

‘We Are’ Powerful Penn State Women!



Rosie the Riveter’s ‘We Can Do It!’ poster has stood the test of time, serving as a symbol of an empowered, working woman during World War II. Her iconic image continues to remind us of the women who paved the way in the fight for equality.

But Rosie is just one version of what an empowered woman looks like. What it means to be a woman today continues to evolve.

In honor of March serving as Women’s History Month, The Daily Collegian set out to celebrate some of the many powerful women making an impact at Penn State and beyond.

Group looks to empower women of color

By Lesley Cosme

FOR THE COLLEGIAN

A place that feels like home, a group where someone can feel like themselves without reservations.

This is where one can find their cultural community, even if it is smaller than what they are accustomed to.

The Women of Color Empowerment Group provides a safe and supportive space for Penn State's women of color, and aims to make their experience of being in predominately white institutions more comfortable.

WOCE is a collaborative development between Penn State's Multicultural Resource Center and Penn State's Counseling and Psychological Services.

According to Ph. D and MRC counselor Dayze Florencio, WOCE provides women who participate with a safe space to talk about their issues.

"We talk about personal issues, we talk about their struggles and successes here at Penn State," Florencio said. "We also often times speak about microaggression, cultural appropriation, top-

ics like that. Although most of the time, students just like to come to vent, and we are all ears to help that student."

With that said, whatever is talked about in WOCE is kept within the confines of the group. Everything is always kept confidential, as many participants do not wish to publicly discuss what they experience.

One of their first tasks for the students this semester was to create a vision board. They were asked to think about their goals for the semester and create an inspirational image in line with those goals.

Tasks like these can help students fully embrace their Penn State academic experience.

This is an identity-based group, as it is exclusive to students who identify as women of color.

"This group is for the women who feel underrepresented here at Penn State," Florencio said.

According to the facilitators of the group and various student testimonials, WOCE is helpful in creating a lifelong bond while providing these women with a form of group therapy if they endure any stressful



Lily LaRegina/Collegian

The Women of Color Empowerment Group poses for a group photo in the Grange Building on Wednesday, March 13.

situations at Penn State.

"I've seen many students come here very stressed and leave the meetings feeling relieved," Florencio said. "Students always thank us for providing this space for them."

Students who participate in WOCE agree that they feel the group has been vital to their survival here at Penn State.

"WOCE has been an amazing to my life mentally, emotionally and support-wise," Kandice Pettaway said. "WOCE has become a space where I can reveal my greatest troubles and successes and reflect on them. When I leave

WOCE, I feel like I dropped off a bag of stress or rather I unpacked a bag of stress. I leave feeling refreshed and more motivated."

According to frequent attendees, WOCE is a place where women of color can feel like they belong. They can see with their own eyes that students just like them, who feel the same type of pressure and discomfort with being in such a small percentile at Penn State.

"WOCE has made me more comfortable being a minority at a predominately white institution because I have a space where I can see and relate to other minor-

ities," Pettaway (senior-science, legal studies and government services) said. "I would recommend other Penn State Women of color to join WOCE because you get to be around minorities and WOCE will impact you."

"Maybe it will provide tips on how to apply makeup or provide you with a solution to a problem in your life, maybe hearing other people's testimonies will make you appreciate things in your life," Pettaway added. "Either way, there will be some beneficial outcome to joining the group."



Zack Gething/Collegian

President of the Planned Parenthood Generation Action, Mariah Elser (sophomore-biological anthropology), holds a sign during the Planned Parenthood rally at the Allen Street Gates on Wednesday, Feb. 27.

PPGen offers women's health services locally

By Lauren Fox

THE DAILY COLLEGIAN

With the closest Planned Parenthood to State College located in Harrisburg, one Penn state organization, Planned Parenthood Generation Action, has taken it upon itself to fulfill the community's demand for sex education, free contraceptives and STI testing.

In 2007, the State College Planned Parenthood closed down due to "legal issues, as well as mass groups of anti-abortion picketers," as reported by The Daily Collegian in 2014. The clinic was the first and only place in State College to offer abortion services.

Robin Moussa, PPGen vice president, said PPGen tries to fill roles within the community that a Planned Parenthood would be responsible for, though not just abortion services.

"A lot of things we do, because we don't have a clinic, is advocacy and trying to find other ways in the community to fill in those gaps," Moussa (senior-philosophy and criminology) said, mentioning the sexually-transmitted infection campaign PPGen is currently working on that will require the university to provide free and anonymous STI testing to its students.

She said their organization has also started to provide sex education classes.

"My high school experience in terms of sex education was non-existent; my high school taught abstinence only," Rachael Witmer, secretary of PPGen said. "This year especially I was really looking for a breath of fresh air."

Triota, Penn State's women's studies' honor society, was the original organization to teach sex education, but Moussa said PPGen is trying to get more involved with sex education for the community, as well.

The sex education covers what would have been taught in high schools that offer sex education, as well as things like consent and sex in the LGBTQ community.

"We're trying to have a more inclusive vision of what sexuality looks like," Moussa said.

She also said it is important

that other clubs such as Triota continue to teach sex education, because the Planned Parenthood name can sometimes come with stigmas of being exclusively for women and abortions.

These stigmas can deter men from seeking out help from them.

"Four girls in my class of 20 [in high school] were pregnant," Witmer (sophomore-immunology and infectious diseases) said.

"That's way more than any national average. At that point I realized there was something really wrong."

The lack of sex education, Witmer said, was the problem with her hometown.

PPGen treasurer Ira Gothi, a first generation American in her family, said her family's views toward sex is very taboo, and had to use the internet for questions.

She said because of her background, she really admires the goals of PPGen to be a place anyone can go to for sex education.

The STI campaign that was started last semester now has support from some PPGen allies within the University Park Undergraduate Association,

"This is beyond PPGen at this point, this is something a lot of the student body wants," Moussa said.

