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# DAILY COLLEGIAN

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## ‘Born This Way’ club launches

*The new organization aims to provide support for student wellness and inclusion*

By Lilly Forsyth  
THE DAILY COLLEGIAN

In 2011, Lady Gaga famously sang about her pride in being “born this way,” embracing her own individuality and encouraging others to do the same. Inspired by the mission of Gaga’s foundation, Penn State student Cole Shusted created a chapter for the university called the “Born This Way Student Fund at Penn State.” The newly formed organization aims to create a safe space focused on wellness and inclusion for students, and raise awareness about mental health. The group also plans to raise funds for the original foundation created by Gaga. Though it is currently composed of 10 students, Shusted expressed hope for growth in the fall semester. However, he said he has “no idea what it’s going to look like.” “If I can make it so that there’s a community where people feel like... they can fully be themselves whether it’s your gender or sexual identity or mental health-specific issues, I want there to be a place for that,” Shusted (junior-security risk analysis) said.



James Leavy/Collegian

**Cole Shusted (Junior-Security Risk Analysis)** poses for portraits at 3 Dots Art Gallery in front of painting “Free-flow” by Susan Smith Graham on Tuesday, June 16.

However, the pair also said they want to create a student-run support space for individuals to talk about matters regarding mental health and beyond. DeMarcanonio (junior-elementary and early childhood education) explained that, from her previous experiences, when parents or teachers offered their support or “kind words” about her struggles regarding mental health, she felt it was out of obligation rather than genuine concern. Now, in her leadership position in this organization, she said she has an opportunity to provide a safe space for others. “I want to give [future members] what I never had,” she said. “Growing up... I never felt comfortable discussing the way my brain was working, the things

I went through and my mental health.” Shusted said there will be no fee to join the club that is still in its developmental stages. “The goal of it is to not be rigid,” Shusted said, referring to organizational structures. “I just want it to be a place made of people.” Coming from Georgia, Shusted said he came to Penn State with a desire to create something new at University Park, but he said he didn’t “have the courage to do it at first.” He said his idea of creating a local chapter of the foundation was “sparked” after watching Gaga’s speech during the 2019 Grammy Awards, in which she encouraged the audience to understand the importance of mental health awareness. “If you see somebody that’s hurting, don’t look away,” Gaga said during her acceptance speech for “Best Pop Duo/Group Performance” for the film, “A Star Is Born.” “And if you’re hurting, even though it might be hard, try to find that bravery within yourself to dive deep and go tell somebody.” Shusted added that mental health awareness is something he has always been passionate about because of his history with anxiety and panic attacks. “It was really bad,” he said. “I almost had to go to the hospital, and I was eventually diagnosed with OCD.” After his diagnosis, Shusted said he was introduced to a “new

community” of those impact by mental health conditions. He said he feels people who face mental issues don’t get the “level of respect they should be given.” As he learned more about Obsessive Compulsion Disorder, Shusted said he became more aware and less content with the stigma surrounding mental health conditions. “I don’t like that we keep things all bottled up all the time and it has to be weird to struggle because I think it’s very normal,” Shusted said. In addition to CAPS, he said he would like his organization to

collaborate with similar clubs on campus, as well as the Center for Sexual and Gender Diversity. Regarding the foundation’s namesake, Shusted said Gaga’s anthem “literally saved [his] life.” He explained that he first heard the song on the car radio in 2011, years before he told people he was gay. Despite appreciating the message of the song, Shusted said he wasn’t able to fully enjoy it initially. He said he had feared the repercussions of coming out, based on the way those already out around him were bullied. Shusted added that he officially came out to friends, family and peers in 2018, remembering wanting to “so badly... live life being [him]self...” “I just remember thinking, ‘Wow, this song is so empowering... and how we should live,’” Shusted said, “open to people no matter who they love, where they’re from or what they look like.”

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“If I can make it so that there’s a community where people feel like... they can fully be themselves whether it’s your gender or sexual identity or mental health-specific issues, I want there to be a place for that.”

**Cole Shusted**



James Leavy/Collegian

**Cole Shusted (Junior-Security Risk Analysis)** poses for portraits at 3 Dots Art Gallery on Tuesday, June 16.

## Raising money for the ‘Worst Job Ever’



James Leavy/Collegian

**Denny Connolly, class of 2009, and of the Outreach Department of Penn State**, poses for portraits by the Forum Building on Tuesday, July 16.

By Lilly Forsyth  
THE DAILY COLLEGIAN

Kurasawa Public librarian Nemo hates her job. In fact, she considers it the worst job ever. From the mind of World Campus Content Strategist Denny Connolly comes “Worst Job Ever,” a single issue comic currently hoping to meet its funding for a first print run. Partnering with Sloane Leong, an illustrator whose work was featured in “Prism Stalker” and “From Under Mountains,” Connolly said the book is meant for all ages, but especially for teenagers and young adults. Connolly described the plot as a librarian who feels she is in a “dead-end job” as her friends achieve more tangible success in the form of being an astronaut or band managers. However, the main character Nemo has the added responsibility of taking care of the library

after closing time when monsters run amuck. The book is dominated by female characters and Connolly worked with Leong and cover artist Carolyn Nowak, both of whom he considers “a big deal.” “Whenever I think about people in the comic industry that I want to work with, most of all the people I think of are women,” he said. “In indie comics, in general right now, women and queer writers and artists are where all the best talent is and where the best comics are coming out of.” He also highlighted that his wife Patti did all the lettering for the comic. Connolly touched on the fact that he is a white male in the industry, which he said makes him aware that he “doesn’t want to tell anyone else’s story.” “I want people to see different kinds of people in comics,” he said. Connolly said he was first inspired to create comics of his own

when he worked at the Comic Swap located on South Fraser Street in 2009. Always having a passion for writing, he said he was discouraged by his lack of artistic skill. After learning more about the medium, he said he realized not all comic book artists “are the best artists in the world.” “There’s kind of this whole [do it yourself] feel to indie comics that you don’t have to be the best artist,” he said. “When your writing and drawing is [relatively] good, it doesn’t matter if it’s the most polished in the world.” As he fell deeper in the comic scene, he connected with other locals interested in comics with whom he could share his early pieces. This comic is not the first published by Connolly and he reflected on previous ways of producing his work.

See **COMIC**, Page A2.



CONNECTING THE ‘DOTS’



James Leavy/Collegian  
**Gabriel Green (graduate student-English and African-American studies) performs at 3 Dots Community Center on Friday, July 26.**

DAILY COLLEGIAN

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Comic

FROM Page A1

“You design them in InDesign, print them at Kinkos or the university library, wherever you have the funds,” he said, laughing. “You fold it yourself, staple it, cut it and go to comic shows and sell it.”

Connolly said this process is “like the punk side of comics” that he enjoys.

Additionally, he said he enjoys the “gutters” on comic book pages between panels, which allow the readers to fill in the blanks.

“I think it’s a cool opportunity to mess with readers’ anticipations and expectations,” he said. “Something about writing comics just feels right to me.”

Regarding this piece, in particular, Connolly said it was inspired by his own life.

He said he had watched all his friends graduate college while he remained at the Comic Swap, an occupation he said he felt slightly embarrassed of when returning home.

Despite the feelings of chagrin, Connolly said he “loved” working there. This is where Comic Swap Manager John McComas met Connolly 10 years ago.



James Leavy/Collegian  
**Denny Connolly, class of 2009,** poses for portraits by the HUB-Robeson Center.

