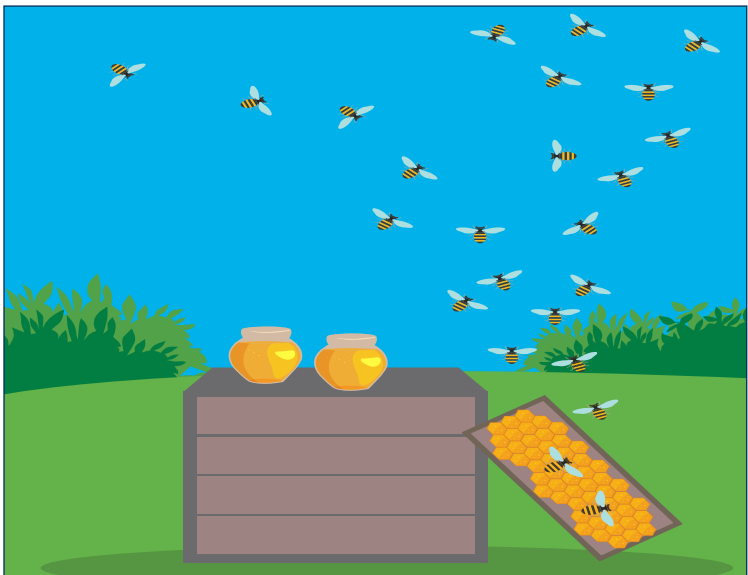
At University Park, Penn State has done just that. The Class of 2019 recently pledged to donate the Pollinator’s Garden Entry Gate to the Arboretum as its class gift. Additionally, Penn State has various labs dedicated to pollinator-related research around campus.

Currently, university researchers are conducting a citizen science project throughout Pennsylvania.

The project aims to develop a state bee-breeding program.

“We will continue to collaborate with beekeepers and other research institutions to further research on bee health,” Evans said. “We are looking forward to continuing to engage the community and recruit citizen scientists in 2019.”

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Collegian Creative

# Faculty tell students how to make a new semester count

By Cassandra Kidwell  
THE DAILY COLLEGIAN

The uncertainty of what a new year will bring can be daunting.

But for some, the new beginning signals a blank slate with infinite possibilities for the upcoming year. It is important to gather those lingering emotions from uncertainty, excitement, stress, worry and more to create new habits for self-improvement for students and their semester.

Faculty ranging from professors who focus on student motivation, counselor education professors and behavioral psychologists gave their advice on how students can make their second semester of the year a success.

Koul Ravinder, an associate professor of education who helps design the education curriculum, gave some advice on the importance of self-improvement.

“Emphasize self-improvement as the main goal of learning, which means making sure you really understand your work,” Ravinder said.

This is the idea of processing information by recognizing its importance to you, not by simply memorizing. Ravinder said he promotes mastery in the education curriculum by gathering instructor and peer feedback and emphasizing self-improvement practices.

Along with self-improvement is avoiding social comparison, Ravinder said.

“Do not define your learning in terms of high or low grades and who got what grade,” Ravinder said.

Christy Beck, who is involved in Rehabilitation and Human Services and in counselor education at Penn State, said there is a heavy importance on finding intrinsic motivation to want to do well for oneself instead of pleasing others.

Beck also provided some tips on motivation.

“In times of stress, remember what you’re doing this for,” Beck said, “Keeping your goals in the forefront of your mind should keep you motivated to push forward.”

Beck also mentioned an idea that isn’t heard too often – to say no. Penn State has numerous opportunities, but Beck said to be realistic about what students can handle. If activities are bringing more stress than happiness, they may not be the right fit.

Along with motivation is a tip from Ravinder is to create a sense of connectedness with teachers and peers. Ravinder said a student’s connectedness is closely related to how much they are engaged academically and is a point of motivation in school.

“Strong social connections on academic issues is a good way to keep motivated in times of

stress,” Ravinder said. “Create or join a study group for a class you enjoy or one you find difficult.”

While looking for motivation, experts also recommend remembering self-care.

“Often when we get busy, self-care is the first thing to go, however, that is exactly when we need self-care the most,” Beck said.

Alicia A. Grandey is a professor of industrial-organizational psychology, and focuses on organization and emotions involved in work. Grandey had many tips for self-care, such as finding ways to let students bodies calm down. Some examples are yoga classes offered at the IM Building, apps that guide individuals through meditation and breathing and exercising for 20-30 minutes that creates a good type of fatigue.

Grandey also said to try to take a break from technology, which may seem difficult in these times.