Because of the support they have received for the campaign, PPGen President Mariah Elser said next year they are considering expanding the campaign to include pregnancy testing, as well.

The PPGen executive board consists of women from a variety of backgrounds, both geographically and politically.

Ariana Hall, internal vice president, is from outside of Chicago with a progressive background, while two members are from Bucks County, Pennsylvania.

Moussa said she grew up in a much more conservative area on a farm.

"We all have come to this place in our lives where we are all around the same age at Penn State with shared values," Moussa said. "But those [values] evolved from very different experiences."

Visit collegian.psu.edu to read the full story

Female leaders at PSU take charge of their communities

By Lauren Fox

THE DAILY COLLEGIAN

The midterm elections in 2018 brought a record number of women into Congress, but the sweep of women in leadership does not stop there.

Throughout Penn State's campus, there are many young women who have also taken up leadership positions, breaking the infamous "glass ceiling" in their own organizations.

The two largest political groups on campus, College Democrats and College Republicans, are run by female presidents, as are many multicultural clubs and student news outlets on campus, including Stephanie Keyaka of The Underground, Elissa Hill of Onward State, and Kelly Powers of The Daily Collegian.

In addition, Laura McKinney, the current vice president of the University Park Undergraduate Association, is very familiar with the feeling of being the only woman in the room. She does not find that intimidating, though, and said she has been offered support by many men and women alike who help "uplift" her voice.

McKinney (junior-broadcast journalism) served as communications college representative in UPUA for about a year before being elected as vice president, where she started an initiative in the HUB to offer free menstrual products.

"I think it's important as a woman in a leadership position to be confident and say your mind, and also not be afraid to seek out help from someone that might know better than you," McKinney said. "There's no shame in saying, 'I don't know right now but I will get back to you,' and there's no shame in listening instead of talking."

McKinney is now is running for president of UPUA for the 2019-2020 academic year, and said if elected, she will focus on student poverty awareness, and will expand her initiative for free menstrual products on campus to include more locations.

"To women who do not have a support network: Do not be afraid to reach out to women you look up to," McKinney said. "The woman

support network is so strong."

Danielita Pantoe said through her experience as president of Black Caucus, and as the youngest president in the history of her organization, she has learned a lot about being a leader, specifically as a woman of color.

"As a black woman, you definitely do have to work 10 times harder," Pantoe (junior-African American studies, and education and public policy) said. "But I am strong minded, and I do deserve to be here."

Saeyee Lyon, the president of the African Students Association, shared a similar sentiment as McKinney, and said she gets a lot of support by the other women in leadership positions on campus like Pantoe.

"Behind every great woman is even more great women," Lyon (junior-health policy and administration) said.

Lyon said one of the biggest challenges of being a leader on campus is listening to everyone who has an opinion and are watching her leadership, as many people know her through her organization.

She said she had to learn to look past what people are saying, instead focusing on what needs to be done. Lyon said her ability to do this is what she thinks makes her a good leader.

"You don't get paid for this," Lyon said. "So everything you do is for your own passion and love for the community."

Katierose Epstein, president of College Democrats, said leadership is "just kind of a thing that I do."

"I didn't realize some of the things I experienced [when in leadership] weren't normal for leaders that are men," Epstein (senior-political science and women's studies) said. "People are rude to you, and they're not going to do that to a man."

However, Epstein does not think she has had to work any harder than her male counterparts to get to her position, and thinks that respect is earned based on the work that is put in.

"I've seen in the past male leaders that don't do the work — and they don't get the respect," Epstein said.

College Republicans President Reagan McCarthy said she has faced many stereotypes about what it means for a woman to be conservative, and she has been told that she "hates her own gender" and "doesn't support women," which she said is completely untrue.

McCarthy (senior-broadcast journalism and political science) said the people who criticize conservative women for their views are failing to see "the big picture," and considers herself an advocate of breaking down the stereotypes.

"This whole notion of 'women's issues' does such a disservice to elevating women," McCarthy said. "Every issue is a woman's issue."

She explained further that issues such as economics and national security affect women just as much as issues like abortion that are commonly considered "women's issues" do.

Epstein said she thinks more women should be asked to run for elected positions, and that the encouragement is what is needed to continue elevating women to positions of power.

"Women don't run for things on the national level, but also just in college leadership, because they are not asked to," Epstein said. "I think that's upsetting because men are constantly asked to take higher roles because they are just in those spaces."

Pantoe said people should seek out women, especially women of color, when looking for people to run for elected positions. When women of color do fill these roles, she wants people to acknowledge they got that role because of their hard work and qualifications, not assuming they got there through affirmative action.

"We can't have people that don't know the lived experiences of others making policies" Pantoe said. "We must have women, and particularly women of color, in these roles. People who have lived these experiences know how to combat it."

Epstein also encouraged women to run for positions, regardless if think they are the most qualified person for the job.

"Even if you don't think you're the best, but you think you have something different to bring to the table, then do it," Epstein said. "We see this on the national level all the time, even if you don't win, the ideas you brought up will be used."

McCarthy said she also encourages younger women within her organization to get more involved. Her chief of staff is currently a sophomore, and McCarthy said she has always stood out and enjoys watching her grow within the organization.

As a whole, Pantoe said she wanted to give a shout out to the fellow women who are leaders at Penn State.

"And shout out to women as a whole," Pantoe added, "for facing the adversaries that they do and still showing fortitude."



Ken Kalbach/Collegian

From left, Katierose Epstein, president of the College Democrats, and Reagan McCarthy, president of the College Republicans, stand in front of their offices inside the HUB-Robeson Center on Friday, April 20, 2018.

All women need a seat at table in abortion debate

There's an unsettling trend that's enfolding in the American political landscape.

More and more, steps are being taken by state legislatures, Governors and federally elected officials across the country to restrict access to abortions and in some cases, to ban them outright.

