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Predicting the THON 2020 line dance

By James Langan
THE DAILY COLLEGIAN

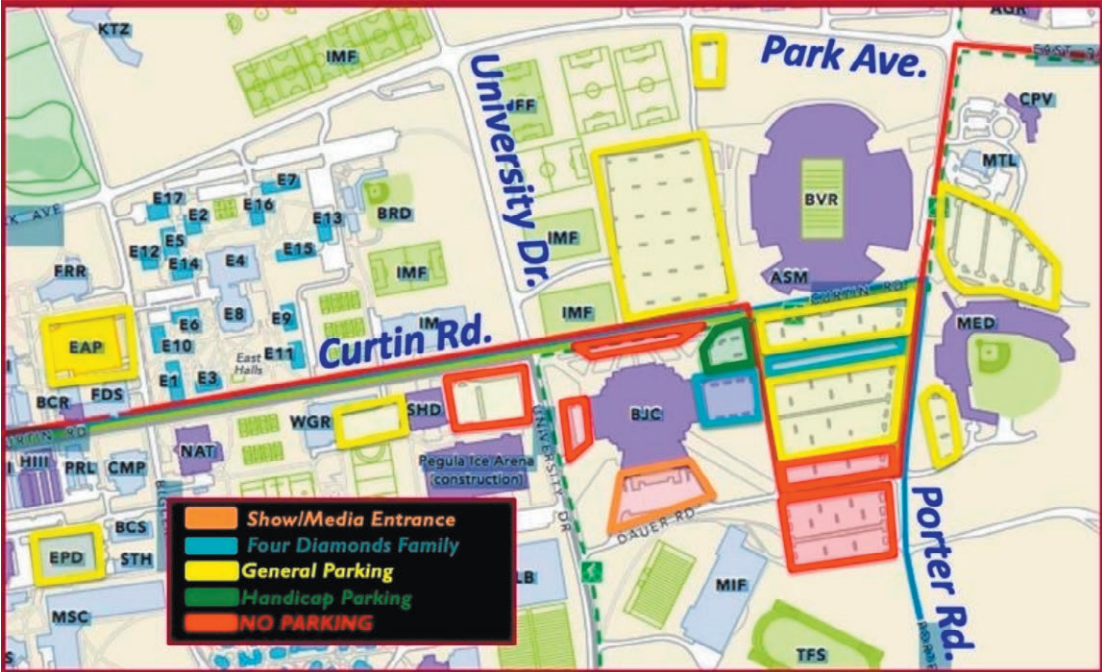
The line dance is a unique THON tradition, as it summarizes events throughout the year in a song performed each hour at the 46-hour dance marathon.

There are events, people or things that might be featured in this year’s line dance. These are some of the most prominent things to happen since last THON that may mentioned.

- Pop culture**
- “OK Boomer” — A big part of 2019 that owes its popularity to TikTok and became one the most controversial memes of the past year.
 - The death of Kobe and Gianna Bryant — Kobe and Gianna Bryant died in January along with seven others.
 - Baby Yoda memes — Disney+ released the Mandalorian, sparking one of the year’s most popular memes.
 - Mr. Peanut’s death and resurrection — In a Super Bowl commercial, Planter’s famous mascot was brought back to life after a previous ad saw him swerve off a cliff.
- Penn State**
- Don Hahn stepping down — State College’s former mayor resigned from office on Dec. 16, 2019.
 - 2019 Goodyear Cotton Bowl — The Penn State football team defeated the University of Memphis Tigers 53-39 on Dec. 28, 2019.
 - Jonas Brothers — The band has become a Penn State icon in the past year with a concert at the Bryce Jordan Center and appearances at Beaver Stadium and Champs Downtown.
 - The success of the men’s basketball team — Penn State’s men’s basketball team is having a record season, thanks to Lamar Stevens and crew.
 - Men’s Wrestling National Championship — Penn State’s men’s wrestling team won the NCAA National Championship for the fourth consecutive year with strong performances by Jason Nolf, Bo Nickal and Anthony Cassar.
- Entertainment**
- “Old Town Road” by Lil Nas X — Lil Nas X’s breakout song started as a TikTok fad and quickly became a defining song of the year.
 - Game of Thrones Finale — In May of 2019 HBO’s arguably most popular program wrapped up in the eighth season with millions of viewers glued to their televisions.
 - Avengers: Endgame — The 11-year saga came to an end in April 2019 and quickly became the world’s highest-grossing film ever eclipsing Avatar.
 - Star Wars: Episode IX — The third and final installment in the Star Wars Skywalker Saga hit the big screen in Dec. 2019.
 - Billie Eilish sweeping the Grammys — The 18-year-old superstar performer took home five Grammy’s this year.
 - Lizzo — The singer’s song “Truth Hurts” took over as one of the most iconic songs of the past 12 months.
 - The “Joker” Movie — Premiering on Oct. 4, 2019 the movie quickly became a hit raking in loads of nominations.

- World**
- USA Women’s World Cup Champions — The United States Women’s National Team, including Penn State alumnae Alyssa Naeher (’09) and Ali Krieger (’06), won the FIBA World Cup in July 2019.
 - Fire at the Notre Dame Cathedral — On April 15, 2019, the 850-year-old church caught fire in what was a historic day in Paris, France.
 - Greta Thunberg — The young environmental activist was named TIME Magazine’s 2019 Person of the Year.
 - Harry and Meghan Markle leave the Royal Family — The former Duke and Duchess of Sussex attempted to maintain their status as members of the Royal Family while also distancing themselves from the one of the world’s most famous families.
 - Kansas City Chiefs winning the Super Bowl with Andy Reid as head coach — Former Philadelphia Eagles head coach Andy Reid finally got the Super Bowl win he so desperately desired with the Kansas City Chiefs defeating the San Francisco 49ers 31-20 on Feb. 2, 2020.

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Driving to THON? Here’s where and when you can park

By Michael Sneff
THE DAILY COLLEGIAN

For those who are coming to Happy Valley for THON just want to get to the Bryce Jordan Center quicker, there is some THON parking information you may want to know.

While Penn State usually has strict guidelines when it comes to parking on campus, spectators are allowed to park in multiple lots in close proximity to the BJC for free and with no permit.

Spectators can park in the Commuter Lot Stadium West, Commuter Lot Jordan East, Commuter Lot Porter North and Shields Lot, and in any lot outlined in yellow in the above map throughout the weekend for free.

Spectators may not park in the lots outlined in red, blue and orange. Those who require handicap parking may park in the lot outlined in green.

There are also no time limits or constraints for any of the available lots. Usually, you are

not allowed to park in each lot between 2 and 4 a.m., but this rule has been lifted for THON weekend.

THON advises against oversized vehicles due to the sheer mass of cars that are expected to fill the lots.

Parking in downtown State College will not be affected by THON weekend, and drivers can still park there for free on Sundays as usual.

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What you can and can’t bring into the Bryce Jordan Center

By James Langan
THE DAILY COLLEGIAN

It is officially THON week at Penn State. With that mind, there are certain items you can and cannot bring into the Bryce Jordan Center:

As announced by THON, here is a list of what to bring into the BJC so you are prepared for the 46-hour dance marathon.

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- Do bring:**
- + A change of shoes, depending on how long you plan on standing
 - + Empty, reusable water bottles
 - + Deodorant
 - + Fanny pack
 - + Phone
 - + Tampons
 - + Phone charger
 - + Tissues

- Do not bring:**
- Bags larger than a drawstring
 - Alcohol
 - Animals
 - Digital camera
 - Smoking devices or tobacco products
 - Inflatable objects
 - Food or beverages, other than your empty, reusable water bottle
 - Glitter or silly string
 - Items that cannot fit under a seat
 - Liquids
 - Weapons
 - Large sports balls
 - Large flag poles
 - Skateboards, hover boards, etc.