“The constant vigilance needed to monitor and respond on social media uses up mental resources,” Grandey said.

In direct correlation to self-care is getting enough sleep. Grandey said less than six and a half hours is no good for health and productivity, and students should aim for seven and a half or more hours a night.

Grandey said it makes students feel good to see progress in what they are getting done, so when battling a large assignment like a paper or project, set smaller goals such as “get one page done” with a specific deadline.

Grandey also mentioned other organizational tips like blocking out study times on a calendar, immediately putting deadlines on a calendar or use reminders, keeping folders — both hard copies and on the computer — organized and separating class work.

The start of the semester and

syllabus week is time for students to prepare for times when school may not seem as breezy.

Grandey said now is the time to do homework and assignments soon after learning about them before they start adding up at later times.

While there are many ways to make the new semester go well, it’s important to start making new healthy habits now rather than later.

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Chushi Hu/Collegian

Students walk across College Avenue on the first day of the spring 2019 semester on Monday, Jan. 7.

# Student Hacks: some tips for a better semester at PSU

By Cayley Urenko  
THE DAILY COLLEGIAN

When attending a large university such as Penn State, many amazing opportunities and fun things around campus often remain unknown to students.

Penn State’s campus and downtown State College have some very useful and lesser known amenities that not all students take advantage of.

Starting off in the HUB-Robeson Center, Penn State is one of two schools to have the Aquafina Flavored Water Hydration Station. The station dispenses plain and flavored water, as well as still or sparkling. It can be found on

the first floor outside of Heritage Hall.

Also found in the HUB, Creative Marketing Chair of the Student Programming Association, Nathaniel Myers, said SPA offers various free events for students throughout the semester, including lectures, free giveaways, movies and concerts. SPA also hosts a weekly concert series called “Noontime” every Friday in the HUB. The series includes outside artists and also showcases students from Penn State.

“We do a lot of events... ‘Noontime’ is on Friday’s and usually runs for about an hour. We have smaller artists... but they’re really good. It’s usually more acoustic, but we like to bring in

different kinds of genres,” Myers (junior-economics) said.

Additionally, many Penn State students understand the frustration of wandering through the library and other buildings around campus in search of vacant computers.

What many students do not realize is that the Penn State Information Technology website contains a map of all available Macintosh and PC computers. By wielding this map, no more time needs to be wasted searching for your study spot.

Students in search of a study break can hit the Pegula Ice Arena for a public skate session on weekend afternoons. Access to the rink and its ameni-

ties is only \$6 for students with a valid Penn State ID.

Downtown State College has just as much to offer students as Penn State’s campus does. From freebies to ways to make some easy money, downtown is the place for struggling college students to survive on a budget.

The bar scene in downtown State College always ensures a good time for 21+ students, but many may face a drained bank account by Sunday morning after a weekend of going out.

While some students scrape together money to buy cheap drinks at the bars, other students find it financially beneficial to donate to a good cause while also getting paid.

Sam Heniss said when her loan budget was running low, she decided to donate blood plasma to BioLife Plasma Services on West Beaver Avenue for extra money to buy groceries and gas.

“I transferred [to University Park] and didn’t want to be locked down to a job and miss out on experiences,” Heniss (senior-psychology) said.

“I also tried to encourage my friends to do it when they were low on money, even only receiving the lowest amount of \$20 is great for being there less than an hour.” One last tip for students is to stop into the Abba Java Coffee House on Locust Lane.

Visit [collegian.psu.edu](http://collegian.psu.edu) to read the full story.



# As R. Kelly allegations surface, media failings are amplified

Reports of sexual abuse and misconduct on underage girls have floated around the artist R. Kelly for nearly two decades — only now to be brought under the spotlight with the Lifetime documentary “Surviving R. Kelly.” The documentary aims to shed light on abuse allegations that date back to 1970, which have “largely been ignored by the mainstream media.”

The inner assertion that R. Kelly’s abuse reports have largely fallen on deaf ears seems to be well-founded, as it appears the artist showed signs for years and nothing much came from the allegations.

That’s due in large part because of the media’s, and music media specifically, inaction and failure to give credence to the allegations and do their due diligence to investigate.

Much of the music media in-

## OUR VIEW

### Media’s cozy relationship with R. Kelly does audiences, society a disservice

dustry is focused more on access and staying on an artist’s “good side” for exclusives later as opposed to pursuing and practicing hard-hitting journalism.

As a byproduct, that allowed Kelly to continue to produce music, have access to a platform and interact with fans, all while going unchecked by members of the media.