Back in 1973, the Supreme Court ruling in *Roe v. Wade* held that laws criminalizing abortion were unconstitutional.

This was largely to the ire of the pro-life movement in this country, many of whom for religious, philosophical or personal reasons, believe a fetus in its various stages is a person life.

However, in delivering the Court's opinion, Justice Harry Blackmun wrote of the word person and status of personhood as outlined in the Constitution: "...the word 'person,' as used in the Fourteenth Amendment, does not include the unborn."

While that seems fairly cut and dry, many question the veracity of the Court's ruling and its constitutionality to the point where if any future iteration of the Court overturned *Roe*, abortion would automatically become a crime in five states and could become in a crime in an

OUR VIEW

As *Roe v. Wade* gets renewed spotlight, emphasis is placed on a new type of feminism

additional eight.

At the federal level, just two months ago, the Senate voted 48-47 to prohibit taxpayer funding for abortions and though the measure, which got two Democratic votes, needed at least 60 votes to be enacted into law.

Of the trigger laws currently on the books, four were enacted by Republican men and one, Louisiana's, was enacted by a Democratic woman.

In addition, the Senate vote saw just two of the eight Republican women break ranks and vote against the measure.

These examples show that abortion is largely treated as a political issue rather than what it actually is — a women's rights issue and a women's health issue.

These laws and votes also highlight that by and large, it's men who are in charge of a woman's decision as to

what to do with their body.

Because of this politicization of abortion, there's often ugly rhetoric used by both pro-lifers, who often conflate being pro-choice with being pro-abortion, and those who are pro-choice may feel pro-lifers don't care about women's health.

But all of this shouting and posturing ignores the important part of the discussion — women getting abortions know what's going on and very few, if any, are ever yearning to get an abortion and often times it is out of pure necessity.

According to the American Journal of Public Health, low-income women and women of color have the highest abortion rates, suggesting the conversation transcends just the issue of abortion and is also a socioeconomic one.

The other interesting aspect is certain policies limit availability of contraceptives

and proper sexual education.

And with the routine economic subjugation of women, coupled with the demonization of abortion, women often bare the brunt of the criticism.

None of this should be surprising, though, considering poor women and women of color often were not given the same platform in the feminist community as often as their wealthier, white counterparts.

However, with an increased emphasis placed on intersectionality in the feminist community, there has been a shift away from feminism just being a couple of white women with privilege.

Intersectionality in feminism is pivotal in getting everyone into the conversation and demonstrates how feminism is evolving.

At the same time however, there needs to be a dialogue

taking place between feminists and those who may be apprehensive toward the idea — because of perceptions they may have about the movement and what it stands for.

With these dialogues and a shift away from divisive rhetoric, the feminist movement may gain male allies.

While that shouldn't be a primary concern, as long as men continue to occupy the elite ruling class in this country, having men show up actively on the right side of the debate is a necessity.

At its core, feminism is not looking to infringe upon the rights of men or trample on their freedoms. Instead, it's meant to ensure all women, regardless of race, class or personal gender identity, are treated as equals to their male counterparts.

And at a time when women still face routine harassment in the workplace, are routinely underpaid and are often held to different standards by society, it's important to empower all women to stand up for what's right and champion each other.

MY VIEW | Madeline Messa

To bet, or not to bet, on Beto O'Rourke

The first I saw of Democratic presidential candidate Beto O'Rourke was a video of him after he marginally lost his bid for a United States Senate seat to Ted Cruz. He was not discouraged, said he was as hopeful as ever and told his supporters with a raised fist, "I'm so f---ing proud of you guys."

I knew then I liked him, and, if nothing else, he would stand out among the dozens of politicians running for president in 2020.

The coming election is bound to be progressive now that politics are highly prevalent for many people due to the split nation under President Donald Trump.

Hillary Clinton may not have won, but she inspired and empowered other female politicians to run alongside the men.

The candidates for 2020 include an applaudable number of women and people of color. They also come with a wide array of personalities.

Personality should not be anyone's top priority when deciding who to vote for, but O'Rourke's is one to consider. He drove his own van to Penn State Tuesday to give an unplanned speech in the midst of a cross-country road trip to campaign.

With two days' notice, he drew a crowd of thousands to the

HUB to see him in a Penn State baseball hat and a stomach full of Berkey Creamery ice cream.

He refused an entourage and kept his security minimal, he swore casually and spoke as though the audience was wholly made up of his best friends, he stood on any table or chair placed in front of him and waved his arms around as he spoke, he shook hands and took photos with students, he did not refuse accusatory questions and he insisted on being addressed by his nickname.

His entire demeanor stressed his humanity and set him apart from the typical, seemingly automated politicians.

O'Rourke does have his flaws, however.

It is still early on, but his platform is strongly riding on platitudes rather than policies so far. His unique tactic of focusing on individuals and their stories is undoubtedly effective.

Featuring a war veteran with PTSD who got hooked on heroin after his prescription opioids ran out is a devastating testament to the severity of the opi-

oid epidemic and the urgency it demands, but it does not give specifics as to what O'Rourke plans to do about it.

A platform has been laid out with a variety of policies, but they are lackluster due to their broadness.

O'Rourke is determined to tackle just about every issue I find important: climate change, mental health, diversity in politics — including women, people of color and the LGBTQ+ community—, disproportionate incarceration and guaranteeing equal rights — to list a few. My concern is that, although abundant, his policies are bare-boned.

There are some reassurances, though, that I can continue to uphold O'Rourke as one of my top choices for the Democratic presidential nomination.

Politics have been moving so rapidly we can perceive O'Rourke as behind when he is, in actuality, getting a head start. There are likely candidates who have yet to announce their bid.

O'Rourke is traveling the country to introduce himself as a person and as an option on the ballot, not to give a lecture.

It is similar to organizations raising awareness for their causes before moving to action.

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“While O’Rourke is not female, he is all for empowering women and placing them in Congress and other influential political positions.”