McComas, who has read most of Connolly’s previous work, said he anticipates his friend’s latest work and said he thinks it will be

“very well-received.”

“Denny on the page is incredibly warm,” McComas said.

“He might have a wife and child

and mortgage, but he can still very much dial into the writing of a young voice.”

“Even though I don’t feel like

that about my current job, at the time, I felt like [working at Comic Swap] was something I loved and was important to me but based on society’s view of what’s important... I felt like what I was doing wasn’t important,” Connolly said.

Connolly said he wanted his characters to understand what he once didn’t — that something can be important as long as one feels it is so.

With a deadline of August 10 by 8:55 p.m., Connolly’s kick starter is near \$2000 of its \$3700 goal.

Those interested in funding the comic about a librarian who fights monsters after closing time, can find Connolly’s project on the Kick Starter website and select various methods of support.

For example, a \$1 donation guarantees one’s printed name in the acknowledgment page of the book while a \$5 donation means a physical copy of the book after publication. There are more expensive funding options, but the more one donates, the more exclusive the additives.

Should the fundraiser be successful, Connolly said he intends to have five issues for this series.

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## SUMMER CATCH

*Checking in with the former Penn State baseball players in the minor leagues*

By Matt Knaub  
THE DAILY COLLEGIAN

With the Minor League Baseball season now in full swing, former Penn State players can be found in almost every corner of the map.

## BASEBALL

Following the 2019 MLB First-Year Player Draft, there are now 10 former Nittany Lions in affiliated minor league baseball, all of which are competing at or below the Double-A level.

### Jack Anderson – Arkansas Travelers

*Penn State relief pitcher (2013-2016)*

In his first season at the Double-A level, Anderson has found success primarily as a middle reliever and setup man out of the bullpen.

He's pitched 38.1 innings for the Seattle Mariners' affiliate, posting a 1.88 ERA and a 3-1 record. A submarine-style pitcher, Anderson helped lead the Travelers to a division title during the first half of the season. He was named a Texas League All-Star, pitching 0.1 innings in the contest on June 25. Over his four-year Minor League Baseball career, Anderson has recorded a 2.34 ERA, an 11-11 record and 12 saves.

### Jim Haley – Montgomery Biscuits

*Penn State shortstop (2014-2016)*

After playing for three of the

Tampa Bay Rays' lower-level affiliates early in his career, Haley was promoted to Double-A earlier this month for the first time. The Pennsylvania native began the season in Class A-Advanced, where he swung a hot stick. As a member of the Charlotte Stone Crabs, Haley batted .281 with eight home runs and 47 RBIs.

He was named a Florida State League All-Star, starting the game for the South Division squad.

He reached base once in the game on a hit-by-pitch. Since being promoted on July 17, Haley is carrying a .220 batting average through 11 games with Montgomery. Despite the recent slump, Haley is a career .288 hitter.

### Sal Biasi – West Virginia Power

*Penn State relief pitcher (2015); starting pitcher (2016-2017)*

Despite a brief minor league career thus far, Biasi is playing for his third MLB organization in as many seasons.

The journeyman began the 2019 campaign as a member of the Class A Wisconsin Timber Rattlers, where he tossed three scoreless relief outings. However, the Milwaukee Brewers organization traded their prospect to the Mariners in mid-April.

Biasi has since manned the bump for the Power, which also plays at the Class A level.

He's made 26 appearances out of the bullpen, splitting time as a middle reliever and a setup man. He is currently on the injured list, possessing a 5.24 ERA.

### Justin Hagenman – Great Lakes Loons

*Penn State starting pitcher (2016-2018)*

In his second season with the Los Angeles Dodgers' Class A affiliate, Hagenman has developed into a stellar late-inning reliever. The righty has split time between the setup and closer roles, and is a perfect 5-for-5 in save opportunities this season.

Hagenman has posted a dominating 4-1 record with a 2.04 ERA in 2019 and has held opponents to a .199 batting average.

### Taylor Lehman – Williamsport Crosscutters

*Penn State starting pitcher (2015-2016, 2018); relief pitcher (2017)*

Lehman has found success during his second professional season in the Philadelphia Phillies organization.

The southpaw has played the majority of the season with Williamsport at the Class A Short Season level, starting four games and making one relief appearance. Lehman was promoted to Class A Lakewood in mid-July, making one start and registering one save. Between the two levels, Lehman possesses a dominant 1.42 ERA in 25.1 innings pitched, and has not allowed a home run this season.

It is possible Lehman could pitch at Medlar Field at Lubrano Park once again, as the Crosscutters are set to play the Spikes in State College twice more this season.

### Eric Mock – Mahoning Valley Scrappers

*Penn State starting pitcher (2017, 2019); relief pitcher (2018)*

Mock was selected by the Cleveland Indians in the 25th round of the 2019 MLB Draft, and launched his pro career with rookie-level Indians Blue in the Arizona League.

The hard-throwing righty was promoted to Class A Short Season Mahoning Valley last week, and has made one relief appearance with the Scrappers.

Between the two squads, Mock has made seven appearances out of the bullpen as a long man, hurling his way to a 2.65 ERA. Now in the New York-Penn League, Mock could pitch against former teammate Taylor Lehman when the Scrappers and Crosscutters meet up for a three-game set in late August.

The Scrappers will also play at Medlar Field at Lubrano Park in mid-August against the Spikes, giving Mock the opportunity to pitch in Happy Valley once again this year.



Collegian file photo

**Dante Biasi (38)** follows through his pitch during the baseball game against Nebraska at Medlar Field on Friday, April 12.

### Toby Welk – Aberdeen IronBirds

*Penn State Berks third baseman (2016-2019)*

Welk was selected in the 21st round of the 2019 MLB Draft by the Baltimore Orioles after shattering numerous offensive records at Penn State Berks. The power-hitter has begun his career with the Aberdeen IronBirds at the Class A Short Season level, and is one of three Nittany Lions who currently play in the New York-Penn League. Welk has kickstarted his pro career on an offensive tear, posting a .352 batting average and a .425 on-base percentage through 30 games. He blasted his first professional home run last week against the Lowell Spinners, the lone big fly of his young career. The rookie leads the IronBirds in hits and batting average.

### Ryan Sloniger – Bluefield Blue Jays

*Penn State catcher (2016-2019)*

Sloniger was selected by the Toronto Blue Jays in the 38th round of the 2019 draft, and has played the majority of the year with Bluefield at the Rookie Advanced level.

The Pennsylvania native was promoted to Class A Short Season in late June, playing seven games with the Vancouver Canadians before returning to Bluefield.

Sloniger has started his pro career scorching hot at the dish, slashing his way to a .354 batting average and a .433 on-base

percentage. His signature power has translated well to the minor leagues, as he's swatted five home runs, a double and a triple in 23 games. Sloniger leads Bluefield in batting average, on-base percentage, slugging percentage and OPS.

### Dante Biasi – Burlington Royals

*Penn State starting pitcher (2017-2019)*

The younger brother of Sal Biasi, Dante was drafted in the 6th round of the 2019 MLB Draft by the Kansas City Royals and launched his professional career this summer at the Rookie Advanced level.

With 16 innings pitched as a long reliever, the southpaw possesses a 2.81 ERA and has held opponents to a .186 batting average.

### Eli Nabholz – Brewers Gold

*Penn State starting pitcher (2016)*

After transferring from Penn State to Division II Millersville, Nabholz was selected in the 38th round of this year's draft by the Milwaukee Brewers.