Given the scope and magnitude of the allegations, it demonstrates a clear failing of music media to inform the public, and it is one of the key reasons why Kelly and the heinous acts he’s

been accused of haven’t been on the forefront of people’s minds.

This failing speaks to the aforementioned need for access as well as the fandom surrounding the interviewers and artists — the fandom often blurring judgement as people push celebrities on a pedestal.

Many of those media types, whether it be talk radio or otherwise, also likely look to please their fans and don’t offer provoking questions because there’s a perception that those types of interviews wouldn’t appeal to the boilerplate hip-hop fan, or music

fan, who’s instead listening for discussion of music and some light humor.

It’s absurd how long this was able to go on for before this documentary got released. And it could be said this demonstrates the need for journalists to pick up the slack where the music media may have failed.

However, conceivably, if music media was aware of the allegations and failed to report it, mainstream outlets likely would’ve been aware of it as well and also failed to adequately act or investigate.

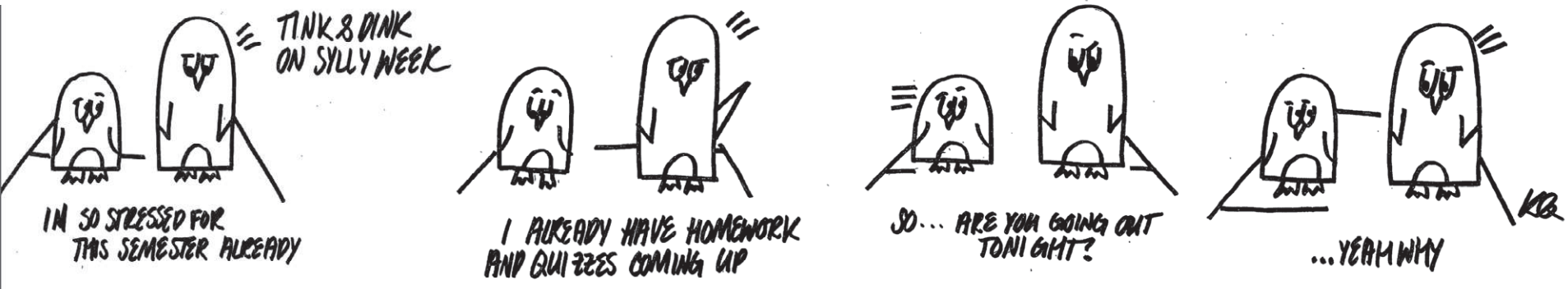
There have been abuse allegations made against other celebrities recently, namely Harvey Weinstein and Kevin Spacey — yet those allegations were seemingly taken seriously and investigated at a quicker rate.

Part of it could go back to the prevailing sentiment of failure on the media’s part to swiftly and adequately condemn Kelly.

Whether a national news outlet or a talk-radio show centering on upcoming music, media has a duty and accountability to its audience — and the truth.

Ultimately, Kelly’s abuse should’ve been documented much sooner and if it had, who knows how quickly Kelly would’ve been a thing of the past and a relic, instead of being allowed to thrive and enjoy a career for the last two decades.

TINK & DINK!



MY VIEW | Madeline Messa

## Be upfront with your professors about expectations and worries

I walked into my first class this semester completely blind. Literally. The classroom was immersed in pitch black darkness when I arrived 10 minutes early, flipping on the light switch to discover a handful of students rubbing their eyes while sitting at their desks.



Messa

Even the most outgoing people have a tendency to regress when they are thrown into a new semester with unfamiliar professors, buildings, classmates and coursework. They amble to their classes with plans to sit back and go along for the ride with minimal effort or intervention — even if it means waiting in the dark for their professor to come in and turn on the lights. Albeit tempting, staying silent the first week of the semester is not the best strategy to withstand the grind until summer break.

Assignments are expectedly met with a cacophony of groans during syllabus week. I was among the groaners Monday when I was instructed to read 80 pages of material and that there was a chance of a pop quiz after. I completed the reading the next night, annotating and note-taking. Before you jump up and label me as “that one person who reminds their teacher to collect homework,” hear me out. Those first assignments of the semester, as eye-roll-inducing as they are, may actually be worth the annoyance. They provide insight into what the upcoming months will bring. If you find a class is too challenging, now is the time to drop it. If what you took as a gen-ed turns out to be oriented to a specific major you aren’t in, don’t stick it out. If you get a professor who takes pride in maintaining a C average among their students “because experience matters more than grades,” —run. Last year, I naively thought