Madeline Messa
Columnist



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Who we are

The Daily Collegian's editorial

CHANGING THE GAME

Women's soccer dominates the pitch from Penn State to professional — from unequal footing

By Matt Lingerman
THE DAILY COLLEGIAN

When Erica Dambach was a teenager playing soccer at Lower Moreland High School, just outside of Philadelphia, she played for the boys' team.

The Pennsylvania Interscholastic Athletic Association, the state's governing body of high school sports, didn't hold a girls' soccer championship until 1992, and even then, the number of schools with girls' teams was low.

Since then, girls' and women's soccer in the United States has exploded.

The United States women's national team has won three FIFA World Cups and four Olympic gold medals, and hundreds of thousands of youth players take the field every weekend.

It's growth that Dambach, set to enter her 13th year as coach of Penn State, attributes to a greater acceptance of the sport and the education of her generation.

In terms of success on the field, few programs in the country can boast the success that Dambach's teams have yielded in her time in State College.

The Nittany Lions have won three Big Ten tournament titles, appeared in 11-straight NCAA Tournaments and secured the program's first national title in 2015.

But the three-time National Soccer Coaches Association of America Coach of the Year understands there's a greater good to the success her program fosters, because while few girls have to play on boys' teams anymore — the fight can't stop there.

On March 8, the United States women's national team filed a lawsuit against the United States Soccer Federation (USSF) in search of equal pay to the men's national team.

"It draws attention to and draws back the curtains on how federations spend their money and insisting that what [women athletes] are doing is not a hobby. It's not leisure, and they deserve to be paid equitably," Penn State professor of History and Women's, Gender and Sexuality Studies Amira Davis said.

An Atlantic article reports that, in some cases, women's national team members earn as little as 38 percent of what their male counterparts make — this regardless of the fact that the women's team has been irrefutably better than the men's team in terms of results.

Additionally, in recent years, the two teams have generated similar revenues.

"I think it's been a long-time coming," Dambach said.

"I'm proud of those women for standing up, especially in a World Cup year because it's full of distractions. They certainly don't want to be the ones that are spearheading this movement right now, but if it's not them, then who's it gonna be?"

But within the lawsuit is a difficult reality: Although the sport has begun to develop a stronghold in the United States,



Noah Riffe/Colegian

Penn State women's soccer celebrates after scoring during the NCAA tournament game against Bowling Green at Jeffrey Field on Friday, Nov. 9, 2018. The Nittany Lions defeated Bowling Green 4-1.

in many ways it's still in its infancy in terms of popularity.

In order for soccer to continue to grow, both the men and women's teams' popularity needs to continue to grow.

But the Federation's treatment of female players seemingly inhibits advancement.

"What happens is the women get pushed into a position in which they have to make comparative arguments, so part of how they're trying to prove gender discrimination is by drawing a comparison," Davis said.

Davis referenced past examples of women's sports teams standing up for equitable pay, specifically the U.S. national women's hockey team's threat to boycott the 2017 International Ice Hockey Federation World Championship.

The team scored an exponential increase in wages and the same benefits as the men's team.

But in that case, the women had the backing of their male counterparts because there wasn't the push to compare the two.

Similarly, the NFL, MLB, NBA, NHL and WNBA players' associations supported their efforts.

But by the nature of the USWNT's lawsuit, it may be hard for the men's team to argue in the women's favor as the two teams are, in ways, being pitted against each other.

"The basis of their lawsuit calls for a comparison, but when it comes to actual mobilization efforts, it can be hard because solidarity actually generates more opportunities," Davis said.

Dambach added that the sheer profit and popularity statistics suggest the USSF will have no choice but to respond to the lawsuit, especially in a World Cup year.

But beyond the tiny percentage of female players who are talented enough to be selected

to the national team lies a deeply rooted problem — stunting the sport's growth for decades.

In 2018, reports surfaced regarding the poor living and working conditions of Sky Blue FC, the National Women's Soccer League's (NWSL) oldest club.

Based in Piscataway Township, New Jersey, the club has been cited as providing unhygienic and dangerous playing conditions for its players, the complaints regarding which have been largely overlooked.

While Sky Blue FC is an extreme, it paints a larger picture of the status of the professional women's game in the United States.

The NWSL is the country's fourth iteration of professional women's soccer, and in 2018 the minimum salary was only \$15,750 per year.

There is a lack of glamor which forces ambassadors for the game, like Dambach, to balance promoting the sport while also providing potential future players with the bleak reality.

"We try to make it real in terms of what they're walking into," Dambach said. "I think really making sure that we're painting a realistic picture for them, and that they go in there [thinking], forget about making money, they're just really looking to break even in hopes that in a few years from now they can have livable wages and live their dream."

Penn State has had a bounty of players go on to play in the NWSL, and Dambach always tells them they're going to have to work in the offseason in order to continue their careers. But often times, that's not enough.

"These women are women that are graduating, that are going into this league that are not making livable wages," Dambach said. "They're losing money, and therefore, we're losing players within two years, therefore the product doesn't get any better."

Women are gonna hit their prime at 26, 27 years old, and none of them are making it to that point."

The NWSL seldom receives positive coverage — instead only highlighting teams when they fold or are outed for issues like that at Sky Blue FC — and while streaming numbers have increased, Davis said the league has made some questionable decisions in terms of dissemination.

And thus, Dambach notes it's on the players to drive the growth of the sport.

"I think that the women really understand the grassroots nature that we're still in, and they need to be in the trenches," Dambach said. "The number of them that you'll see that shakes every little girl's hand until there's no one left in the stadium because that's what's required of us."

"When [Penn State assistant coach Ann Cook] played [professionally], they actually went out into the crowd and parking lot before the matches to shake hands. Should you have to do it as a professional? No. But it's not about right now."

The paradox of promoting the future of women's soccer in the United States while trying to prepare the current crop of talented players for a fight for equity is a difficult juggling act.