University Park weather forecast for THON weekend

By Michael Sneff
THE DAILY COLLEGIAN

While THON is an indoor event, those traveling in and out of Happy Valley this weekend can expect a mild and sunny weekend. Here is the forecast for the whole weekend, according to AccuWeather as of Tuesday afternoon:

FRIDAY SATURDAY SUNDAY



H: 35°
L: 24°



H: --
L: 24°



H: 46°
L: 27°



H: --
L: 27°



H: 51°
L: 30°



H: --
L: 30°

Dancers will make their long walk into the Bryce Jordan Center in cold but sunny conditions.

When the 46-hour dance marathon kicks off on Friday, Feb. 21, one can expect sunshine throughout the day with a high of 35 degrees and a low of 24 degrees.

No precipitation is expected at any point on Friday.

In the evening, temperatures will stay at a low of 24 degrees, but clear skies are here to stay into Saturday.

Friday will be the coldest point of the entire weekend, so be sure to bring a jacket along if you’re going to the BJC to see THON kick off at 6 p.m.

While THON is going for all 24 hours of Saturday, those outside can expect some more sunshine and rising temperatures compared to Friday.

Saturday will see a high of 46 degrees and a low of 27 degrees, with plenty of sun and little to no chance of precipitation, arguably the nicest day of the whole weekend.

In the evening, after the Pep Rally is over, don’t put away those jackets, as temperatures are set to remain at a low of 27 degrees.

Sunday is the last day of THON, and the weather will be cloudy and gloomy.

Expect a partly cloudy but warmer day, with a high of 51 degrees and a low of 30 degrees.

Happy Valley could potentially see some rain but, with only an 11 percent chance of precipitation, an umbrella for Sunday probably isn’t wholly necessary.

If you’re going to be heading straight to bed right after THON, this might not be the worst kind of weather, but for those looking to celebrate afterward, be mindful.



The musical aspect of THON

Entertainment captains share how performances help ‘joy shine through’ during the 46-hour dance marathon

By Lindsey Toomer
THE DAILY COLLEGIAN

Forty-six hours of non-stop dancing would not be possible without music.

THON entertainment captains are responsible for planning all performance-related aspects of THON weekend. It is these captains’ responsibility to capture the Bryce Jordan Center’s attention with entertaining acts — from student groups to surprise special guests.

Zack Durnack is THON 2020’s talent coordinator, overseeing all THON performance captains related to booking outside talent.

Durnack (senior-telecommunications) works closely with two stage performance coordinators, two floor entertainment captains and two band coordinators to plan performances throughout THON weekend.

“There’s always action and different talent being brought into THON to lighten up the atmosphere and provide something for dancers and volunteers to come and enjoy a cool performance and give them something to be excited about,” Durnack said.

Performing at THON is a highly anticipated event for many student groups, and the entertainment committee takes them through rounds of auditions to decide who will perform when. Durnack said anywhere from 50 to 70 performances will take place throughout the weekend.

The floor entertainment and stage performance coordinators book student groups to keep THON dancers, attendees and volunteers entertained in various ways. Entertainment can come from student dance groups, improv groups or even people who give dancers piggyback rides.

Durnack said these committees will also cater their acts to the different themed hours of THON.

“I’m a firm believer that music and art is kind of another level of self-expression and emotion,” Durnack said. “I feel like conveying that through song or dance is so impactful and so important and can speak volumes about a person.”

Band coordinators are in charge of booking the eight to 10 musical acts to perform throughout the weekend. They will attend performances downtown and in other areas throughout the year to decide who to invite.

Durnack emphasized the importance of creating a positive, encouraging environment for the families attending THON with the committee’s programming.

“Being able to create these memories for Four Diamond families was something I really didn’t think about when I was coming into the position, but something



Collegian file photo

Members of the Singing Lions hold up the diamond sign after their performance during THON at the BJC on Sunday, Feb. 21, 2016. Many other performing groups like the Singing Lions are part of THON music.

I quickly learned has easily become my favorite part of being on entertainment,” Durnack said.

The Singing Lions is one of the groups that will take the THON stage for the second year in a row.

Sam Calus and Becca Lefkowitz are The Singing Lions’ THON chairs, working together with the organization’s family relations, outreach and fundraising chairs to plan unique fundraising events.

Every year in the fall, the group performs at the Love for Lexi cabaret, a fundraising event celebrating the life of one of their THON children who died, Lexi Barnett. All funds from the event are donated to both THON and the Love for Lexi Foundation.

Calus (sophomore-environmental resource management) recalled one project last year that made her involvement worth it for her. When the Singing Lions found out their other THON child, Kirra Broadwater, was nearing the end of her life, her mother asked them to help make a video before the holidays.

Both current and former members of the Singing Lions came together to create a montage video of them singing Christmas carols as they were unsure whether or not Kirra would survive through the holidays.

“You couldn’t walk around campus that day without hearing somebody sing Christmas music,” she said.

“It was so special — it was one of the first times I really felt that



Collegian file photo

The Singing Lions performed a number of well-known songs in their performance during THON at the BJC on Sunday, Feb. 21, 2016.

Penn State is really a place that cares about the community.”

Holly Spinner will represent the Singing Lions as a THON dancer this year. She said performing with the group on the THON stage last year opened her eyes to the impact THON has.

“Everyone loves music, and I think it’s a really important way to show what THON is about to a larger audience,” Spinner (sophomore-psychology) said. “It kind of emulates the fact that THON is about more than just the

diagnosis of cancer, it’s about the joy behind their lives as children and keeping that joy alive.”

This year, the Singing Lions will perform a rendition of the song “Sing” by the Pentatonix. Lefkowitz (sophomore-psychology) said the group likes to perform songs about the joys of childhood to “remember our girls.”

“It’s spunky, it’s loud, and we like to say it’s a good representation of what our girls loved, a good representation of their personalities,” she said.

While she is a THON dancer, Spinner said she is still looking forward to returning to the THON stage for the Singing Lions’ performance.

“I’m excited to be able to give people that entertainment they need to push through those insane hours and to be able to let our groups’ joy shine through to everyone else in the BJC,” Spinner said.

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Whiplash dancers share why they THON

By Kira Mohr
THE DAILY COLLEGIAN

Penn State’s all-female hip-hop dance group, Whiplash, said it has one, ever-present goal through its involvement with THON — to give back to the world.

More specifically, the Whiplash dancers credit their dedication to philanthropy to their Four Diamonds child, Ryan Arevalo.

Dancer Rachel Zdebski joined Whiplash as a way to continue her love of dance throughout her collegiate career. Along with that, Zdebski (senior-human development and family studies) said her connection to Whiplash’s Four Diamonds family inspired her to further her involvement with THON.

“THON is a chance for me to be a part of something that is bigger than myself,” Zdebski said. “Our THON child specifically, Ryan Arevalo — we love him so much and it’s a chance for us to give everything to him on a weekend where we’re just completely selfless and able to do something greater than ourselves.”

Whiplash president Marcela Criado said she did not know much about THON when she joined the dance group’s efforts to contribute to the philanthropy’s mission.

The Guatemala native said she found herself pushed out of her comfort zone when she joined the dance group. Four years later, Criado (senior-kinesiology) described the group as her



Caitlin Lee/Collegian

Whiplash Dance Team practices their THON routine in the HUB-Robeson Center on Wednesday, Feb. 5.

“home” in State College.

When attending THON during her freshman year at Penn State, Criado described her first impression of the Bryce Jordan Center as “a feeling that [she] has not gotten anywhere else.”

“That weekend shaped my whole THON journey throughout the years,” Criado said.

“THON was a way for me to give back to the world and the

kids, who are such a big part of our world.”