He's playing for the Brewers' Arizona League affiliate this summer and is having an up-and-down season. The righty has pitched 23.1 innings in five starts and three relief appearances in rookie ball, recording a 5.40 ERA.

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Noah Riffe/Collegian

**Eric Mock (12)** throws a pitch during his game against Maryland on Friday, March 15 at Medlar Field.

## PSU conscious of Lamar Stevens' workload

By Tyler King  
THE DAILY COLLEGIAN

If everything goes to plan, Lamar Stevens' name will be at or near the top of numerous Penn State records at the end of his senior season.

## MEN'S BASKETBALL

An average season scoring the ball will place him as the Nittany Lions' all-time leading scorer.

He's already top 10 in program history in field goal attempts, free throw attempts and blocks and he'll likely finish in the top 10 in rebounds.

But one underrated list that Stevens will likely find himself second or third all-time on is minutes.

He probably won't reach Talor Battle's Big Ten record of 4,799 career minutes, but another season of 1,200-plus minutes isn't out of the question for Stevens.

And after a hectic offseason that began with Stevens traveling from one NBA city to the next, unsure of what his future may hold, now is an incredibly important time for Stevens.

"He's started for three straight years. He's logged a lot of minutes," Pat Chambers said in July. "Workload is a good term, we've been talking about it since the season ended.

He didn't have any time off, he went right into to try to improve his status or his value for the NBA."

Workload, load management, whatever you want to call it — it's on Chambers' mind as he heads



Aabha Vora/Collegian

**Lamar Stevens (11)** takes a shot during the men's basketball exhibition game against Bloomsburg at the Bryce Jordan Center on Sunday, Nov 5, 2017.

into a crucial season in Happy Valley. Needing another First Team All-Big Ten caliber season from Stevens, the time to start thinking about managing Stevens' workload is right now.

"We have done a very good job of giving these guys time off. It's been a long offseason for Lamar," Chambers said. "We have to be extremely intelligent on how we approach this summer. We don't want him burnt out in December."

Stevens is also aware of how

important he needs to be about how he manages his effort level in practice, workouts, etc. The offseason is certainly the most important time on the college basketball calendar from a developmental standpoint, but the most important games are played in February and March.

"It's definitely something that we think about as a whole," Stevens said.

"I played a lot of minutes last year and then went straight to NBA workouts."

"It's something that myself, my staff, [athletic trainer Jon Salazar] and [strength coach] Greg [Miskinis] have all talked about this spring and going into this summer — not overdoing it," Chambers added.

But Chambers also knows that Stevens still has to be present to set an example for the incoming freshmen — specifically Seth Lundy, who reminds a lot of people of the freshman version of Stevens in terms of body type and physical stature.

"He's gotta be a leader," Chambers said. "We can't completely remove him from the team, but he's gotta show the younger guys how it's done and pass down his words of wisdom."

A change in weight could also be in Stevens' future.

He entered his freshman season weighing just under 220 pounds but has put on significant muscle since his arrival and is now up over 230 pounds.

He doesn't want to lose that strength that he's spent his entire career building, but he could decide to get a tad thinner, a move that will pay off behind the 2019-20 season.

"I might decide to go down a little bit," Stevens said. "I feel like it's better for me long term. I want to maintain the same strength, but maybe just change my diet a little bit."

Numerous times, Chambers said he, Stevens, the coaching and training staffs all have to be smart. It's not as easy as just having Stevens sit out games like NBA superstars have done in recent years.

Whether it's giving him a minutes restriction in certain non-conference games or adjusting his practice schedule during the season, there are options to ensure Stevens is feeling as close to 100 percent as possible when the Big Ten Tournament rolls around.

"We've gotta be smart, just picking and choosing what's best," Chambers said.

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# 2019-20 student parking registration

**By Erin Hogge**  
THE DAILY COLLEGIAN

Student parking registration is slated for Tuesday, August 20 through Thursday, August 22, according to a Penn State News release.

Parking permits will be available for purchase on the Penn State Transportation Services website

Noon on Tuesday, August 20 (Off-campus student Commuter - SCR)

Noon on Wednesday, August 21 (Off-campus long-term storage - P43)

Noon on Thursday, August 22 (Resident student permits - B11, L22, L42, L81, L82, L83)

Due to construction on the westside of campus, student parking will not be permitted at Nittany Deck, according to the Penn State Transportation Services website. West Halls residents eligible to park at Nittany Deck may register for Lot 82, located in the East Halls area, or in

Lot 83, located on Hastings Rd. instead.

Eligibility requires students have an active Penn State ID and Access Account and that their vehicle be owned either by them or an immediate family member. Excluding commuter and graduate students, those registering for a parking permit must have completed at least 29.1 credits, or be at least a sophomore.

Because of high web traffic during the registration period, students should “avoid double clicking or using the back button” when registering for a permit, according to the release.

Before receiving an official parking pass, students must print and display a temporary pass on their dashboard. Parking permits will be mailed to students’ local or campus address.

For more information, email [parking@psu.edu](mailto:parking@psu.edu) or call 814-865-1436.

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Follow her on Twitter at: [@erinhogge](https://twitter.com/erinhogge).



Courtesy of Penn State News

The Eisenhower Parking Deck is one of the prominent on-campus parking garages.

# Penn State CIO Kubit placed on leave



Collegian File photo

The Old Main building sits on Penn State Campus on Monday, Sept. 11, 2017.

**By Erin Hogge**  
THE DAILY COLLEGIAN

Penn State Vice President for Information Technology and Chief Information Officer Michael Kubit has been put on leave indefinitely, according to a Wednesday statement from the university.

The details surrounding Kubit’s leave are unknown and Penn State has declined to comment on the matter.

Chief Information Security Officer Donald Welch, who has worked as CISO for three years, has taken over Kubit’s responsibilities.

In a statement, Senior Director

of News and Media Relations Lisa Powers said Welch will “continue to move on the critical priorities for the University, such as securing Penn State’s information assets, eliminating redundancies and aligning resources with our mission of outreach, teaching and research, and creating capacity to support innovation.”

Kubit has been CIO since January 1, 2017, according to a 2016 Penn State News release. Overseeing 1,600 employees, Kubit led Penn State’s IT department of 1,600 employees and \$230 million in annual expenditures.

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## Crossword

**Across**

- 1 Bridge
- 5 Singer McEntire
- 9 Chapeau
- 12 Jacob's son
- 13 Finals
- 15 Islands (Fr.)
- 17 Master copy (Abbr.)
- 18 Weight unit
- 19 \_\_\_\_ mia!
- 20 Fantasy
- 23 Civil wrong
- 24 Car of yore
- 25 Body covering
- 27 Watering hole
- 30 \_\_\_\_ de menthe
- 34 Stroke
- 36 Hamlin cartoon character
- 38 Playwright
- 39 Burrows
- 41 Cries of excitement
- 41 Before Paulo or Tome
- 42 Forest inhabitant
- 44 Father & son actors John & Sean
- 46 Squirrel away
- 47 Before (Prefix)
- 49 Charged particles
- 50 Intelligence group inits.
- 52 Information
- 54 Windows, for one
- 62 Old casino game
- 63 Attempts
- 64 Hack
- 65 Move, as a stream