For as much as soccer in the United States has grown in the past decades, it has only recently removed itself from being the butt of sports anchors jokes, as Dambach put it.

But Dambach herself has been a part of that growth, and, now a mother of two daughters, feels a responsibility to keep the momentum going.

"For me, when I first got into coaching... there were no women," Dambach said.

"Then there were no women with families, and that was something I wanted. I didn't know if I could do it. Is it even possible? I feel this obligation to push and drive and kind of show all of us that not only is it possible, but you can thrive, and you can make it a better environment

for your program."

When Dambach was a kid, she would clear her Sunday schedule to watch the Philadelphia Eagles with her dad.

While she still does that, she also clears her Saturday and Sunday mornings to watch European soccer and her weekend afternoons to watch the MLS. But Dambach estimates fewer than 15 percent of her players watch professional soccer, and it shows.

"It is very rare that we have a player that's a student of the game, which means they grew up in a household where it just wasn't what they watched," Dambach said.

That's not on the kids as much as it's on the parents, Dambach said, and she hopes that future generations will continue to become more invested and thus grow the sport in the United States.

For that reason, Penn State's men and women's teams have begun to team-up to provide youth coaching clinics in the hope it fosters improvements and excitement for the game.

"Coming together and trying to grow our game in the area and bump our whole level of awareness and excitement, I think the more we can open our doors without having a pro team in a three-hour radius, the more excitement there'll be," Dambach said.

As is the case with any sport, the USMNT missed an opportunity to garner attention when it failed to qualify for the 2018 World Cup.

But with the Women's World Cup only months away and the United States set to be a favorite, there's another chance to drive the next generation of athlete toward soccer.

It's also a chance to set an example.

"It's two-fold right now," Dambach said. "It's society accepting it, and it's women stepping up and standing up for themselves and recognizing that we do have a voice and that no one else is gonna fight for us. We're gonna have to do this ourselves."

The many relationships and circumstances that have brought soccer to this point are complex and at times convoluted.

But for every moment when the outlook seems grim — like the situation at Sky Blue FC — there are more examples of the bright future the sport holds. Young players have role models to look up to in players like Alex Morgan and Carli Lloyd.

And perhaps more importantly, they have role models off the field who continue to wage the war toward achieving equality.

"What it really is women across the globe, who are some of the best athletes in the world, refusing to just be grateful for the opportunity to play and instead insisting that their value and their talent and their time is appreciated," Davis said.

Soccer in the United States has undoubtedly grown, but there's still a great deal of work to be done.

As Dambach sees it, children need to be interested in the professional game, the youth systems need to have quality instruction, there must be an improvement to the professional system and players' wages need to become equitable.

These all work in harmony, and the grassroots efforts of those fighting these battles might just create future generations of excellence on the pitch.

"I'm certainly optimistic with the direction that soccer is going in our country. I think that those of us in these types of positions have to push harder," Dambach said.

"Right now, women soccer players in our country are more athletic, more determined, they've gotten by on physical and mental qualities, but technically and tactically we're behind. That has caught up to us. And now, we've gotta grow ourselves in those areas."

"That's when I think we can start to smile and feel good about where we are as a country."

To email reporter: @mcl5347@psu.edu.
Follow him on Twitter at @linger_man.



Colegian file photo

Penn State women's soccer head coach Erica Dambach celebrates her 200th win as a head coach with Senior Associate AD, Administration, Lynn Holleran and Athletic Director Sandy Barbour (far left).

THON's Regina Duesler is living out her dream

By Grace Miller
THE DAILY COLLEGIAN

For the last four years, Regina Duesler has been on the finance committee in Penn State's THON. Now, she'll serve as the organization's executive director for THON 2020.

"I am so excited," Duesler (senior-accounting and finance) said. "It's truly been a dream of mine to have an impact on this organization that has given me so much, so I am so excited and hopeful for the future of the organization and I see so many opportunities for us to take advantage of this year."

While she's been on the same committee for four years, Duesler said her experience has been different every year.

"Seeing all the different ways that THON has evolved over the past four years makes me so excited," she said. "The people that I've met, the families that I've had a chance to interact with, they really are so passionate about THON, as well as I am, so I'm very excited to continue to give back to the community."

As executive director, Duesler hopes to ensure that everyone's voice is heard. She said she's looking forward to hearing different perspectives that can inspire changes that will benefit the organization.

"As the executive director," Duesler said, "I will lead the executive committee, but I'm going into this role as being an advocate and a resource for all of the 16,500 student volunteers, so I'm ready to take that on and lead anybody that would like to speak out if they have any feedback or anything like that."

In addition, Duesler's job as executive director will entail her overseeing all 16 committees and facilitating necessary discussions. She will also act as a liaison between Four Diamonds and Penn State.

During her time in the finance committee, Duesler said she became close friends with other captains, who have influenced

her journey in a large way.

"I was able to see all them grow, as well as they were able to help me grow as a leader," Duesler said.

One of these friends is Jess Tyrrell, rules and regulations fundraising safety director. Tyrrell said Duesler isn't the type to take no for an answer.

"[Regina is] honestly the hardest working person I know," Tyrrell (senior-biobehavioral health) said. "She has put her entire four years at Penn State and will put the next year completely THON first."

Tyrrell said that Duesler was willing to work on any issue, no matter how challenging. She recalled Duesler always being the first one to step up with an idea.

"Honestly, I couldn't see anyone better for this position," Tyrrell said. "She knows THON so well, every single aspect of THON, because she has worked on it for so long. I just think that under her, THON will be in incredible hands and it will just continue to grow and change."

Emily Purnell, THON 2019's communications director, also grew close to Duesler during their involvement in THON.

"Regina is one of the most hard-working and passionate people I know," Purnell (senior-masters of accounting and Spanish) said. "She is very forward-thinking and is always looking for ways that she can help."