Unaware of the immense impact that it would have on her life at Penn State, Whiplash THON chair Alexandra Smelko auditioned for the dance group during her freshman year and joined the group’s support of the philanthropy.

Smelko (junior-marketing) said the shared passion for dance and

continuous collective support transformed the team into her second family.

“THON to me means family,” Smelko said. “Being a family relations chair for Whiplash for the past two years has taught me so much about what THON means. It’s for the families.

Getting to know the Arevalos has been such a blessing. Being able to be a part of their

journey is something that I am so thankful for.”

Alayna Zanghetti found her love for dance at four years old, and continues to follow her passion throughout her performances with Whiplash.

Zanghetti (sophomore-advertising) didn’t know much about THON upon her arrival at Penn State.

However, after her first THON experience, she understood the far-reaching importance of its mission, according to Zanghetti.

“When I actually went that weekend, I remember being in tears for the entire Final Four — experiencing meeting Ryan,” Zanghetti said. “Becoming a part of their family after he has experienced so much in his life — it means so much to give back to him.”

When searching for a way to describe her college career, Elise Dowdall said she found her “home away from home” in Whiplash, quickly becoming involved in the group’s initiatives for THON.

Regarding her reason for supporting THON, Dowdall emphasized the importance of THON’s connection to Four Diamonds and how the support of the Penn State community will create a difference in the lives of each child.

“THON, to me, is more birthdays for kids that shouldn’t even have to worry about cancer,” Dowdall said.

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WHY THEY THON

This week, The Daily Collegian published a five-part video series featuring interviews with 13 THON captains talking about their expectations and emotions before hitting the floor. The final part of the series is their answers to, “Why do you THON?”

“I THON because like many people in THON, cancer has hit close to home, but at the same time I think it’s a great opportunity to be apart of something that goes beyond Penn State.”



Braydin Sones



Jessica Heckler

“I started to THON for all my future students. I believe that every kid deserves an equal chance to follow their dreams and this was a way I could kind of fight back for that.”

“My dad was diagnosed with cancer and his journey this year has been up and down and I think just knowing that he has hope, gives me hope, and I think that’s what drives me through the hard times, I know that he’s going to be there no matter what.”



Claire Kennedy



Jessica Mah

“Cancer has been in my family, especially recently, and seeing the impact it’s had has really made me very passionate about this cause and then getting our THON family this year for Field Hockey has been a huge motivator and impactor for me for why I THON.”

“I THON because like many people in THON, cancer has hit close to home, but at the same time I think it’s a great opportunity to be apart of something that goes beyond Penn State.”



David Bowdler



Juliet Garrigan

“I THON because kids make the world a better place and they should only have to worry about the simple things of childhood and nothing that should be doing should be a burden.”

“The reason why I THON changes every single year but I think the thing that stays constant among it all is that I’m continuously inspired by the fact that 16,500 student volunteers can come together despite everything we’re doing with school.”



Heather Petty



Liza George

“My family has personally dealt with pediatric cancer and that was very difficult for them and so I just don’t want any other family to experience what my family did.”

“Right now it’s three main people (who I THON for): Tucker Haas who is 13 years cancer free, truly an inspiration, Joyce, who just passed away, was one of my closest friends... and also my Uncle Mark who was just diagnosed with Cancer this past November.”



Jackson Brown



Nathaniel Wilson

“My younger cousin battled leukemia almost right after he was born. I remember sort of how it impacted my family, the stress, the strain, so when I look at Four Diamond families, I can remember seeing my own family in their faces.”

“I THON year after year for the incredible people I meet through the THON community, the incredible events that we get to apart of and the amazing moments that are created in the most random and coolest times.”



Jacob Leibowitz



Sameen Oboudiyat

“As Penn State students we have an incredibly unique and wonderful opportunity to contribute to something that’s much larger than any single one of us. It’s an opportunity to give a little bit of what we can to the children and the families.”

“I’ve had cancer in my family before and I know how it can impact a family, for sure. Just seeing what this organization does for families that are impacted, I just knew I had to be involved in it one way or another.”



Yianni Efthymiou



From the field to the dance floor

Penn State women's soccer's Sarafina Valenti and Kerry Abello will dance 46 hours FTK

By Ryan Lam
THE DAILY COLLEGIAN

It's not uncommon to see the appearances of Penn State athletes at THON. They have been providing support to the dancers, cheering them on while also putting on a show at the pep rally.

In Sarafina Valenti's case, though, she is doing more than that.

This is her third year being a dancer at the student philanthropy event, and she will be joined this year by fellow teammate and roommate Kerry Abello as a first-time dancer.

"I've been somewhat involved in THON, at least some of the stuff that goes on because I've been to some SAAB THON committee meetings and stuff," Abello said. "This is the first year I've really gotten to get involved and be a big part of it, and I thought what better way than to dance?"

She was also inspired by Valenti to make the commitment to dance.

"I'm living with Sara and Sara's danced for two years," Abello said. "She raves about it and just talks about how incredible of an experience it is and all the people you get to meet and impact so that's the main reason I'm doing it, because I want to experience it."

"I want to be able to have a little impact that I can with a bigger cause and Sara's got me really excited for it."

Forty-six hours seemed like a daunting task to most people, but Valenti and Abello certainly have an advantage over the average Penn State students.



Collegian file photo

Penn State women's soccer goalkeeper Sarafina Valenti does the four diamonds symbol during THON 2019, dancing for her second time, on Saturday, February 16, 2019.

"In some of our pre-THON meetings for the dancers, they are talking about 'You should try to exercise and get a little cardio just so you're prepared for the long standing,'" Abello said. "But obviously, we do a lot of that already so I'm not worried too much."

Abello did also mention the strength training might haunt her later in the event, but she does have an edge over Valenti — being a senior, Valenti is no longer training with the team.

"I'm kind of on my own,"

Valenti said. "I've been working out every day, which is good. But I think just having that mentality of constantly working out and just constantly push each other and bring that energy. That was my big thing with the team."

The perhaps slight lacking of preparation from previous years' spring workouts was definitely made up for by Valenti's experience, where she had some tips and tricks for the newcomer Abello and other dancers alike.

"Keep stretching, stay hydrated, eat every meal they give you

at THON," Valenti said. "Even if you don't want it, you're not hungry, you have to eat everything they give you. But most importantly, just take in every moment, because 46 hours might seem long, but it passes so quickly."

As roommates, they have also been around each other consistently to plan out and work on being a dancer.

Abello got tips from Valenti down to what to pack for THON, but it's the daily interactions that help the most.

"We started a stretching session in our house a day ago, so we'll be doing that up until THON kicks off," Abello said as Valenti was stretching behind her. "I'll be relying on Sara throughout the entire 46 hours. I already told her I'm going to follow her around the whole time."

Penn State women's soccer will be dancing for two families, the Messinas and Buckleys, this year, and they will have a special guest with them.

"Isabella [Messina], she's a freshman here now, so she'll be at THON with us," Valenti said.

Valenti also dances for those whose lives are impacted by cancer, which she realized that applies to almost everyone at the Color Wars event, where people stand up if someone around him/her was affected.

"By the end, everybody was standing up," Valenti said. "So cancer has touched everybody's life and it doesn't have to be a child. It can be like my grandparents passed away for cancer. Dancing for them is something I want to do, but also being able to dance for everybody involved, I

think it's a huge cause."

The team has also received a lot of positivity from those around them, be it the fans or their fellow teammates. For Abello, it's not just about those dancing, but those who pack the BJC and those who show their support toward the cause via the women's soccer team and other means.

"It just makes you realize that the cause and THON itself gets so much further than just the people that are dancing and the people that are on the floor for 46 hours," Abello said. "So many people have been involved in raising the kind of money that THON does every year, so it's just inspiring for us to see that support coming from our friends, family and even more people."