**Down**

- 1 Unhurried
- 2 Persian spirit
- 3 Bird (Lat.)
- 4 Lingerie
- 5 Happen again
- 6 Exhilarates
- 7 Football's Starr
- 8 Handmaiden
- 9 Nut tree
- 10 Jai \_\_\_\_
- 11 Slender gull
- 14 Mix
- 16 Droop
- 21 Early blooming shrub
- 22 Requisite
- 25 Ritual
- 26 Amphitheater
- 28 Essay
- 29 Actress
- 31 MacGraw
- 31 Fluorescent dye
- 32 Expressions of discomfort
- 33 Verse form
- 34 Dental appliances
- 35 Title
- 37 Pastureland
- 40 Liveliness
- 43 Real estate agreements
- 45 Kitchen appliance
- 48 Lawn tools
- 51 Memo abbr.
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- 61 Explosive device

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## WORD SEARCH

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Big City Life

Avenue  
Banks  
Bar  
Billboards  
Boulique  
Bridge  
Bus  
Cafe  
Church  
Clubs  
Construction  
Crosswalk  
Delours  
Homeless  
Hotel  
Landmark  
Lights  
Museum  
Noise  
Park  
People  
Police  
Restaurant  
Sidewalk  
Skyscraper  
Stores  
Street  
Subway  
Taxi  
Traffic

REPARCSYKSECBDSJYV  
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## Kakuro (Cross Sums)

The rules are easy to learn: A number above the diagonal line in a black square is the sum of the white squares to the right of it. A number below the diagonal line is the sum of the white squares in the sequence below it. You may only use the digits 1 to 9, and a digit may be used only once in any sequence.

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## Bigar's Stars

By JACQUELINE BIGAR

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

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**ARIES** (3/21-4/19) ★★★★★ Your creativity paves the way to new possibilities. You eliminate random filters that have restricted your thinking so you can see people and situations in a new light. A loved one delights you to no end. Tonight: Kicking up your heels like a teenager.

**TAURUS** (4/20-5/20) ★★★ Stay centered. Conversations could revolve around a domestic matter, a new purchase or real estate. You could feel as if you are on the verge of a new beginning -- emotionally and financially. Tonight: Your home is your castle.

**GEMINI** (5/21-6/20) ★★★★★ You might have been contemplating a new purchase that could improve the quality of your daily life. This item could be anything from a

new cellphone to a new car, depending on your needs. Tonight: Speak your mind loud and clear.

**CANCER** (6/21-7/22) ★★★★★ Be forthright with another about how much you might be willing to spend. Your honesty could prevent a hassle. You have a way of presenting yourself that draws others. Your enthusiasm and energy play a strong role in present events. Tonight: Run an errand on the way home.

**LEO** (7/23-8/22) ★★★★★ You could need to eliminate a hassle. You might not even register others' concerns, as they might not appear logical to you. Assume that others are coming from a centered space. Tonight: Let go and relax. Make great weekend plans.

**VIRGO** (8/23-9/22) ★★ You might be well advised to take extra time with a matter that involves a domestic issue or property. Do not come to any quick final decisions. Wait several days, and your perspective will be likely to change. Tonight: In the thick of the moment.

**LIBRA** (9/23-10/22) ★★★★★ Luck surrounds crowds and friends. Try to schedule a meeting with more than one person. You might be surprised at the comfort each individual displays. Honor a fast change. All will work out well. Tonight: Where your friends are.

**SCORPIO** (10/23-11/21) ★★ Take a stand if you feel it is important. Others might not get where you come from. Your

ability to detach helps you see a problem in a very different light from the majority of people. Tonight: A must appearance.

**SAGITTARIUS** (11/22-12/21) ★★★★★ Your mind could easily be on an impending event or trip. Try to stay present as much as you can. If you're questioning a decision, take your time. You could hear a lot more in the next few days. Tonight: Let your mind drift where it wants to go.

**CAPRICORN** (12/22-1/19) ★★ One-on-one relating takes you down a new path. How you see a situation evolve could be quite different from what you visualized. Your ability to adjust and flex needs to be a higher priority. Tonight: Make a cozy dinner for two.

**AQUARIUS** (1/20-2/18) ★★★★★ You see no reason to complain about anything other than the fact that another person might be heavy-handed in making the decisions. Be flattered and allow this person to demonstrate caring in this manner. Tonight: Avoid an argument.

**PISCES** (2/19-3/20) ★★★ Your ability to see through a problem mounts. You might have to force a superior or associate to listen to your solution. In this person's head, he or she has already decided what can be done. Tonight: Off to the gym.



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Aug. 1-7, 2019

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## FRESH START EDITION





# Be patient: Finding community takes time

By Elena Rose  
EDITOR-IN-CHIEF

I almost quit the Collegian freshman year. Really, it only took one “confidant” on staff gossiping and three editors convincing me to prevent that from coming full-circle. Regardless, I needed that — otherwise I wouldn’t be here today, working for an organization I love and care about so deeply. Today, I share this column with you as The Daily Collegian’s next editor-in-chief. I still have to take a second to pause after reading that. There’s weight to it. In my three years here at Penn State, the Elena I am today is not the Elena who wanted to quit freshman year, in the best way possible. Elena today knows a lot more about herself and the experiences and crowds she chooses to immerse herself in. She’s gained some wisdom when feeling for what “fits” in her life that she didn’t have as a new Penn State student. But frankly, she couldn’t have had that then. It comes with experiencing the ups and downs of navigating college — especially during freshman year. Whether you have the best time, the worst time or somewhere in between, freshman year is just really odd. In order to survive socially, I felt the need to put myself out there 24/7 — pressure I know



Collegian Editor in Chief Elena Rose poses outside the James Building on Sunday, Dec. 2, 2018.

many other freshmen feel too. Go to this meeting! Agree to get dinner with these people on your floor who you don’t totally love, but what better do you have to do right now? You joined a club that you hope you’ll like, so go to every single meeting and social function they offer to make yourself known and show you’re dedicated! Now, I’ve always been rooted in my confidence, charisma and abilities to be a strong leader

and good friend. So when I moved in for freshman summer session in 2016, I figured there was no way I’d struggle finding friends and activities that really resonated with me, as long as I seized every opportunity to just be “present.” Well, I was... a little off in predicting how long that would take. Beside the Collegian, there are two other activities that have significantly molded my experience here at Penn State: Becoming a member of Penn State’s all-female cappella group, Savoir Faire and volunteering with THON. E v e n through my heavy involvement with the Collegian, Savoir Faire and a THON c o m m i t t e e f r e s h m a n year, it took three whole semesters for Penn State to finally feel like “home” to me. Three. Up until that spring semester, I didn’t want to count how many days I felt like giving up on finding my place here. Or the phone calls I made home to my mom (one of six gung-ho Penn Staters in my family), embarrassed to admit that I still wasn’t loving it here — but that I was really trying my best. I felt alone. I felt like I was failing. (Spoiler: So does pretty much every other freshman at some point — many just put on a very believable act that they’re having the time of their lives). Don’t get me wrong, I liked the genuine people and activities I involved myself with freshman year. I was in the right places with the right people, but it all still felt foreign. It wasn’t like home or being with my friends back in Pittsburgh. It didn’t compare, and it couldn’t compare — home and Penn State are two different things. College will do that to you, sometimes. Cue my initial disconnect with the Collegian. Spring semester of freshman year, my third semester on staff, I still felt like I was on the outside looking in. I had some friends, but I was certainly still nameless to most. I wasn’t one of the cool upperclassmen editors. I had way

more to learn about journalism and reporting than I could have even fathomed. In retrospect, I was really trying to stand out as a freshmen in a newsroom where you have to rightfully earn your reputation through hard work and time. Needless to say, that didn’t exactly line up with my rigid expectations for my “satisfaction at Penn State” timeline. But those three editors — they saw me for me and stopped me from walking out the door of the James Building way too soon. They showed me they cared. They didn’t have to do that, but they did and I’m forever grateful for them (shout out to Sam Ruland, Sarah Vasile and Gabby Santoliquito). After watching others quit, I’ve come to realize that I’m one of the lucky ones. The experiences and memories I’ve collected at the Collegian have molded me into the journalist, person and friend I was meant to become here at Penn State. I still get chills when I think about that. To any incoming freshman reading this: no matter where you find community here on this campus, I hope you experience self-discovery, growth and joy like I have. I know you can. You deserve it. The beauty of Penn State really is that there’s something here for everybody. Be patient, be present, be true to yourself and let trust run its course. And over everything, never stop moving forward — I know you’ll end up where you belong.