my classmates were all skipping my political science class. They definitely had reason to; they could download PowerPoints from Canvas and forgo our professor’s frequent and irrelevant tangents. It was not until a mere fifth of the original class showed up for the final exam that I realized people had dropped like flies to prevent their GPAs from doing the same. Heed the advice every professor gives: Do not wait until your final grade is stamped to your transcript to tell them you had an issue. Determine early on whether or not the class is a good fit for you, if you like the professor’s methods, if the workload is feasible and so on. There are, unfortunately, classes required to graduate that are less straightforward to deal with. I dread public speaking, so I was mortified to see it is necessary to take a speech class while at Penn State or just about any college. It was not something I could avoid, but I made the mistake

of suffering — and stuttering — throughout that semester instead of at least talking to my professor, or seeing if there were other options. What was an easy A for my peers remains my lowest grade in any course. If I had shot the professor an email or seen him during office hours, I might not be looking back at the feedback he posted for me online that implored I make eye contact, project my tone and stop fidgeting. As stressful as it may be to drop a class or to confide in a professor, it should prove to be worth it by saving your sanity and your GPA. Oh, and one more thing to keep in mind — you don’t need permission to switch on the lights if you get to class early.

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# INSTANT IMPACT

*Merrimack transfer Evan Bell has stepped right into Penn State's starting lineup and immediately become a contributor on defense*

By Patrick Burns  
THE DAILY COLLEGIAN

Guy Gadowsky cracked a smile while talking about Evan Bell Monday, relieved he could finally mention the Merrimack transfer by name. Gadowsky, of course, nearly let Bell's name slip when discussing his team's defensive woes back in November, but stopped mid-sentence in fear of committing an NCAA rules violation.

Not only can the coach finally publicly acknowledge the existence of one of the best defense-men on his roster, but Bell is at last eligible to spark a Penn State defensive group that could use all the help it can get.

Bell made his Nittany Lions' debut against Minnesota this past Friday after eight months on the sidelines, and frankly, he seemed even more excited to talk about it than Gadowsky did.

"It was like a kid opening gifts on Christmas," Bell said. "One of the best feelings I've had in a while."

Bell provided a secondary assist on his defensive partner Kevin Kerr's first goal of the season by playing a pretty stretch pass to fellow Merrimack transfer Ludvig Larsson, who found Kerr on the opposite side of the ice at the left point for the goal.

"He's obviously super talented, a great skater, he's got 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."

Added Gadowsky: "I thought he did really well...I think he looked a



Courtesy of Mark Selders/Penn State Athletics

lot more at home right off the bat than I would have guessed but the natural attributes that he has, I think fit us so well. I think he's just a perfect fit for what we want to do and he really adds to our identity and how fast we play."

Bell won't solve the Nittany Lions' defensive issues on his own, though. They've allowed 3.65 goals per game — which is tied for No. 55 out of 60 teams — after all, and shift lengths, inconsistency in net and the defensive core as a whole remain a problem.

He does, however, slot in as Penn State's best offensive defenseman.

Take it from Larsson, who has played with Bell on two different teams now.

"He's a very offensive defenseman," Larsson told the Penn State PuckPod podcast in November. "He fits perfectly into Penn State hockey. He's a very good skater, skill guy, He loves the puck...Anything that has to do with offense, he loves it. But as well, he's a very good defenseman."

Last year with the USHL's Fargo Force, Bell finished the regular season with eight goals and 15 assists in 35 games before leading his team to a Clark Cup title

with three goals and eight assists in 14 playoff games.

"I know I try to focus on offense, but going back to juniors, my coaches there harped on defense with me," Bell added. "I definitely think it made my jump back to college hockey more effective."

Producing in juniors was the easy part, sitting out the eight months that followed, on the other hand, left Bell "chomping at the bit."

"I could help off the ice by just trying to cheer them on," Bell said. "But just not being able to affect the outcome of the game

was probably the hardest thing." Still, though, Gadowsky and Kerr were impressed with how the sophomore handled the semester on the sidelines.

"I really give him credit because this semester, he didn't just pass time, like he really used it to improve everything he could," Gadowsky said. "He worked really, really hard so he would have practice, then he'd work himself after practice and then he did extra work in the weight room, like he really used the time well and I'm proud of him for that and I think it paid off."

Added Kerr: "He's got a great work ethic for sure, I think anyone that was around him at all during that last semester understands the amount of work he put in, he was always getting extra reps in the gym and staying out late on the ice, really taking advantage of the time that he had."

The Nittany Lions lead the country with 4.95 goals per game, but they haven't received a staggering level of production from their blueliners after both Trevor Hamilton and Erik Autio graduated this past summer.