The support she gets as a dancer is one of Valenti's favorite moments in the 46 hours in THON mail call. Her teammates and coaches have been providing support via notes and texts, but mail call is an extra special moment for her.

"Last year, I remember I got my mail and I started crying," Valenti said. "I didn't even open a letter and I was just crying. It's the support that you get. It really helps because it shows that other people care as well, and they really want you to succeed in this event."

Valenti is now preparing for her last THON and apart from taking in every moment and getting to know more about the families, she just wanted to have a moment to her own.

"It's right before the Final Four and the BJC is packed and you can't fit anybody else in there," Valenti said.

"Go into the middle of the floor and just taking one circle, looking around at everybody there and just like that's the moment you want to take in and you'll refresh your life."

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"Last year. I remember I got my mail and I started crying. I didn't even open a letter and I was just crying — it's the support that you get."

Sarafina Valenti
PSU women's soccer



Ken Minamoto/Collegian

Midfielder Kerry Abello (2) tries to make a pass to a teammate while sliding to the ground with an Oklahoma State player during the women's soccer game at Jeffery Field on Sept. 12, 2019.

PSU excited to be in town for THON

By Max Jordan
THE DAILY COLLEGIAN

After missing the past three THON weekends travelling, Penn State will finally be able to experience the festivities at its own place this weekend.

The team hasn't been home for the event since the 2016-17 season when there were just nine players from the current roster on the team.

THON means a lot to every team at Penn State, but it may seem hard to believe players from a team that hasn't officially participated are as involved as sports that are able to attend yearly.

That is far from the truth. "It's an unbelievable cause and a lot of fun for everyone involved," captain Brandon Biro said.

Guy Gadowsky knows what the event means to his team, and he will be working diligently to try to get his team in for as long as they can.

"Being a part of THON is very important to them, and they haven't been able to take part in a few years," Gadowsky said.

"They really want to, and we're going to do our very best to do whatever we can so that they can participate as much as possible."

Previously, players could not wait to make the short walk from Pegula to the Bryce Jordan

Center as soon as their plane touched down in Happy Valley.

"The last couple of years, whenever we've flown back from our road trip, we've all put our equipment away and gone right over there," forward Nate Sucece said. "I'm looking forward to adding a couple hours to the extent of our visit this weekend."

Senior Kris Myllari thinks it's important to be there and represent the team, and he's grateful for not only the opportunity, but the atmosphere it creates in the town.

"I think it'll be nice to get there a little earlier and be able to support the dancers over there," Myllari said. "The way the school rallies for it just shows the heart and passion that Penn State has."

It will be a bittersweet weekend for the team's seniors. They'll give speeches to family, friends and coaches after the game against Minnesota Saturday night as it is senior night, but it won't keep them from enjoying the event afterward.

"As soon as our speeches are over, I'll be heading right over the BJC and probably be there until everybody sits down on Sunday," Sucece said.

"It's something I think a lot of us take pride in."

The Nittany Lions will not be able to participate in the line dance or athlete hour as the



James Leavy/Collegian

Forward, Nate Sucece (14) chases after the puck during the game against Michigan at Pegula Ice Arena on Saturday, Jan. 18.

THON schedule conflicts with their games against Minnesota, which is a little disappointing for some of the guys that have been with the team for four years.

"I think it was the year before our class came in; they did it and I think they did pretty well," Biro said. "It was something we

always expected, that maybe one year it would work out where we'd be able to partake in that, but it hasn't worked out that way."

The team will be represented any way they can and is just happy to be finally be along for the ride.

"It's obviously something you

want to be a part of — and be a part of athlete hour — but at the same time, we have our own business to take care of," Sucece said. "However, we can support the kids is how we'll do it."

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Program helps students with intellectual disabilities

By Melissa Manno
THE DAILY COLLEGIAN

The conversation of diversifying universities often focuses on race, gender and sexuality, and leaves disabilities out. Although K-12 programs for students with intellectual disabilities have become more common, postsecondary programs for these students have not. The College of Education introduced a new program last fall to give students with intellectual disabilities the opportunity to engage in postsecondary education. The WorkLink program is a fully integrated non-residential two-year certificate program. It allows students with intellectual disabilities to experience life at Penn State while learning lifelong skills to help them become more independent.

Dr. Wendy Coduti, an associate professor of education, developed and organized the WorkLink program with Dr. Allison Fleming. Coduti and Fleming run the program in collaboration. “The inspiration was to create more postsecondary opportunities for transition-age youth with intellectual disabilities at Penn State University Park and to make college more inclusive,” Coduti said. She said this program is one of approximately 275 postsecondary programs across the country for individuals with intellectual disabilities. She and Fleming first had the idea to create WorkLink in 2015, Coduti said. The program was offered a \$45,000 fund from the DREAM Partnership, which helps provide educational opportunities to individuals with intellectual disabilities at colleges in Pennsylvania. Fleming, who is also an assistant professor of education, is teaching the seminar class this semester, which meets for an hour three times a week. “As a faculty member, this is a really small part of my job, but it’s a big part of how I spend my time because it’s important to me,” Fleming said. Fleming described the purpose of the program as being “twofold” — explaining that students in the program reap both academic and personal benefits in the



Jonah Rosen/Collegian

Jenny Hanna, a doctorate student in the counselor of education program, helps Aaron Packard, of State College, Pa., with his assignment in the Worklink class in the Cedar Building on Wednesday, Feb. 19.

classroom, as well as social benefits from being integrated with life on campus. “First, we help students prepare for employment,” Fleming said. “We want all our students to have a job when they graduate, just like any undergraduate Penn State student.” Students in the program take classes for four semesters before receiving their certificate. During their fourth and final semester, students are required to get an internship on campus or in the State College community, which Fleming said will hopefully be in their field of interest so they can continue pursuing the field following graduation. According to research conducted by the Special Olympics, only 44 percent of adults with intellectual disabilities aged 21-64 are in the workforce. Fleming said that if students complete a program such as WorkLink, this number would be much higher. “It’s important for these students to get into the labor market at the same time as their peers so they can get a job and do all of things anyone else may want to do like moving out of their parents’ house, have relationships or get married,” Fleming said. Fleming emphasized that what students learn in their classroom is only part of what the program offers. “The second big goal of the pro-

gram is to provide a postsecondary college experience,” Fleming said. “You learn more stuff in college than just how to get a job — you also make friends, learn how to become more independent and how to become responsible for yourself. That’s the same for our students.” There are currently three students in the program — Will Fick, Alex Badzek and Aaron Packard. Each student has a variety of mentors and tutors who hang out with them, have lunch with them, tutor them in different academic subjects and assist them with any of their needs. Aaron Packard is a 21-year-old student in the program who graduated from Penn State’s LifeLink, an educational program for special-needs students between the ages of 18 and 21. “My favorite thing about the program is the relationships and friendships I’ve made,” Packard said. Packard’s mentor, Quin Featherston, heard about the WorkLink program through the College of Education and said she immediately knew she wanted to get involved. She started working with him this semester. “We go over homework and talk about whatever, sometimes we get off topic but it’s always fun,” Featherston (junior-rehabilitation and human services) said.