Purnell recalled spending time with Duesler last semester when they would have back-to-back THON meetings together.

Purnell said she hopes Duesler will continue to learn

and grow throughout her experience.

Kelly McCready, THON's 2019 executive director, also has high hopes for Duesler next year.

"Regina has a great vision for the organization, and my hopes are that she will accomplish what she sets out from day one," McCready (senior-human development and family studies) said. "I want her to walk away from the year being proud and recognize the difference she is making in so many lives."

McCready said that throughout the year she was able to learn from the community and learn more about herself as a leader. As someone who's been in the position, she would tell Duesler to keep an open mind.

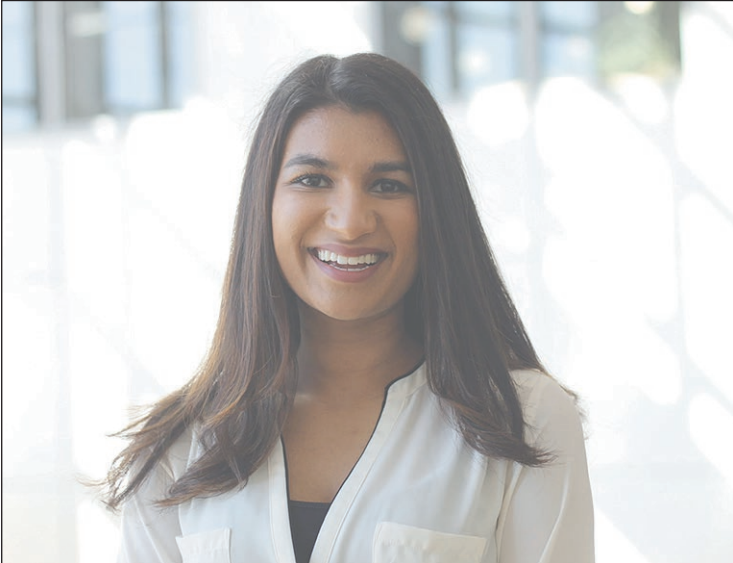
"There are many aspects of the year that are unexpected, but carrying yourself each day with a positive attitude is recognized by everyone," she said. "The year will fly by, and it is important to cherish moments while also being proactive to accomplish goals."

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



Courtesy of Regina Duesler

Regina Duesler (senior-accounting and finance)



Courtesy of Neha Gupta

Neha Gupta, founder of Empower Orphans, attends a Schreyer's CONNECT event in March 2018.

Alumna's nonprofit continues to thrive

By Jordan Corley
THE DAILY COLLEGIAN

Raised in a family with strong ties to the community and a unique tradition built upon the foundation of giving back, Neha Gupta began cultivating a nonprofit dedicated to the empowerment of orphaned and underprivileged children at the age of nine.

Gupta, a Penn State Schreyer Honors College fall 2018 graduate, 2014 International Children's Peace Prize winner and spokesperson for Microsoft, is the founder of Empower Orphans, a nonprofit organization positively impacting over 30,000 children.

"If you could put a ball of sunshine in a person, with the amount of joy and energy and brightness, that's [Gupta]," Shannon Hagarty, director of communications for Empower Orphans, said.

For as long as Gupta can remember, she said she has spent her birthdays at the local orphanage while visiting her grandparents in India.

"[My grandparents] loved it because it was their way of showing us that giving back to your community and being involved with the community is so

important," Gupta said.

The tradition taught her that special moments like birthdays can be more than eating cake and receiving presents, but a day to give back to the community and make a difference.

From the age of nine, Gupta said she can recall having conversations with the orphaned children.

She said she remembers the seemingly insignificant discussions they had, which showed her how different her life was from theirs, despite being the same age and ethnicity.

"It broke my heart to see these kids suffering so much and I knew that somebody had to do something about it," Gupta said.

She said activities normalized to her, such as going to school and reading books, were not available to the children because they did not have funding for school or transportation to get there.

"I made a promise to these kids that next year I was going to come back and I was going to raise money to buy necessities for them," Gupta said.

To do so, she gathered all of her toys and her friend's toys and sold them in a garage sale.

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



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Bigar's Stars

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By JACQUELINE BIGAR

www.jacquelinebigar.com

ARIES (3/21-4/19) ★★★★★ Someone attempts to appeal to your gentler side. Don't say anything; just let this person reveal what's on his or her mind. Depending on your needs, you could be touched or want to run. Tonight: Accept a fun invitation.

TAURUS (4/20-5/20) ★★★ You have a lot to accomplish; you'll follow through and complete what you must. A loved one might need to hear from you, especially if you're away from them for any sustained period. This person often gets involved with your finances. Tonight: Go along with a suggestion.

GEMINI (5/21-6/20) ★★★★★ You could be upset at how a situation unfolds. Recognize how little control you have. Allow yourself to flow and express your feelings. Creativity surges to an unprecedented level. Allow your inner flirt out. Tonight: Get into weekend mode.

CANCER (6/21-7/22) ★★★ You might feel as though you're performing a juggling act between your personal obligations and your professional demands. When dealing with others, allow your caring to come out. You have the energy to handle what comes down your path. Tonight: Off doing errands.

LEO (7/23-8/22) ★★★★★ You have the space and audience to finally clear the air of an issue that has been lurking around you for a while. Express your gentle side; be less judgmental. As a result, others will feel more comfortable opening up a conversation. Tonight: Hang out.

VIRGO (8/23-9/22) ★★★★★ Be aware of how much you're spending, as well as what for and why. In order to land where you want, you might need to pull back. A discussion about money could be uncomfortable but necessary. Tonight: Make plans for the weekend.

LIBRA (9/23-10/22) ★★★★★ Others admire how you express yourself and they let you know. Be aware: To you, what seems like a brutal comment is just another person's less-than-diplomatic style. Your smile warms others. Tonight: Let it all hang out.