No defenseman on this year's team ranks higher than 29th nationally in points, with just two checking in higher than 92nd.

Bell doesn't want to waste any time making an impact on a team that could really use his offensive skillset, saying "I feel like I'm in the top shape of my career right now."

And as the old saying goes, sometimes the best defense is a good offense.

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MY VIEW | DAVID ECKERT

## Women's hockey showing signs of improvement

Jenna Brenneman flopped down in the crease, her face planted to the ice and her limbs spread out.

She remained there for a moment. Stunned. Crushed. Frozen by the impact of the puck that just flew by her and into the back of the Penn State net.

Six seconds were all that stood between Brenneman's Nittany Lions and a win over No. 4 Cornell. It would have been Penn State's best win as a program to date.

But a puck off the stick of Cornell's Maddie Mills made its way through two Penn State defenseman who hurled their bodies toward it, by Brenneman and into the top-right corner of the net. It erased the Nittany Lions' 3-2 lead in a game that ended in a 3-3 tie Tuesday night.

"It was a tough ending for sure," Nittany Lions' coach Jeff Kampersal said afterward.

That couldn't be more of an understatement.

And it's why the five-minute overtime period that followed the heartbreak said so much about the program's future.

Brenneman, whose emotions

were so profoundly evident a few moments before, didn't fold. She pulled herself up and she competed, making four crucial saves and even throwing a cautionary jab at one Cornell player who strayed too close to the net for her liking.

The Nittany Lions, disappointed as they must've been, managed to grit their teeth and grind out a positive result against a team that's better than they are. One disaster didn't turn into two.

That's where the growth is evident for a program which spent the first five years of its existence mirroring scandal, turnover and mediocrity under former coach Josh Brandwene.

The progress was evident, too, in the silence in the dressing room after the game.

"It's not good that we had a win and we should have won, but the fact that it stung them, that to me shows they're really in it," Kampersal said. "We're getting our culture to where it needs to be. They're not happy with not winning. They know deep down they had good habits, they played hard. Stuff happened at the end. They could have folded in the overtime but they battled."

A weak coach doesn't extract that effort — that fight — from

players. Kampersal does.

Why? For starters, he goes to bat for his team.

The officiating was more than questionable in Tuesday's game against the Big Red. Cornell scored all three of its goals on the power play.

One instance was particularly egregious. A phantom hooking call sent Penn State's Anna Promersberger to the penalty box, and a soft body-checking call seconds later gave Cornell the 5-on-3 advantage it used to score its second goal of the game.

"That kind of stuff really bothers me," Kampersal said. "I try to stay quiet all game because our kids don't need me talking to the refs or that kind of thing, but if I feel like their effort is getting compromised, then I have to go to bat for them...I was disappointed in those two calls."

Pegula Ice Arena now hosts a coach who will fight for his players and a team that will battle for its coach.

The toxicity is gone, and it feels like the program's breakout could be six seconds away.

David Eckert is a junior majoring in print/digital journalism and Spanish and is The Daily Collegian's sports columnist. His email is [dfe4@psu.edu](mailto:dfe4@psu.edu).



Caitlin Lee/Collegian

Wisconsin forward Ethan Happ (22) blocks Penn State guard Myles Dread (2) during the game against the Badgers. on Sunday, Jan. 6.

## Big hoops roundup: Any hope for PSU?

By Caleb Wilfinger  
THE DAILY COLLEGIAN

Coming into the 2018-19 season, No. 2 Michigan and No. 6 Michigan State were picked as the favorites to win the Big Ten — and through the first couple of weeks of league play, that hasn't changed.

The Wolverines and Spartans look to be in a class by themselves in the conference, and both should contend for an NCAA Final Four berth come March.

While some of their suspected challengers have played well out of conference, the grind of playing in a deep and competitive league has already taken its toll on a few of the expected contenders.

With four conference games in the books, here are three storylines to monitor after the second week of Big Ten play.

### Is there any hope in sight for Penn State?

There are only three teams without a win in Big Ten play to this point, one of which is Penn State.

The Nittany Lions have faced a murderers' row of opponents in their first four games, dropping close contests to Maryland and Indiana, before being defeated handily by Michigan and Wisconsin as league play resumed last week.

On one hand, it can't get much worse than a 0-4 start in the conference, the team's

worst start to Big Ten play since 2014-15. On the other hand, the schedule doesn't get any easier in the foreseeable future.

Penn State's next four games include road tests against Nebraska and Minnesota — two very difficult places to pick up a win, especially for a young team.