“I’ve learned a lot about Aaron, and in general, what his lifestyle is like.” Though mentors change from semester to semester, students who form a bond with their mentor may keep those relationships. Badzek said he liked his mentors so much last semester, that two of them stuck around this spring. “I have two of my mentors again because I enjoy them a lot,” Badzek said. “I go to classes with them, take notes and eat lunch.” Fleming said the students enjoy their mentorship experiences because they get to experience college life from the perspective of a college student and get to interact with people their age. “Another part of having a college experience is getting into the Penn State family, and that’s why our mentors and tutors are so important,” Fleming said. “Part of the college experience is not having your professors follow you around all day. We are really grateful that we have so many excellent tutors and mentors to fill the social gaps that we don’t know how to.” Students have the opportunity to get involved with the program by becoming a mentor or by joining the WorkLink student organization. The student organization will give intellectually disabled students the opportunity to con-

nect with more Penn State students outside of the classroom environment. “We want to show that disability isn’t a barrier and that societal stigma and attitude can create more challenges for individuals rather than the disability itself,” Coduti said. “We are hoping through WorkLink people will see that individuals with intellectual disabilities have the same goals and want the same opportunities that other Penn State students want.” The program, which is in its second semester, is still in the startup phase. Fleming said that now the program is beginning to do admissions for next year. Admissions for the program are somewhat similar to Penn State’s regular process, requiring students to submit a personal statement, letter of recommendation, work history and attend a personal interview with parents or guardians. Fleming said the program is expecting to accept four students next year, which would make seven students in the program total as the three students currently enrolled would begin their second year. “The second-year students will help the first-year students get integrated and help them get around campus,” Fleming said. “We’re an intentionally small program because we like being able to interact one-on-one with each of the students.” The classes cover topics from budgeting to professional development. The Feb. 19 class covered the amount of money students spend a week on things such as lunch, coffee and transportation. Additionally, students began researching recipes they could make on their own and the various ingredients that may be necessary. “Before these programs started, there was no way for students to go to college if they couldn’t meet traditional entrance requirements,” Fleming said. “This program is about helping students get on the same track as their peers when before they’d been excluded from postsecondary education.”

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Fund supports Centre County families struggling with cancer

By Noor Al-Ahmad
THE DAILY COLLEGIAN

After being away in Pittsburgh for her husband’s cancer treatment, Doreen Perks returned home to sift through days’ worth of mail. Then, she began to cry. There, buried in her mailbox, a \$200 Sheetz gift card proved that a small gesture could have a huge personal impact. “It wasn’t the \$200 and it wasn’t that we couldn’t afford the gas — it was that some people that cared about us had been thinking about us, and it was something they could do,” Perks said. Perks, whose husband Bob Perks died after a battle with melanoma in 2005, vividly recalls the effect that something so inconsequential could have on someone in her position. As a result, she established the Bob Perks Cancer Assistance Fund as a way to carry similar gestures forward. She wanted to reassure families battling cancer and who are feeling “down as down can be” that they could look to a third party for help. First established in 2006, The Bob Perks Fund has allocated \$2 million to help families and

individuals grappling with the financial costs of their illness, whether it be to help heat their homes, to help pay for the gas that will get them to their doctor appointments or simply put food on the table. Norma Keller, the executive director of the Bob Perks Fund, said upon retiring from her 35 year career in a nonprofit children and youth agency, found a new purpose and said she has been “happy every day since” beginning her work for the Fund, despite the difficulties she might face raising funds and overseeing the operations that encourages cancer patient referral to the organization. “I’m invested in it because I see it as a life and death matter for the cancer patients that I’m working with,” Keller said. The fund’s referral sources and process, which Perks stressed were the “cornerstone” of the organization, initially screen their cancer patients at medical facilities in Centre, Blair, Clearfield and Huntingdon counties and refer those who are in dire need of financial help to the Bob Perks Fund. Perks stressed that despite her decision to stop looking at

applications due to the emotional difficulty and her own painful, personal recollections, she felt the Bob Perks Fund has been able to go above and beyond her original aspirations. The Bob Perks Fund relies on grants, sponsors and fundraising, holding three annual events, including a “Rock the 80s” concert featuring local bands that will take place on Feb. 22. The Fund will also host “Hoops-A-Palooza 3v3” basketball tournament on March 27 and 28, and hopes to see more Penn State students form teams of three to four people. Additionally, it will host a fall “Night at The Races” event. The Bob Perks Fund has also had ties to Penn State and organizations that Perks’ late husband was once a member of, specifically the Coaches vs. Cancer organization at Penn State, which is providing the fund \$50,000 in 2020. Although the Bob Perks Assistance Fund does not have direct contact with the patients and families struggling with cancer, the gestures and thank-you notes the organization receives serve as a motivator and reminder of their determination to help members of the local community both emotionally and financially.



Courtesy of Doreen Perks

Doreen Perks, the founder of the Bob Perks Fund.

“The message we convey is that you are not alone,” Keller said. “We have a strong understanding of the pressures you feel, financially and emotionally, and that is why the Bob Perks fund was established — to be

a light in the middle of the tunnel and the end of the tunnel as you go through such a difficult time.”

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MY VIEW | Adriana Guidi

FOMO for THON: how it feels to be abroad during THON weekend

I was in class Monday and realized that THON was coming up this weekend.

Like clockwork, last year's line dance popped up in my head, and now, for the past four days I have been singing, "Break it down BJC, bring it back to you and me," in my head.

THON is one of the main reasons why I am so proud to be a Penn State student.

I have been involved in THON since freshman year, between committees and organizations, and it is always the best part of my semester — even through the lack of sleep and tears.

I think everyone who is a part of THON will agree with me when I say that the weekend is magical and irreplaceable.

It is something that cannot be put into words.

No matter how good of a writer you are, the words will never capture the magic.

When I committed to studying abroad in the spring, I knew I would be missing THON weekend.

I was so upset about missing THON that I almost did not go, but in the end, I realized that I needed to go abroad to help me grow as a person.

One of the reasons I'm upset about missing THON, besides missing the weekend itself, is the fact that I will not be able to be a part of a committee.

I love being a member of a THON committee, as I love bonding with other Penn Staters who I probably would not have met otherwise.

The community aspect of THON is heavily represented within the nature of committees, and I believe this is essential to the essence of the weekend.

That is the thing about THON — it is so much more than just a weekend.

It is a year-long effort in order to raise money and make the entire weekend possible.

This past fall, I was definitely sad to miss out on the THON planning.

I saw my friends, acquaintances and the entire community

“Even though I will not be at THON this year, I am so proud to see all of the hard work this past year that goes into making THON weekend.”

Adriana Guidi

begin to construct what I know will be another memorable weekend.

Even though I will not be at THON this year, I am so proud to see all of the hard work this past year that goes into making THON weekend.

I saw friends and classmates put long hours into meetings and hard work to raise money for such an amazing cause.

I already have complete FOMO (fear of missing out) for this weekend partially because I have heard the line dance is amazing, (I heard this from my

friends in committees who have already learned it and said it was awesome) and I already know that this year will be just as magical as every year.

Another Penn State student is abroad with me, and we have already been talking about how we plan to watch the live feed — especially the pep rally and final four (which are my favorite parts of the weekend).

When I was thinking about how I was going to miss THON this year, I came to a very sad realization that eventually, after I graduate, I will miss THON forever.

This feeling that I currently have, the sadness of missing THON, will unfortunately probably carry with me after I graduate forever.

That thought horrifies me.

I already do not want to graduate in a year and a half because I love Penn State tremendously, and I never want to lose the magic that a weekend like THON gives to everyone involved.

In my life, that seems to be a

general theme — I never want to lose the magic.

It is like when your favorite song plays while you are out dancing with friends, or you meet someone who makes your knees weak.

There is a quality to all of it that is just irreplaceable.

I believe that is what THON is all about — bringing magic and hope to children and their families.

Yes, the financial component of THON is absolutely incredible and life changing, but the kind of magic, unity, and hope that THON brings to families is something that money cannot buy.

I know that in years to come, the best way for me to support THON will be to donate.

But for now, I am excited to know that I have next year to raise money and participate in the magic of THON weekend.

Adriana Guidi is a junior majoring in public relations and is a columnist for The Daily Collegian. Email her at aag5477@psu.edu or follow her on Twitter at [@adrianaguidi5](https://twitter.com/adrianaguidi5).