“To any incoming freshman reading this: no matter where you find community here on this campus, I hope you experience self-discovery, growth and joy like I have. I know you can. You deserve it.”  
Elena Rose



The Daily Collegian staff poses outside of the James Building on Wednesday, April 17.



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# Your guide to navigating HUB dining

By Maddie Aiken  
THE DAILY COLLEGIAN

Many incoming freshman will hear the same words of advice from their parents, NSO guides and upperclassmen: “Don’t spend all of your meal points at Starbucks!”

And while most students will not spend literally all of their meal points at Starbucks, a vast majority of their points will go to the coffee giant and the several other chain restaurants located in the HUB-Robeson Center.

HUB Dining is popular dining option for students, especially freshmen who are just beginning to taste the freedom of eating whatever they want, whenever they want, and not really having to worry about the cost, either.

However, dining in the HUB can be confusing for incoming students.

Here’s your guide to grabbing a bite to eat in the HUB.

## What food can I get?

The HUB currently offers 12



Collegian file photo

**Panda Express** in the HUB on Monday, Feb. 5, 2018.

dining options for students — Blue Burrito, Burger King, Chick-Fil-A, Grate Chee, Jamba Juice,

McAlister’s Deli, Mixed Greens, Panda Express, Sbarro, Soup & Garden, Starbucks and Hibachi-San.

Mixed Greens and Soup & Garden are all located within a food court.

They operate under similar hours.

In the food court, you can get food from numerous restaurants and pay for it all at one of the registers located at the court’s exits.

Does the HUB only accept dining dollars?

No, you can also pay with Li-onCash, a debit or credit card or cash.

## Who can eat in the HUB?

Anyone can eat in the HUB — it is not limited to current students. So as long as you have a way to pay (see previous question), you’re all good.

How much does everything cost?

At most restaurants, the price is set and will be displayed on the restaurant’s menu.

However, some options in the food court price food based on weight.

Generally, food in the HUB costs more than food offered in the dining halls.

Therefore, eating in the HUB every day will drain a student’s meal plan significantly more than eating at the HUB once or twice a week.

## When can I eat?

Each restaurant has its own specific hours. Restaurants in the food court typically open at 10 a.m. or 11 a.m. and close at 2 p.m.

Many other restaurants close at 7 p.m. Starbucks is open until midnight on weekdays.

All restaurants are open on weekdays, and a few have week-end hours, as well,

## How crowded does it get?

HUB Dining options get very busy.

In the 15-minute interval between classes, the Starbucks line stretches across the HUB as students wait up to 30 minutes for a drink.

The food court usually sees big crowds between 11 a.m. and 1 p.m., while Panda Express and McAlister’s Deli draw many students at dinnertime.

While each restaurant has its own hours, it’s important to be mindful of when the HUB is at its busiest.

It could make the difference between waiting two minutes or 20 minutes for your Chick-Fil-A sandwich or orange chicken.

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



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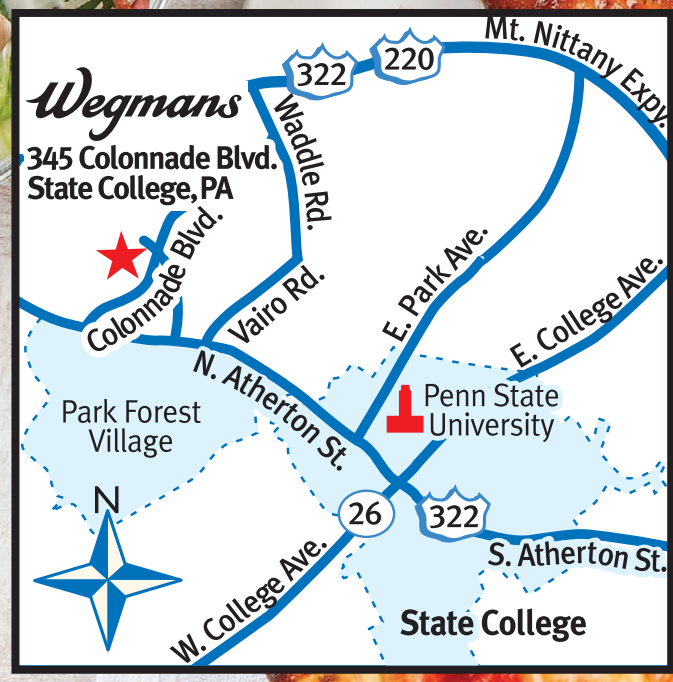
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# Welcome back week: where and when

**Andrew Porterfield**  
FOR THE COLLEGIAN

Fall arrival is less than a month away and that means Welcome Week 2019 is rapidly approaching well. A variety of events are offered every year, in an effort to encourage all students to find a place for themselves on campus.

Things kick off a few days before the start of classes with Parents and Families Information tables on Aug. 23 and 24. According to the Welcome Week website, these tables are presented by the Penn State Parents Council and provide campus maps and directions. Families of students who have already completed the transition will also be there to answer any questions.

Another event is Friday Night Lights on Aug. 23. The women's soccer team will play against Stanford in the home opener at Jeffrey Field. The game begins at 7:00 p.m. but t-shirts will be given out in front of the Johnston Commons at East Halls at 6:00 p.m.

After the game, there will be a fireworks show at the field.

The next items on the agenda are New Student Convocation and LateNight at the HUB-Robeson Center during the evening of Aug. 24. Convocation serves as the official university welcome from President Eric Barron. LateNight falls right after this, and is an opportunity to meet new people, get refreshments and witness live entertainment.

The following Sunday, Dean's Meetings will occur for every academic college and go over expectations, rules and more information for students. It will also be an opportunity to meet advisors and learn about available resources.

Also on Sunday, the Earth and Mineral Sciences Involvement Fair will take place on the ground floor of the Deike Building from noon to 3:30 p.m. This fair includes clubs and organizations in the college.

On Monday, Aug. 26, fall classes begin. Penn State will set up Paws Points informational booths

throughout campus that serve as directional assistance. Upperclassmen will be at the tables from 7:30 a.m. to 4:30 p.m. This service will also be available on Tuesday.

Also on the first day of classes, a First Day of School Photo Booth will be available from 8:30 a.m. to 4:30 p.m. on the Shortlidge Mall.

On Aug. 27, there will be an event titled "New in Town." This is a social in room 233A of the HUB that will begin at 4:30 p.m. The purpose of this event is to highlight LGBTQA+ resources both on-campus and in the State College community.

Also on Tuesday, the Campus Traditions Tour will take place. The antique-looking street cars called the Blue Buses will depart every 15 minutes from 6:00 p.m. to 8:00 p.m. from Redifer Commons, providing a tour of campus and downtown.