At the Bryce Jordan Center, the Nittany Lions will take on sixth-ranked Michigan State and Iowa, two teams at the top of the conference in terms of scoring and have no trouble putting the ball in the basket.

With a schedule this tough in one of the deepest leagues in the country, it is very conceivable that Penn State could be staring at an 0-8 mark in the Big Ten heading into a Jan. 26 clash with Rutgers.

Things might get a lot worse before they get any better for this struggling group.

### Log jam in the middle

There are very few conferences across the country that can match the level of parity which the Big Ten has achieved through its first couple of weeks in conference play.

No other metric illustrates the depth and level of competition in the league than the cluster of 10 teams that are all within two games of each other.

While the two Michigan schools have each gotten off to 4-0 starts in league play, the rest of the conference posts a combined record of just 18-26.

Visit [collegian.psu.edu](http://collegian.psu.edu) to read the full story.



Caitlin Lee/Collegian

Coach Jeff Kampersal talks to his players during the game against Union College at Pegula Ice Arena on Saturday, Oct. 7, 2017. Penn State tied Union College 1-1.



# You don't know Bo

Even with established teammates ahead of him, Bo Pipher is finding a role

Jake Aferiat  
THE DAILY COLLEGIAN

To outsiders, it might seem like Bo Pipher is stuck in no man's land inside the Penn State wrestling room.

**WRESTLING** He currently backs up two-time NCAA champion Jason Nolf at 157 after spending last season backing up former two-time Hodge Trophy winner and three-time NCAA champion Zain Retherford at 149.

A jump to 165 is also unlikely, as Vincenzo Joseph is firmly entrenched there for the foreseeable future.

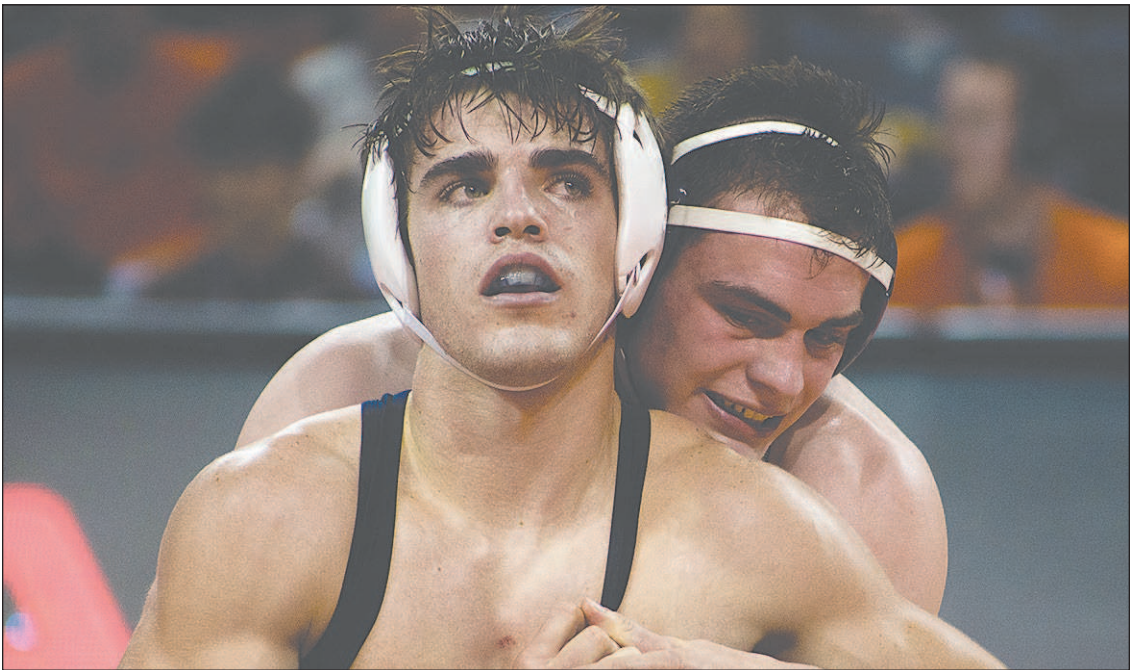
Coach Cael Sanderson recognizes that Pipher's task isn't easy and recognizes the potential mental toll it could take on him.

But Sanderson, who won four NCAA titles and was a four-year starter at Iowa State, also realizes the potential and innate talent Pipher has despite being a backup.

"When you're behind a guy like Nolf and then with Vincenzo [Joseph] the weight above and being behind Zain [Retherford] at 149 the year before, it's easy to not see yourself as good as you really are," Sanderson said. "But Bo's a great wrestler and he has great skills."