Eric Firestone/Collegian

The Fuller Family from left, Aggie, Carie, and Rob sit and watch THON take place in the Bryce Jordan Center on Saturday, Feb. 16, 2019.



Zack Gething/Collegian

Family Relations chair Addison Albert (junior-broadcast journalism) pops a bubble during Penn State THON 2019 at the Bryce Jordan Center on Friday, Feb. 15, 2019.

MY VIEW | Grace Miller

Attending THON as a reporter: hopes, reflections

I am one of the few people who get to sit through THON — I am a reporter.



Miller

As a sophomore, this will be my second year covering the student-run philanthropy for The Daily Collegian, previously as a reporter and videographer, now as the opinions editor.

There's a classic journalism guideline — for ethical reasons, reporters should avoid conflicts of interest, meaning you can't cover what you're involved in. Because of their involvement with THON organizations, this renders a significant portion of the Collegian's staff unable to cover THON. But because I've never been in a THON org, I'm eligible.

I wasn't sure what to expect before the 2019 THON.

For whatever reason, I never gravitated toward the different philanthropy clubs at the Involvement Fair; I was more interested in clubs that were relevant to my major.

I've enjoyed many of the things I've been involved in, finding a comfortable spot in The Collegian.

I had heard stories of THON — hallucinating dancers, concerts, and of course, the tear-jerking accounts from THON families.

I wasn't prepared to encounter this 46-hour fever dream, and I definitely wasn't prepared to report on it.

Honestly, it was overwhelming. I found myself running in circles around the Bryce Jordan Center, hungry, worried both about respecting the attendees and meeting deadlines. And that was just for the writing portion. Factor in the video work I was doing, and I was nearly miserable.

I don't want this to sound ignorant — I know the BJC is filled with students standing on tired feet for almost two days straight to support cancer patients.

I was free to know the time, go home to shower between shifts, and collapse into my seat on press row when I needed a break.

But still, I spent almost every moment of my first THON experience wanting to be home.

Now, two days away, I'm excited for THON.

When I realized I was genuinely looking forward to the experience, I was surprised.

Why the change of attitude?

“I'm eager to replace my first THON experience with a better one. A more thankful, mindful one.”

Grace Miller

I'm an anxious person by nature — it's unlike me to have a past negative experience, have to go back to that event, and not want to cry the entire month leading up to it.

There are a few things about this year that make THON different for me.

For one, my role as an editor will allow me to do a different type of work, which will be a change of pace for me.

But the bigger reason, I've realized, is because I'm eager to replace my first THON experience with a better one. A more thankful, mindful one.

Looking back, I was focused on the wrong things.

I was so stressed about the technicalities of everything, from catching the 3 a.m. white loop between shifts, to buying overpriced concession-stand food, to recording and transcribing quotes for articles.

It felt like more of a burden.

Now, it feels like more of an opportunity.

I'm excited to shift my perspective to the positives.

Going to THON allows me to witness the awe-inspiring sense of community that the event fosters.

It allows me to feel like a part of the broader Penn State community, which isn't something I feel often. It allows me to smile alongside other students, families and children who are so much stronger than I can even imagine.

I've always felt weird about not being in a THON org. Guilty, almost, like I wasn't doing my part to help the community. But now, I've realized that's not true.

Going to THON as a reporter only enhances these opportunities.

I get a unique perspective that other attendees don't always get — not only am I able to experience THON, but I get to chronicle it. To not only become a part of the story, but to help write others'.

Grace Miller is a sophomore majoring in journalism and is a columnist for The Daily Collegian. Email her at lgm5130@psu.edu or follow her on Twitter at [@graceemilleer](https://twitter.com/graceemilleer).

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UNFINISHED BUSINESS

National champions Mark Hall and Vincenzo Joseph have one match left in Rec Hall but their legacies are still being written with the postseason on the horizon

By Jake Aferiat
THE DAILY COLLEGIAN

Mark Hall and Vincenzo Joseph the people are inextricable from Mark Hall and Vincenzo Joseph the wrestlers.

WRESTLING That's not a knock against them, but rather their own assessments of their illustrious careers up to this point and the importance wrestling plays in both of their lives.

"It pretty much just has been my life the past five years I've been here. There's not even a measure of how important it is because it's everything I do," Joseph said.

Hall echoed a similar sentiment.

"Wrestling has done everything for me. It's taken me everywhere. It's taken me some crazy places that otherwise I would've never went to," Hall said. "I've been to a lot of countries, a lot of different states. Some of the most influential people in my life came from wrestling as well, so it's just been a wild 19 years of the sport."

"You have four years and you make the most of it and when your time's up, you move on. Their job right now is just to get what they want here in the last month of their season."

Cael Sanderson
Penn State wrestling coach

The duo both burst onto the scene in 2017 when they became the first freshmen in the 112-year history of Penn State's wrestling program to capture national titles.

That was nearly five seasons ago, and in that span, Joseph became a two-time NCAA champion and three-time finalist, amassing 86 wins so far while Hall picked up a title and two runner-up finishes to go along with 112 wins and two Big Ten titles.

But don't think Hall and Joseph are done just yet.

There's still a month left in the season, giving Joseph a chance to

finally pick up a Big Ten title at 165 pounds and his third NCAA title while Hall also has a chance at another Big Ten title and second NCAA title.

That's why coach Cael Sanderson isn't focused on writing their legacies in the middle of the season or stressing about what next year's lineup will look like.

Knowing full well that both still have more to give and can do more to cement themselves in



Noah Riffe/Collegian

A referee lifts No. 1 Vincenzo Joseph's (165 pounds) hand after winning his bout during Penn State wrestling's match against Ohio State on Saturday, Feb. 15 at the Bryce Jordan Center.

the annals of history, Sanderson wants to ensure they end their seasons on their terms.

"To me it's just about them going out the way they want to go out and finishing where they want to finish. That's more of a concern than living without them afterward," Sanderson said.

"You have four years and you

make the most of it and when your time's up, you move on. Their job right now is just to get what they want here in the last month of their season."

Whatever level of "concern" Sanderson has about his star middleweight in Joseph and upperweight in Hall, he can be confident their minds and focus are in the right place as they have been so many times before.

Sanderson can also be confident that neither national champion is resting on their laurels and taking their past successes for granted.

A big part of that, at least for Hall, has been an emotional maturation that's led him to be more personally accountable and prove people wrong.

"Me as a man, I think I've done a lot of growing and maturing throughout the years. Finding new values and standards for myself has been my biggest improvement," Hall said.

"Setting new standards is expecting a lot out of myself and expecting more out of myself than someone else will expect out of me. If I mess up in anyway or if I don't accomplish the things I want to accomplish, there's not gonna be anyone on this planet

more upset about it than I would be."

Hall and Joseph have been friends and training partners since the beginning and have spent many hours in and outside the wrestling room together.

And while neither anticipate being especially emotional when Sunday's senior day match gets underway in Rec Hall, they'll enjoy the moment for a little while before turning their attention to the rest of the season and careers.

"All the relationships that I've built, I'm just extremely grateful to have been part of this program. We're not done yet, we've still got over a month to go," Joseph said.

"So I'm not really trying to think about 'man I'm almost done,' I'm just still trying to be focused on the rest of this season."

Hall's focus extends beyond just this season though.

"After this season's over I'm gonna keep wrestling obviously but as far as folkstyle goes, this is it. It's been a really cool journey and I'm excited to get to the next chapter," Hall said.

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Noah Riffe/Collegian

No. 2 Mark Hall (174 pounds) shows his muscles after defeating No. 7 Kaleb Romero during Penn State wrestling's match against Ohio State on Saturday, Feb. 15 at the Bryce Jordan Center..