The Involvement Fair will be on Wednesday, Aug. 28, from 11:00 a.m. to 4:00 p.m. on the HUB

free giveaways.

As Welcome Week 2019 approaches, so do opportunities for new students to learn their way around campus and for all students to positively begin and continue their Nittany Lion journeys.



Collegian file photo

**Freddy Purnell (junior-biology)** yells to attract the attention of students during the 2018 Involvement Fair on the HUB lawn on Thursday, Aug. 23, 2018.

# Quick preview to downtown eateries

**Gabriel Teti**  
FOR THE COLLEGIAN

For most incoming freshman, State College might seem like a big upgrade or downgrade from where you came from as far as food options go. As someone who has lived in the area for most of his life, downtown is small, and I

think we live in a valley isolated from the rest of Pennsylvania.

That being said, I have some options for food here that you might never have heard of.

**Irving's**

As a staple downtown, Irving's makes breakfast food that we can all love. Irving's can offer

items such as smoothies, coffee, sandwiches and of course bagels — its most popular items. You can't come to Penn State without checking out Irving's and heading there before class for a hearty meal.

**Baby's Burgers & Shakes**

Baby's is the perfect place to go when you want to feel like you've been transported to the past. With its 50's theme inside, the restaurant has some great diner-style food, with burgers and milkshakes. Take a trip here to cool off with a thick shake, or warm up with a burger and fries when it's cold out.

**Tadashi Japanese Restaurant**

This is a restaurant known for its sushi and ramen. There are actually two Tadashi locations now, both on College Avenue. If you're looking to save money, go for their lunch sushi special or get a bowl of ramen that would make anyone

full. You can sit at the sushi bar, or watch the traffic of downtown State College from the large windows at either location.

**Sauly Boy's**

Another burger joint, Sauly Boy's makes "gourmet" burgers and original sauces that go great with enormous helpings of fries. Try a homemade lemonade or orangeade with your meal, and afterward, try some gelato and a cookie. Go with friends on any weekday for a different deal and play with the available Scrabble tiles at every table while enjoying your meal.

**Snap Custom Pizza**

While it might not be something new and original to State College, this new pizza chain allows you to customize any personal pizza you might want. With so many options for pizza and toppings, there's also a variety of lemonades and soft drinks that are unique to the shop. The best part of Snap: it's cheap, and fast — as long

as you get there before dinner time.

These next two places are for the vegans and vegetarians out there, but anyone should check them out, as they are great places to eat.

**Fiddlehead**

Fiddlehead is a salad shop that makes custom salads. Right next to Snap on College Avenue, you can choose from their signature salads, or choose to get it in a wrap. Either way, the portions are huge and might even last you more than one meal, all for a reasonable price.

**Roots**

This restaurant is the newest of the bunch, just opened this summer. It's a custom all-natural bowl place. Think Chipotle if it only had bowls and about three times as many options. With six different kinds of bases, five different categories of ingredients, and 3 different options off the grill, you can make anything here.



Collegian file photo

**Snap Pizza** on College Ave. in State College.



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# A laundry list of laundry suggestions

**Andrew Porterfield**  
FOR THE COLLEGIAN

Leaving the nest and coming to college for the first time may be a little daunting. Hard classes, dealing with a roommate and even dining options can be a little overwhelming in the first few weeks.

One important aspect that often gets overlooked is laundry. Here's a guide to doing laundry in Penn State dorms.

**Know your dorm building like the back of your hand**

An appealing thing to do on arrival day is explore campus with friends and family. However, it may be a good idea to explore the residence hall first, so then the laundry route can be easy to navigate. Different dorms have different laundry layouts, and it's important to

know how many washers/dryers are in each room.

**Make sure you have sufficient funds on your Lioncash+**

The worst feeling is to wash a set of clothes, load them into the dryer, and then get denied service when you try to pay because you're out of Lioncash+. The machines only accept Lioncash+ as

payment, so always make sure that you have stacks on stacks on your card.

**Be conservative with detergent**

In South Halls, the washing machine can be a little confusing when it comes to detergent usage. The canister in the machine is huge and it's tempting to use way too much detergent. During my first wash, I emptied about a quarter of my bottle into the canister because I didn't know how much was needed (don't tell mom). Just use however much is normal for a typical load and everything will be alright.

**Avoid doing it during peak hours**

Everyone tries to do their laundry on Sundays — everyone. I've gotten away with it a few times because I go pretty early in the day, but the afternoon can be a free-for-all. Keep in mind that the laundry room is usually a ghost town on weekdays, meaning you can even use it as a study room while the laundry is spinning.

**Get a laundry pouch with shoulder straps**

If the laundry room is in the dorm basement, it'll be a breath-taking workout to the laundry room if you lug around a traditional laundry basket. There is an alternative on the market: laundry backpacks. These make it easier to get around/go down stairs. It's certainly a reasonable investment.

**Stay updated on laundry news and know your needs**

Not everything is set in stone at Penn State. Things change all the time, including laundry.

Earlier in July, an announcement regarding Tide University Laundry was made public in a press release. This service, coming this fall, will save students approximately 80 hours a year by providing "on-demand wash-and-fold and dry-cleaning options" through an app based locker system. Opting in would cost \$649-\$849 annually (depending on the selected plan).



A bag of finished clothes sits in a basket at the Wash & Dri laundromat, on Tuesday, July 30, 2019.

# Cooking in college: tips and tricks

**Ashley Hayford**  
THE DAILY COLLEGIAN

College students have to dig deep into their piggy banks when buying food downtown, and not everybody has a meal plan to rely on. Luckily, finding healthy and easily accessible recipes is super convenient today whether you're an experienced cook or can only make cereal.

As much as Pinterest would like to think mug recipes are a dorm room necessity, they aren't guaranteed to work and definitely won't fill your stomach. Try these recipes instead, and your bank account and stomach will thank you.

The common saying is that breakfast is the most important meal of the day, so don't let your 8 a.m. class or laziness get in the way.

Be trendy, but simplistic with toast and maybe make it savory — and millennial chic — with some avocado, chili flakes, salt and pepper. If you're looking for something sweet, top your toast with peanut butter and bananas with a dash of cinnamon or syrup. Or keep it simple with plain toast or a layer of butter.

If you have the equipment to do so, you can also make a smoothie. Smoothies are versatile and don't require an explicit recipe. As long as you have yogurt, ice, fruit, water, milk or a combination of those ingredients you are free to make whatever combinations you'd like.

As a bonus you could add vegetables, protein powder or ice cream to a pile of fruits in your blender for a sweet treat.

When I was younger, one of my favorite meals that my

mom made in a time crunch is pizza, the unofficial food of college students. Keeping things really simple, all you need is a tortilla, sauce, cheese and any additional toppings. Preheat the oven to 400 F and assemble the pie. Bake until the tortilla is golden and the cheese has melted. It's cheap, filling, and most importantly, fast.

For dinner, pasta is an easy go-to meal. Dried pasta takes 10 to 12 minutes to cook in a pot of boiling water, and heating up jarred sauce or drizzling your pasta with olive oil, salt and pepper will complete your dish. Cooking pasta isn't really conventional for dorms without stoves, but Rice-A-Roni packages can be just as good, if not better.



Keiva Smith (biobehavioral health) cooks during meal preparation at a Peace Meal in the Henderson Building on Thursday, March 21, 2019.

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# Having a playlist will make your life more fluid

**By Jared Smith**  
FOR THE COLLEGIAN

So you made it to college — congratulations, now the real work begins.