Pipher's most success to date came at the Southern Scuffle where he competed unseeded and unranked at 157 and knocked off Columbia's Dan Reed, the then-No. 14 ranked wrestler in the country by 16-1 tech fall, before beating former NCAA qualifier and current No. 19 Zac Carson of Ohio University.

Overall, Pipher went 4-1 with three bonus point wins before falling by 16-1 tech fall to teammate Jason Nolf in the 157 pound final.



James Leavy/Collégian

**Bo Pipher, left,** fights to get out of his opponent's lock at Bucknell University on Friday, Nov. 30, 2018.

In recent years, a breakout Scuffle performance usually had a way of sorting out roster battles and thrusting relative unknowns or wrestlers with small sample sizes into the national spotlight for Penn State.

But for the sophomore Pipher, he had the misfortune of putting together a standout Scuffle this season at a time when Jason Nolf is as hot as ever, Vincenzo Joseph is pinning opponents at a career-best rate and Brady Berge appears to have carved out the starting spot at 149.

Even though Nolf, Joseph and others' torrid starts mean Pipher will likely remain a backup, Sanderson felt Pipher wrestled well and wasn't surprised by the effort the Paonia, Colorado, native turned in.

"I was happy for him but I wouldn't say I was super sur-

prised," Sanderson said. "I'm definitely happy for him because when kids are working hard you want to see them have success. He can wrestle and he showed that."

Pipher's hard work in the room has often meant training against wrestlers like Retherford, Nolf or Joseph — something Sanderson views as an advantage for two reasons.

The first is that training against competition like that raises everyone's energy, competitiveness and just generally makes everyone better.

The second part is the positive impact it has on the psyche of wrestlers, especially backups, since they know they can be competitive with the top-tier guys in the room, which is often half the battle.

"That was something we talked

about with the team afterward because we have other guys on our team that aren't starters that could be having more success," Sanderson said.

"They just have to believe in themselves. They have a lot of talent, they're working hard, they're training with unbelievable guys."

One of Pipher's teammates who's experienced this firsthand is All-American Shakur Rasheed, who was locked in a battle with teammate Anthony Cassar last season for the starting nod at 197.

In Rasheed's experience, it's the competition in the room like Pipher is experiencing that will prove to be the most beneficial.

"You have to literally compete with your own guy just to compete with the real competition. You have two different competi-

tions that you have to get through: your own teammate, which is like 'Dang, that's my friend' and then you have the actual competition," Rasheed said. "It's hard. But that's what you've got when you come here."

Despite the competition Pipher's faced and the perceived lack of potential action he'd face, Sanderson has found Pipher opportunities to wrestle for the Nittany Lions as the sophomore has seen action in 35 matches, including five starts over the last two seasons, most notably as Jason Nolf's injury replacement for the final three duals of last season.

"Bo's had a couple of opportunities to wrestle in our starting lineup and he's done a great job for us and he'll probably have a couple more before it's all over," Sanderson said.

Pipher's opportunities, especially after his Scuffle performance where he showed he can handle upper level competition, may increase in the coming years with the departure of Nolf.

Until then, Rasheed has some advice for the sophomore while he waits in the wings.

"Just be ready. We have a lot of fun in here but when it comes to getting out there and getting that shot and being able to show what you've got, it's a battle," Rasheed said.

In the meantime, Sanderson is focusing Pipher's training efforts on one thing in case he does get that shot — winning a national title.

"We want him training to be a national champion so if he gets that opportunity, he's ready for it," Sanderson said.

"Hopefully it's a boost to his confidence."

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### Across

- South American Indian
- Six-stringed instrument
- Baby grand, e.g.
- Soon, to a bard
- Sacramento's \_\_\_\_ Arena
- Church officer
- Valdez sight
- Take the honey and run
- Provokes
- Vault
- Call to Bo-peep
- Bluecoat
- Yearn
- Fuse
- Top guns
- Kind of hand
- Darjeeling or oolong
- Bird of myth
- Pitches in
- Graphic
- \_\_\_\_ horse
- Competence
- Tender spots
- Caspian feeder
- D.C. bigwig
- Daughter of Hyperion
- Math degree
- Filly's father
- Bird of prey
- Some wines
- Wall St. debut
- Tenn. neighbor
- Wing (Fr.)
- Religious law
- Kind of center
- Securities firm
- Go on the hunt
- Fairy tale villain
- Stanley Gardner
- Backgammon piece
- Dog-eared
- Like Easter eggs
- Hacienda brick
- Katmandu's land
- Mountain nymph
- Egyptian cobra
- F.B.I. employee, briefly
- Lord's mate
- Sing the blues
- Rainbows
- Small salmon
- Bakery item
- Demonic
- Likewise
- Prognosticator
- Aqueduct of Sylvius, e.g.
- Unit of force
- Smell bad
- Sciences' partner
- Scrooge's cry
- Experience, as an operation
- \_\_\_\_ Lanka
- Refrained from harming
- Heavenly strings
- On the lookout
- Deciduous shrub
- Macaroni shape
- Swelling reducer
- Fully fit
- Lecher's look
- Requirement
- Barley bristle
- "Catch-22" pilot
- He's a doll