MY VIEW | SHANE CONNELLY

Penn State's next game defines its season

By Shane Connelly
THE DAILY COLLEGIAN

After Penn State handled its business against Saint Joseph's last Saturday, the team's perspective immediately shifted.

MEN'S LACROSSE The Nittany Lions have their sights set on the daunting task ahead: No. 3 Yale. "We're excited for the opportunity," captain Nick Cardile said. "Because of last year, it's gonna be a little vengeance."

Vengeance is exactly what Penn State needs to earn in Panzer Stadium on Saturday. Otherwise, the Nittany Lions will have their work cut out for them to repair their reputation in time for the NCAA Tournament.

Usually, the term "must-win" is reserved for teams that depend on one victory to clinch a playoff spot or move on to the title game.

Let me be perfectly clear: Penn State is an NCAA Tournament team.

It is a team capable of running the table in the Big Ten and claiming a Big Ten Tournament title for the second year in a row. It is a team deserving of its No. 1 ranking in the USILA Coaches Poll — yes, above defending national champion Virginia.

But this season, the Nittany Lions can prove that they are different, better than the group that flamed out in the Final Four despite having the highest expectations of any team gunning for the ultimate prize. It starts on Saturday.

No game on the entire regular season schedule is as important as this one. Penn State needs to show



James Riccardio/Collegian

Defender Nick Cardile (16) attempts to keep St Joseph's Midfielder Austin Strazzulla (13) away from goal. The Nittany Lions triumphed over the Hawks 19-4 Saturday, Feb. 15 at Panzer Stadium.

something against the team that was responsible for the two blemishes on its remarkable 2019 season — the team that sent the Nittany Lions into the Lincoln Financial Field locker room choking back tears instead of celebrating and preparing for a title game.

Penn State needs to show that it can win possessions.

If the Nittany Lions allow 2019 Tewaaraton finalist TD Ierlan to have his way with them at the faceoff X, it'll be a long day.

Even if Ierlan has his usual dominant day, Penn State needs to show that it won't quit.

That means the defense will be called upon to step up, force

turnovers and limit clean looks to the best of its ability.

Colby Kneese will be asked to stand tall between the pipes just as he did last Saturday.

The offense won't be able to afford any slow starts or extended droughts.

Failing to convert on the opportunities they were given is one of the main reasons why the Nittany Lions found themselves playing from behind in both games against Yale last year.

The comeback almost worked in the two teams' regular-season meeting — which the Bulldogs won 14-13 despite some late Grant Ament hero ball — but it didn't come quite as close

to being a reality in the Final Four matchup.

Ever time one of Penn State's offensive stars gets the ball in his stick, he'll have to make a play.

That much is obvious. Now, what happens if the Nittany Lions fall to Yale for the third time in two seasons?

What if the Bulldogs prove that they are simply built to be Penn State's kryptonite?

Well, the Nittany Lions would probably be fine long-term. They've proven capable of beating the likes of Penn, Cornell and the entire Big Ten slate before. Just like last year, a one-loss Penn State team would be a

likely favorite heading into title talks.

But does Penn State want to go into the NCAA Tournament hoping that someone on the other side of the bracket takes Yale out so that history doesn't repeat itself a fourth time?

Do the Nittany Lions want to be remembered as the team that was so great but just couldn't beat the Bulldogs?

Is that the legacy that Ament, Cardile, Gerard Arceri, Mac O'Keefe and others want to leave?

I don't think so.

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Penn State tries to remain involved in THON

By Matt Lingerman
THE DAILY COLLEGIAN

Most of the time, the Bryce Jordan Center is home for Penn State basketball.

But for one weekend every year, when the arena becomes the focus of the university's attention as the epicenter of fighting pediatric cancer, the Nittany Lions often aren't around.

Because THON is held in mid-February, it's nearly impossible for the team to be involved in the 46-hour event to the same extent that Penn State athletes who compete in other sports often are.

And because this time of year is the home stretch of the Big Ten season, the Nittany Lions are often not even in State College for the majority of the event.

But even though the team often spends THON weekend on the road, the impact of the philanthropic event isn't lost on the players or staff.

"What these students do for THON and kids with cancer still continues to blow my mind after eight-and-a-half years," Pat Chambers said.

Chambers, who was named the 2019 Collegiate Champion by Coaches vs. Cancer for his commitment to the American Cancer Society, has spoken often about how lucky he feels to have four healthy children who range in age from four to 11.

That's why, when a "friend of the Nittany Lion" — Chambers was quick to point out that the Nittany Lion himself can't talk — presented him with an opportunity to donate to the Lion's 'Seven K in Seven Days' campaign, the ninth-year coach didn't hesitate before pledging \$1,000.

"I wanted to be all in," Chambers said.

"I wanted to be a part of it. More importantly, my wife



Lindsey Toomer/Collegian

Penn State head coach Pat Chambers celebrates a victory over Northwestern with the Nittany Lion during the alma matter on Saturday, Feb. 15. Penn State will be on the road during THON weekend, as the Nittany Lions will play at Indiana on Sunday.

did, because we're blessed... I can't imagine what parents go through. Let alone the kids, but the parents. The kids are resilient. What the parents go through is just — I don't want to be in their shoes. I don't even want to think about it."

"But when I do, I want to do something, an act of kindness in some sort of way. So when this was approached to me I jumped all over it."

Scheduling conflicts make it an impossibility for players to have an opportunity to ever dance in THON, but if travel plans allow

it, they often get in on some of the action.

On Sunday, the No. 9 Nittany Lions will be in Bloomington to take on Indiana, and as of Monday, the team hadn't settled on when it would be leaving State College.

"Mike [Watkins] and Lamar [Stevens], these guys, they'll come by and support their classmates and students that they know," Chambers said. "So they're gonna try to help in any way they can."

In Stevens' and Watkins' final year on campus, Cham-

bers hopes the team's most experienced players can pass the torch of showing his program's support for THON.

"I think the support of them just coming here, they've done that in years past, and then we come home and it's still going on and they come in and go right down to the pit and try to motivate and dance and hang out for a little bit," Chambers said. "They know how special it is and they know what it means."

"...I can't imagine what parents go through. Let alone the kids, but the parents. The kids are resilient. What the parents go through is just — I don't wanna be in their shoes."

Pat Chambers
Head Coach

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Bigar's Stars

By JACQUELINE BIGAR

www.jacquelinebigar.com

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PISCES (2/19-3/20) ★★★ Play it low-key. You have no reason to reveal all your cards. Eye the present situation as fluid and changeable. Your perspective might dramatically change as the day ages. Tonight: Get a good night's sleep.

ARIES (3/21-4/19) ★★★★★ Emphasis is on driving a hard bargain. You see the situation for what it is. You have the wherewithal to change it. Claim your power and you will like the end results. Tonight: Accept your successes gracefully.

TAURUS (4/20-5/20) ★★★★★ You might receive some stunning news that forces your hand. Make an effort to accommodate others, but you need to keep your concerns primary. You are in the process of eliminating the superfluous. Tonight: Respond to a late-night request.

GEMINI (5/21-6/20) ★★★ Push away trivial conversation and focus on the issue at hand. Listen to your inner voice when making a decision. You might be surprised at what comes up. Tonight: Consider splitting town for a long weekend.

CANCER (6/21-7/22) ★★★★★ Your feelings might be closer to the surface than you realize. A one-on-one conversation could have you in tears before you know it. Empathy could heal a schism that has existed

for too long. Tonight: Time for some personal time.

LEO (7/23-8/22) ★★★★★ Defer to others and listen to what they might share. What appears to be a blockage is only temporary, forcing you to stop and assess your recent decisions. If you want, now is the time to change directions. Tonight: Off to the gym.