SCORPIO (10/23-11/21) ★★★ Like it or not, much is going on behind the scenes. You might feel as though you cannot pursue an interest any further, at least for now. A loved one might be trying to let you know how much he or she cares. Your defenses could be so high that you don't receive the message. Tonight: Make it early.

SAGITTARIUS (11/22-12/21) ★★★★★ Right now, goodwill goes far. You smile; others respond. A meeting or gathering could be pivotal to your day as well as your near-future plans. You might have too much energy for your own good. Take a brisk walk to chill. Tonight: Doing your thing.

CAPRICORN (12/22-1/19) ★★★ Pressure builds around the workplace or in your dealings with an authority figure about whom you care a lot. You see life from a different perspective, which could be the source of a problem. Don't allow another person to crowd your space. Tonight: Tune into another person's request.

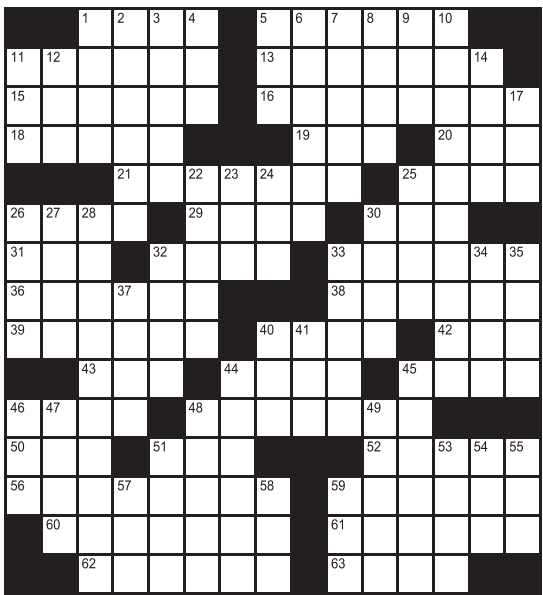
AQUARIUS (1/20-2/18) ★★★★★ You're able to detach a lot more easily than many people can. As a result, you could be forced to take a stand or act as an intermediary between two factions. Stay cool, calm and collected. Tonight: Go with an idea that leads you to a new adventure.

PISCES (2/19-3/20) ★★★★★ Today, one-on-one relating will be your strongest way of approaching others. Try to avoid groups and meetings with many people. A discussion is needed with a key loved one or friend. Tonight: A boss or co-worker pressures you to join in. Do it.

Crossword

Across

- City on the Skunk River
- Economical
- Classic theater name
- Gives
- Neighbor of Namibia
- Tries
- Coronet
- Be bedridden
- Kanga's kid
- Stress, in a way
- Canvasback kin
- Healthful retreats
- Carnival attraction
- Kind of welder
- Short snooze
- Pirate name
- Cattle breed
- Like some humor
- Damage
- Bygone money
- Mice catchers
- Last (Abbr.)
- Corn site
- Horse fly
- Orbison tune, "the Lonely"
- Terrarium plant
- Artemis, for one
- In the past
- North Pole toymaker
- Waldorf salad ingredient
- Like a crime scene, usually
- Late-night name
- Smart ____ (Pl.)
- Diner
- Things on rings



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Down

- Aquatic plant
- Relatives of Tahitians
- Enthusiastic approval
- The briny
- Part of HHS
- Spin
- Loosen, as laces
- Highlander
- PIN requester
- Irish folklore creature
- Like some answers
- Black cuckoo
- Greek portico
- Our sun
- Susan Lucci's Emmy role
- Purge
- Put two and two together
- Duffer's challenge
- Scissors cut
- Scale down
- Punctuation mark
- Venus de Milo's lack
- Toy with a tail
- Hogwash
- Manufacturing plant
- Affectedly creative
- It's a gas
- Outdated
- Marry
- Chest for storing valuables
- Fish hawk
- Away's partner
- Self-images
- Boxing equipment
- Fine fur
- Computer menu option
- Snaps
- Albanian coin
- Lt.'s inferior
- Diamond stat
- Aviate
- Symbol of might

WORD SEARCH

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"La La Land" (2016 Movie)

Actress
Applause
Audition
Barista
Concert
Dancing
Dreams
Emma Stone
Fireworks
Flashbacks
Hollywood
Hopes
Jazz
Lattes
Los Angeles
Mia
Movie Stars
Musician
Pianist
Rehearsal
Roommates
Ryan Gosling
Sebastian
Singing
Spotlight
Struggles
Waitress

S R O O M M A T E S D C D Q T R M P
S G V Y K V S L L N A I T S A B E S
E M I X V I G A G L P U P J A Z Z C
R F I O N M S D R C A S I N G I N G
T H L A T R U D R V B T U C B F U U
C E I A A T V S K E I V T W S G E T
A P N E S O M L I M A Y Z E G I P R
E S H U Z H N O R C V M W Q S X G E
Y E S S R J B S B M I A S J E M N C
R L A T S I R A B V I A U F S O I N
G G U N H N P N C T O U N I U V L O
N G D T W G X G R K E V X R A I S C
I U I G W H I E E L S D A E L E O G
C R T A W C S L Z S G O G W P S G F
N T I U I S W E T I S N S O P T N Z
A S O E M M A S T O N E H R A A A G
D I N T G V Q W C M P J J K C R Y Z
H D O O W Y L L O H G S E S D S R J



‘Schreyer for Women’ empowers its members

By Ashley Hayford
FOR THE COLLEGIAN

The majority of students enrolled in the Schreyer Honors College are women — with a 57 percent to 43 percent ratio of women to men in the Class of 2022.

However, students may not realize there’s an organization of women in the honors college who strive to acquire desirable professional qualities, service their community and support one another both academically and emotionally.

2018-2019 President Emily Staley created the organization Schreyer for Women in the spring 2016 semester.