# Bigar's Stars

By JACQUELINE BIGAR

Thursday, Jan. 10, 2019

[www.jacquelinebigar.com](http://www.jacquelinebigar.com)

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### ARIES (March 21-April 19)

★★★ You become more introverted with your communication style. If you have a trusted confidant, you might want to air out your thoughts to him or her. This person's feedback could give you a new perspective. You will be more content after this discussion. Tonight: Daydream away.

### TAURUS (April 20-May 20)

★★★ A friendship plays a strong role in your life. You share your news, thoughts and feelings without receiving any judgment from others. You might find a loved one to be more positive about a key matter involving both of you than you had anticipated. Tonight: Do what you want.

### GEMINI (May 21-June 20)

★★★ Reach out to someone who has clout in your life. Don't push someone too hard in order to achieve a goal. This person might need to share his or her concerns about a mutual involvement. You will be delighted by the result. Tonight: Someone admires you more than you realize.

### CANCER (June 21-July 22)

★★★ Read between the lines with a close associate who presents another perspective. A partner could be less serious than usual. This person will lighten up as the day progresses. Discuss a possible trip or change that you'd like to make. Tonight: Be wherever there is great music.

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

★★★ One-on-one relating takes you down an interesting rabbit hole. You discover more about how a close associate thinks. Your ability to be upbeat helps turn a loved one's mood around. This person appears to lack self-discipline. Tonight: At a favorite place with a favorite person.

### VIRGO (Aug. 23-Sept. 22)

★★★ Defer to a partner who has a very different point of view. Handling a creative project takes some discipline. You easily could forget your boundaries. Check out a personal investment that you hear might be more valuable than its price indicates. Tonight: A loved one intrigues you.

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

★★★ Deal with a matter that could affect your health. You could feel somewhat tired or withdrawn due to this issue. Take good care of yourself. Your enthusiasm might be higher later on, and you'll be likely to take on yet another project. Tonight: Take a walk by a body of water.

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

★★★ Your imagination could take you beyond your limits. You might have difficulty reining in your imagination and staying present in the moment. Call upon your self-discipline to stay more present in the moment. Use care with spending. Tonight: Consider starting the weekend early.

### SAGITTARIUS (Nov. 22-Dec. 21)

★★★ Tension builds around a personal matter. Try to use your self-discipline when out and about. Window shopping could get you into a lot of trouble. Your personality helps a loved one reveal what is on his or her mind. Your imagination could go overboard. Tonight: Head home early.

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

★★★ Discussions could be animated, and might stem from what each person around you desires or thinks. There is a level of distortion that you need to be aware of. At the moment, dreams float into facts. Look for reality another day! Tonight: Follow your intuition.

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

★★★ Be more forthright in how you deal with what is bothering you. Others note that you might be quieter than usual about certain matters. A friend or loved one has a way of opening you up and helping you see a situation from a different perspective. Tonight: Indulge yourself a little.

### PISCES (Feb. 19-March 20)

★★★ You might be working on another level when dealing with a loved one. You can't help but distort your perspective in order to see this person as you wish. The issue here is that he or she is likely to disappoint you -- mostly because you are being unrealistic. Tonight: Tap into your imagination.

### YOUR BIRTHDAY MESSAGE:

This year you will forge ahead toward a goal that you've wanted to achieve for a while. Be aware of the emotional cost of pursuing this path. You might ignore other matters.

If you are single, you meet others with ease. Choosing the right person could be difficult, as you are running around with your rose-colored glasses on. If you are attached, the two of you might have an unusually romantic year. You and your sweetie feel more bonded than in recent years.

PISCES understands you well.

### BORN TODAY

Singer/songwriter Pat Benatar (1953), singer/songwriter Rod Stewart (1945), boxer George Foreman (1949)

# WORD SEARCH

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### Horse Racing

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Show  
Speed  
Stretch  
Terrain  
Track  
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Trophy  
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Winner  
Workout

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