During this long, winding journey from class to class you will often find yourself turning on your headphones to listen to music. Whether you're in the library doing an assignment or at the gym working out, there's a playlist for every occasion.

The first thing when finding or creating a playlist is to have an idea of what you want it to reflect. It's more effective to have general feelings when starting a playlist so you can easily put songs into the playlist, versus limiting yourself to a narrow list of artists, songs or albums.

This way the music playing will coincide with the mood you're feeling and move you forward.

**Chill**

In terms of types of playlists to have, you should definitely have a “calm playlist.”

This playlist should be easy-going and something you would want to listen to when you first wake up when or when you are trying to focus and get something done.

Songs here shouldn't have a lot of changes in the rhythm of the songs, instead keeping a consistent and non-distracting flow. Whether that's a high energetic pace or a low-tone simplistic mel-

ody is up to you.

Suggestions I have for a calm playlist are:

- DeJa Vu - J.Cole
- 1942 flows- Meek Mill
- Location- Khalid
- Blame it - Jaime Foxx
- Fear - Drake
- Sugar Wraith - Post Malone
- Pull Up - A Boogie wit da Hoodie
- Issues - PnB Rock

**Get moving**

The next playlist you should have is a “hype playlist” that gets your body moving from the first note. These songs should make you feel ready to take on whatever might require a little bit more passion and intensity.

Song selection should focus on those you love to sing along to or dance to — or at least get that shoulder moving and your head nodding. Because of this, it might not be the best playlist to listen to while trying to do an assignment because before you know it, you'll be lost in the words or the beat.

Suggestions I have for a hype playlist are:

- Yes indeed - Lil baby & Drake
- Up Down - T-pain
- Litty - Meek Mill
- Self-Made - Bryson Tiller
- Cold Summer - Jeezy

**For those days**

One of the most important playlists to keep in your library is the one you need when you're sad. For any college student



Aabha Vora/Collegian

**Miles Sanders (24)** listens to music and warms up before the game against Iowa at Beaver Stadium on Saturday, Oct 27, 2018.

getting stressed, homesick or overwhelmed, it's important to experience this emotion versus avoiding it all the time.

This list should consist of songs that either make you feel down, want to scream or be a source of motivation. Consider some powerful ballads, aggressive rock or melodic instrumentals to get you through the wave of emotion.

In general, it should give you the chance to reflect, realize the significance of the situation you were put in and try to make the best out of it. You should also keep this short so when you do need it, it is concise and to the point.

Suggestions I have for a “sad” playlist are:

- Twenty Eight - The Weekend

- Games We Play - Trey Songz
- Changes - XXXtentacion
- My Ex - PnB Rock
- Rainy days - Boogie

Other notable playlists you should have store include tunes for parties, showers and younger or older company.

**Party time**

Party music playlists should be made by most people as something everyone can appreciate and let loose to. Party themes can make it easier to pike out songs, such as a “Drake night” or a 2000's party.

Songs to add to a party playlist

- Going Bad - Meek Mill
- Nowadays - PnB Rock
- High Hopes - Panic! At the Disco
- Old Town Road - Lil Nas X
- 444+222 - Lil Uzi Vert
- In My Feelings – Drake

**Shower Time**

A shower playlist is beneficial to have if you're on campus with communal showers. Just letting all your songs shuffle through can be risky if you have the occasional risqué song. Whatever you play, don't blast the music too loud.

Suggested shower jams:

- No Guidance – Chris Brown
- Big Poppa - The Notorious B.I.G
- Boo'd Up - Ella Mai
- Suge - DaBaby
- Comin Out Strong – Future

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# Exercising without the gym: How to stay active during the fall semester

By Grace Miller  
THE DAILY COLLEGIAN

Chances are, if you’ve ever talked to someone about having stress and anxiety, or even consulted Google about how to help, you’ve been directed to exercise.

While, personally, this result can be a bit frustrating (as I am not by any means an exercise enthusiast), there’s no denying the logic of it.

According to the Anxiety and Depression Association of America (ADAA), even just five minutes of aerobic exercise will begin to make a difference in your mood or stress levels.

Still, going to the gym can be hard, especially at the start of a new semester.

Let’s face it — you’re probably going to be pretty busy once the fall semester starts and do you really want to wait 20 minutes for a treadmill?

Luckily, there are easy, accessible ways to get sweaty without taking a trip to the gym.

Your workout experience should be tailored to meet your own needs and schedule, so to help, here are five ways to get sweaty without going to the gym.

## Walking and/or running

All you need for this one is your own two feet. Penn State is

a beautiful campus — utilize it. Whether you’re jogging by Old Main or to the Berkey Creamery, as long as your heart rate is up, you’re sure to reap the benefits of being outside and moving.

There’s no shame in just taking a walk, either.

You know your own body and limits, and if walking is the move for you, honor that.

## Home workouts

Jordyn Mahilik, active member of the powerlifting club, strongly endorses this one. While she tries to get to the gym at least four times a week, she said that a home workout is her go-to if she can’t make it.

Specifically, she enjoys high intensity interval training, or HIIT.

“I like doing HIIT workouts at home the most because they’re super quick and easy to set up and finish, and due to the brief rest periods, it gives you a nice quick sweaty gym [session] that at the end makes you feel accomplished,” Mahilik (senior, kinesiology) said.

HIIT workouts include exercises like burpees, lunges and jump squats.

You would do these exercises for a set period of time, say one minute, and then take a short rest period between sets.

Mahilik also recommends

mimicking a gym workout with dumbbells of varying weights if you have access to them.

From home, you could do things like squats, bicep curls, triceps overhead extensions and more.

## Biking/Skateboarding

Investing in a good bike or skateboard can be a life changer for a college student.

It is both a tool of convenience and exercise. It gets you to classes quicker, but can also give you godly calves.

Beautifully sculpted legs aside, biking or skateboarding is great cardio.

And cardio, subsequently, is great for your body and mind.

When you get your heart rate up, according to Harvard Health Publishing, the body’s levels of stress hormones, like cortisol, decrease while production of mood-elevating endorphins increases.

## Playing games outdoors

Don’t let the warm weather go to waste before the frigid winter.

Grab a Frisbee and some friends and play a game on the Old Main lawn.

If you live in a residence area with outdoor basketball or volleyball, go rent some equipment from a commons desk and have some fun.

Not only are you working out, but you have ample opportunities to socialize.

“Exercising opens up many opportunities for students or anyone to meet new people and connect with fellow students and build new relationships,” Mahilik said.

## Climbing stairs

If you live on campus or in an apartment complex, you’ve got access to stairs.

If you’ve got access to stairs, you’ve got access to a gym-rivaling workout that will leave your legs sore for days.

Plus, you barely even have to leave your home. Grab a water bottle and start climbing.



Collegian file photo

Westgate Building on Wednesday, April, 18, 2018.

# Underrated study spots on campus

By Maddie Aiken  
THE DAILY COLLEGIAN

Despite the size of Penn State’s University Park campus, study spots can still be hard to come by when there are 42,000 students.

For many students, homework time is often dedicated to endlessly pacing through the Paterno and Pattee Library to find a free chair, or trying to focus in the HUB-Robeson Center surrounded by hundreds of students, tour groups and Penn State visitors.

However, there are many hidden spots on campus where students can find quiet, uncrowded places to study.

Here are five underrated places where you can hit the books — or procrastinate on your phone — in peace.