“There was a group of senior girls in Schreyer that year who wanted to start this club, but ran out of time,” Staley (senior-secondary education) said. “Essentially, our club has three parts: career development, community engagement and service. We hang out, make sure we are prepared for our careers and volunteer.”

Caitlin Allen found the organization at the Schreyer Involvement Fair this past fall, and immediately felt welcomed.

“Schreyer for Women, for me personally, is an empowering and supportive group of girls who care about each other and their community,” Allen (freshman-ecology) said. “They’ve helped me through hard times and celebrated me during my good times. It

really became a home for me, my point of grounding when I felt like the stress of college was going to sweep me away. I’m so thankful to have found this group.”

Next year, Allen will serve as the 2019-2020 administrator.

Future 2019-2020 President Siena Baker said Schreyer for Women hosts philanthropy and engagement events in the hopes of coordinating young women and the surrounding community.

“We hope to create a space amid all of the chaos that college life can be, and channel our efforts into supporting one another, developing ourselves professionally, and being of service to our community,” Baker (sophomore-economics, and community, environment and development) said.

So far, the organization of women has had great success in its projects. Events hosted by the club include open mic nights, brunches and movie viewings.

For International Women’s Day, they collaborated with Derby, WORDS and other organizations to have an open mic night at the library to celebrate diversity and women through poetry, spoken word and stand-up comedy.

Allen performed an original piece for the open mic event.

In addition to the local connections Schreyer for Women makes, the organization also connects with Days for Girls, an international organization. According to its website, Days for Girls is committed to “increasing accessing to menstrual care and

education by developing global partnerships, cultivating social enterprises, mobilizing volunteers and innovating sustainable solutions that shatter stigmas and limitations for women and girls.”

Schreyer for Women has worked with Days for Girls to create more events to support their mission.

“We have developed a strong partnership with them, creating a finance committee to raise money for their efforts and hosting events to create menstrual kits,” Baker said. “We recently held a service day at The Makery in State College, using our womanpower to sew, cut and synthesize some of their products that will be distributed to villages and cities around the world.”

Schreyer for Women also held a showing of the documentary “The Price of Free,” followed by a dinner and discussion about the use of child labor and how to combat it. The documentary is about Indian activist Kailash Satyarthi’s work and determination to eradicate child labor worldwide.

On a local level, the organization has worked with Nittany Valley Charter school to create programs within their curriculums that highlight women in STEM and engage students in activities the explore STEM education.

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

‘My Ex Said’ art starts a movement

By Grace Vocalina
THE DAILY COLLEGIAN

Words have power. Words have the ability to tear people down, or give them the strength to tackle fights head on.

Sometimes words can leave a scar and make people feel defeated.

That is, until someone takes action.

Erin Wright turned the words that once left her feeling broken into the ones that helped her heal and take a stand for herself.

Wright (junior-painting and drawing) grew up having a talent for art. Since she was little she would sell doodles for 50 cents to her classmates. She has now evolved into trying new styles of art.

“I have always liked art growing up. The more I get into it, the more I realized I am in the right major. I used to be a realistic painter then I merged into abstraction. Now I am doing interactive works,” Wright said.

Annie Liu, one of Wright’s close friends, says she is a unique artist. Not only does she have an artistic eye for everything, she possesses a natural born strength and positive attitude for everything she sets her mind to.

“She is one of the most driven

and artsy people I know. If she wants to do something, she will,” Liu (junior-finance and statistics) said.

As Wright got older, her artwork started to reflect the experiences she was living through — some experiences more painful than others.

Wright was in three verbally abusive relationships that took a lot out of her. The phrases men said to her made her feel guiltier with each one she heard.

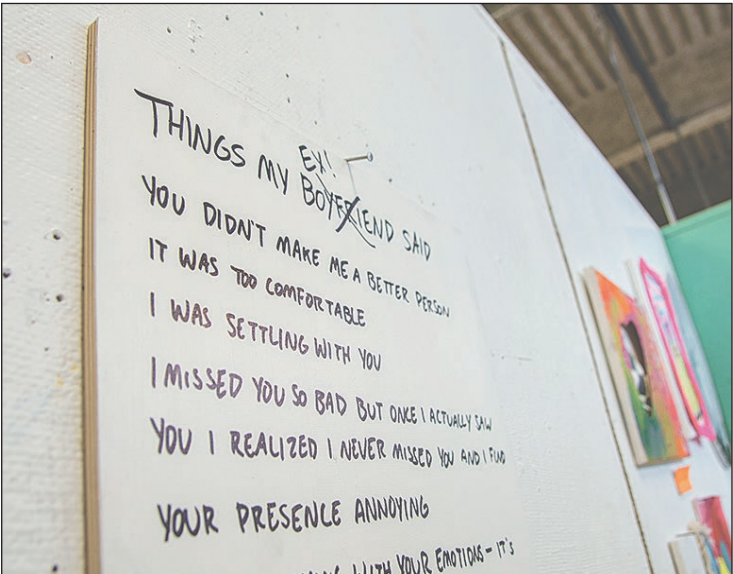
Yet, all Wright did was stay true to herself.

Wright was done feeling guilty and sad for someone who treated her as if she was unworthy. She knew her worth, and was ready to take a stand for herself. This time, Wright was making sure her voice would be heard.


“Erin said, ‘I want to do something about it. I am tired of men making girls feel bad,’” Rebecca Leon, one of Wright’s close friends, (sophomore-public relations) said.

Finding a way to release those negative words from herself was Wright’s next challenge. It was not until a random coincidence, when she needed to create an art project for a class, that it hit Wright as to how she was going to release this burden from herself.

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




Erin Wright (junior- painting and drawing) displays her artwork ‘My Ex Said’ in the Visual Arts Building on Wednesday, March 20.



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	23	21	6		4	6	23		
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10				28					
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	21				22		15		
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		4				7			
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	3			15			6		

Answers bit.ly/1CBcyRi

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