## The Westgate Building

Located on the far west side of campus, the Westgate Building — also known as the IST Building — offers scenic, modern spaces for students to complete their work. The spacious building overlooks both Burrowes and Atherton Street, and has many rooms and spaces where students work independently or in groups.

If you’re hungry, the building also currently houses an Au Bon Pain, which will soon be turned into a Panera Bread. [link to article]

## The second floor of the Creamery

When most people head to the Berkey Creamery, they have ice cream in mind. However, there are several spaces in the building where students can do their homework. The building’s second floor houses numerous classrooms and other spaces where students can study — with or without a dairy treat for motivation.

## Old Main

Yes, you are allowed inside of Old Main. Not only are you allowed in Old Main, you can study there, too. The lobby of the building has numerous chairs and tables where anyone can sit to complete their work. The building is often quiet, making it a perfect place to concentrate. And, when you need a momentary break from writing your term paper, you can check out the Land-Grant Frescoes painted on Old Main’s walls.

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



Collegian file photo

A student runs in front of the IST building on Monday, Feb. 1, 2016

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# Off-campus destinations travel guide

Lilly Forsyth  
THE DAILY COLLEGIAN

For many students living on- and off-campus, having a car isn't always possible. As a result, one is forced to rely on other modes of transportation, mainly walking, biking or taking the bus.

Thankfully for students, the CATA bus system offers extensive routes that cover most of State College and the surrounding areas for a relatively cheap fare — at least compared to UBER or Lyft rates of \$2.

But in a small-ish town like State College, it can be hard to figure out where you can or want to go, so here is a brief list of frequently-visited locations off-campus.



Collegian file photo

A CATA bus runs along the White Loop through downtown State College on Monday, March 23, 2015.

## Walmart

Located just off of North Atherton Street, Walmart is a cheap and useful place to visit — especially when moving in — but at just over two miles from campus, it is a smidge too far to walk for everyone.

Those with bikes have it easier as Google Maps estimates the route would take roughly 20 minutes from Old Main, but bikers are left with limited carrying room.

Using the N, NV, NE, V, VE or VN route, one can be dropped off directly in front of or within a few minutes walking distance from Walmart. During the school year, these routes circulate roughly every 20 or 40 minutes, allowing for a short or longer shopping spree.



Collegian file photo

Nurses sit in the central command center of the Mount Nittany Medical Center emergency room on Thursday Oct. 31, 2013. From this location they can monitor all emergency patients' vitals and direct incoming EMT units.

One will have to be mindful of what can carry as the bus does have a policy of placing all items on your lap, at your feet or on the chair next to you — only if there is no one standing because of a lack of seating.

## College 9 Theatre

Looking for a place to have a movie date night or just need the latest blockbuster film in theater? The College 9 Theatre shows popular movies as they are released at relatively cheap prices ranging from \$5 to just over \$10.

Bikers can enjoy a half-hour ride winding through residential areas along the many bike paths or along directly along Atherton Street.

Those taking the bus can utilize the W or WE route for a roughly 20-minute ride to the

theater. Like the previously mentioned routes, this bus circulates roughly every 20 to 40 minutes for convenient pickup.

## Mount Nittany Medical Center

In the off chance that one needs to visit the local hospital and can't be treated by the University Health Services on campus, there is a free bus route that can get you there.

One can use the Red Link to visit the hospital, with a stop right in front of the entrance. It is important to keep in mind that the link is not always available, especially during the middle of the night.

Regardless of the situation, one should never use the Red Link in cases of emergencies and instead call an ambulance.

## Innovation Park

For those that are within the Donald P. Bellisario College of Communications, a visit to Innovation Park is likely to occur before graduation.

Those outside the college may have less reason to visit the distant location, but should still consider visiting the 118-acre location.

Innovation Park is located at the far end of the Red Link route and also experiences the limitations mentioned in the section above.

Whether one is visiting the Penn Stater Conference Center Hotel or the film studios, such as for CommRadio, the ride will take over 20 minutes.

To email reporter: [Inf5121@psu.edu](mailto:Inf5121@psu.edu).  
Follow her on Twitter at: [@lillyforsyth\\_](https://twitter.com/lillyforsyth_).

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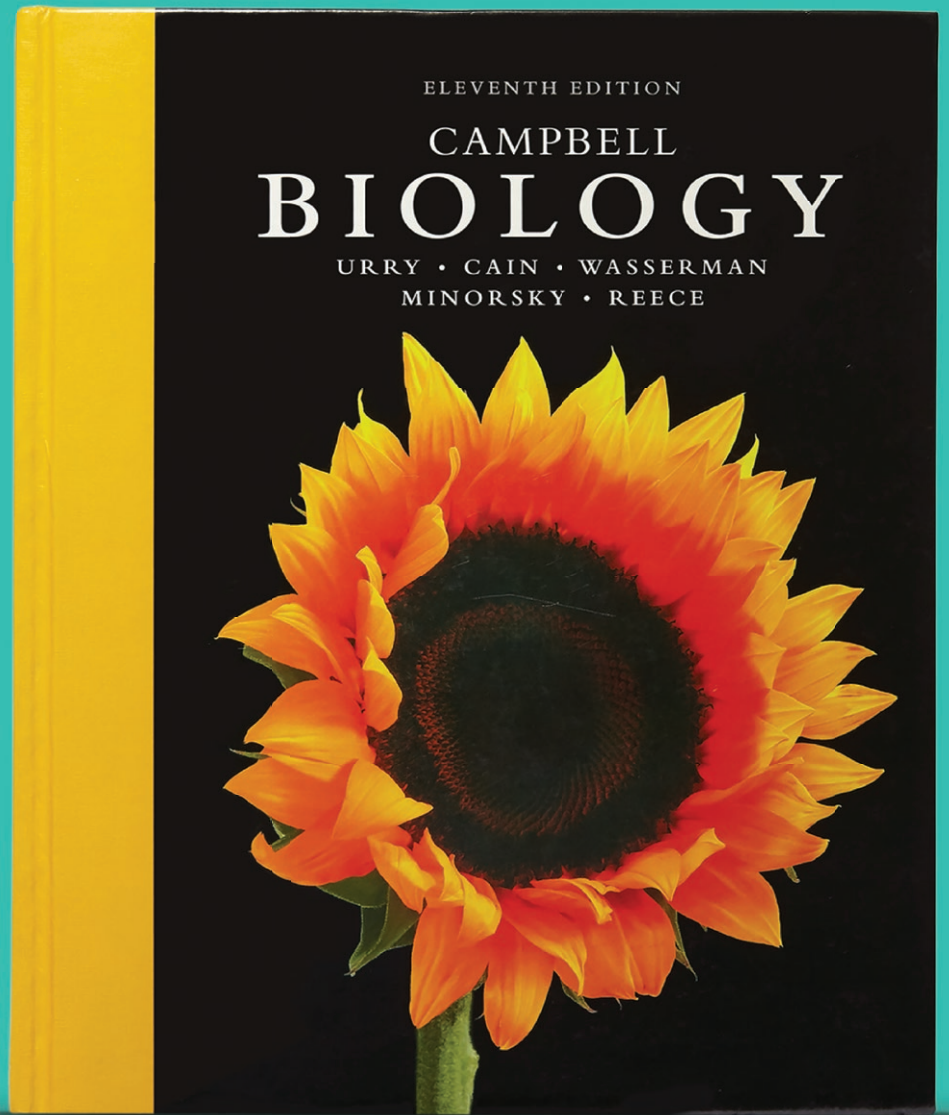
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