VIRGO (8/23-9/22) ★★★★★ Your ability to read a situation clearly allows more intense conversations with others who might be involved. Give yourself time to make a decision. Brainstorm with others. Tonight: Postpone plans.

LIBRA (9/23-10/22) ★★★★★ Events force you to tap into your imagination to find the right solution for the situation at hand. Your creativity soars, but a child or loved one could need extra time from you. Tonight: Be your charming self.

SCORPIO (10/23-11/21) ★★★ Be willing to reverse gears and head in a new direction if you perceive that what you are doing is not working and/or you are hitting one obstacle after another. A discussion with others involved might be necessary. Tonight: Burning the midnight oil.

SAGITTARIUS (11/22-12/21) ★★★★★ Speak your mind and be willing to follow through on your ideas. You might not be able to get a consensus from those involved. Tap into the pioneer within and go for what you desire. Tonight: Meet up with a co-worker after work.

CAPRICORN (12/22-1/19) ★★★ Listen to your instincts about a financial matter. One of your choices is odd or not typical for you. Taking a risk could make or break what you are handling. Demonstrate your flexibility. Tonight: Your treat.

AQUARIUS (1/20-2/18) ★★★★★ You radiate good news despite an apparently difficult situation. You seem to have the wherewithal to glide through a storm of indecision. Support yourself in your choices even if they are somewhat bohemian. Tonight: All smiles.

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Across

- Ruckus
- Anklebone
- Patella's place
- Yorkshire river
- Run off together
- Listening devices
- Meadow sounds
- Tennis venue
- Woodworking tool
- Caped crusader
- Sweetener
- Kind of poodle
- Famous ____
- Mr. T's group
- Healthcare pro
- "Friends" actress
- Courteney
- Scrapes (out)
- Go-getter
- Arborist's concern
- Side dish in India
- Card catalog abbr.
- Cape Verde monetary unit
- Like many a cellar
- Freudian topic
- ATM, for one
- Harmony
- Miami basketball team
- "In excelsis ____"
- Toxin
- "Or else!"
- Month before Nissan
- Go gaga over
- Beach sight
- South American monkey
- Permissible
- Nile bird
- Greek portico
- Aircraft maneuvers
- Beanery sign
- Camper's supply
- Indian bread
- Gaelic language
- Catch sight of
- "La Dolce Vita" setting
- Cosy and comfortable (Var.)
- Gentlewoman
- Performed
- Trunks
- Biz VIPs
- Soup starter?
- Comment to the audience
- Old hat
- CAT scan
- Some sports commentary
- Swedish money
- High spirits
- La Brea goo
- View as
- Frost lines
- Kind of apartment
- Equipment handler
- Fare reductions
- Brewery equipment
- Blue-pencil
- Alliance acronym
- Plumb crazy
- Kind of wire
- Big brass
- Kind of pricing
- Military meal
- Entirely

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WORD SEARCH

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The Human Body

Appendix	X	W	L	L	H	H	Z	S	N	D	D	W	E	K	Q	H	S	A
Artery	I	F	E	L	J	K	D	Z	I	B	P	N	R	S	T	G	P	
Blood	D	F	E	L	J	N	J	O	V	X	I	Y	F	J	O	T	N	E
Bones	N	Q	H	M	A	X	R	A	J	P	M	M	Y	O	E	T	U	L
Cartilage	E	Z	D	L	U	Y	C	L	S	B	I	R	F	N	S	O	L	V
Cell	P	R	G	H	R	A	B	D	Y	E	A	D	C	D	F	E	I	
Femur	P	U	Q	T	O	P	R	J	C	D	E	O	O	Q	V	I	F	S
Fibula	A	J	Y	I	P	X	T	N	C	A	N	N	X	E	N	L	P	V
Foot	U	L	D	C	E	L	I	R	K	N	L	A	D	O	O	L	E	E
Glands	U	Y	U	S	C	H	L	S	D	Z	R	L	Q	I	E	E	E	R
Heart	X	R	T	B	S	J	A	U	R	O	B	R	E	E	K	C	T	T
Heel	R	E	L	R	I	G	G	C	K	R	C	W	N	T	Q	X	T	E
Kidneys	U	T	V	I	A	F	E	B	U	S	Q	M	J	Q	A	K	A	B
Larynx	H	R	J	N	V	E	M	D	J	X	S	Z	O	E	P	E	R	
Liver	A	A	E	A	I	E	H	O	G	S	O	U	F	R	M	R	L	A
Lungs	Y	H	Y	P	M	A	R	O	C	Z	T	H	C	A	M	O	T	S
Muscle	W	J	I	J	R	I	R	L	J	B	X	D	V	D	X	B	Y	Q
Pate	R	N	R	K	G	I	E	B	O	N	E	S	L	A	R	Y	N	X
Pelvis																		
Ribs																		
Shin																		
Skull																		
Spine																		
Spleen																		
Stomach																		
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Thyroid																		
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Vertebra																		

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.

		9	28	30	12				12	28	
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19								12			

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DEFENSIVE DUO

Kris Myllari and James Gobetz have been an inseparable pair for the past four years

By Dylan Jacobs
THE DAILY COLLEGIAN

March 16, 2017, was the beginning of a weekend that many know now as the weekend that changed the Penn State program forever. It began Penn State's three-day run to claim the Big Ten Championship, making numerous stars, such as Liam Folkes and Peyton Jones.

But that weekend was also the start of the most stable defensive pair over the past three years — Kris Myllari and James Gobetz.

Those two took the ice together that weekend, and they stayed together almost every game since then.

"It's funny, because we go back to Joe Louis. They ended up playing together that weekend, doing a great job..." Guy Gadowsky said. "They were thrown together and from that time they seemed to develop a chemistry. We've tried other things but they keep gravitating back to each other. I don't know why, but they do."

Over time, their chemistry grew.

They play the game in a similar way, so it was easy for them to gel on the ice.

"We're both like-minded in the way we like to play defense first, play a simple game. I think that compliments each other," Gobetz said. "We're really good friends off the ice, which helps. Communication is big."

When Myllari and Gobetz take the ice for senior night on Saturday, they won't have to worry about each other.

They've played so much



Collegian file photo

Defensemen James Gobetz (6) and Kris Myllari (4) move the puck down the rink against Arizona State University at Pegula Ice Arena on Friday Nov. 2, 2018.

together, that they know what to expect.

"When you have someone that you play with that you have good chemistry with you don't really have to think about what you're doing," forward Brandon Biro said.

"You know where the other guy is, you know what to expect, you just feed off of each other."

Part of that chemistry comes from the experience, but part

of it also comes from the way they play.

There are defenseman on this team, like Cole Hults, who make it a point to get in on the offense.

That's not what Myllari and Gobetz are focused on.

"James is a great skater first of all, and I think we move the puck unselfishly amongst each other," Myllari said. "Generally we try to not do too much which helps us stay out of trouble."

The way they play on the ice is far from flashy and energetic, but that isn't how many describe their relationship on the ice.

As Biro described it, "They make it so everyone wants to be around them when they're together."

A lot of times when those two are together, hockey is not on their minds.

"It's a pretty funny [bond] off the ice, because you won't find either of them talking about hockey too much," forward Nate Sucece said. "Whereas me and Biro it's the complete opposite."

There's plenty of banter between the two, and the others toward them, with some interesting nicknames involved.

"We come up with some pretty funny nicknames for Scumdo and Jimmy Bags over there," Sucece said. "It's just something that has evolved in classes and what not."

All of that banter in the locker room or classes will end soon as Myllari and Gobetz' time at Penn State is nearing its conclusion.

It's a fact that hasn't really hit with them yet.

"I don't think it has sunk in yet. All I can think about is my freshman year, the seniors telling me how quick these four years go. I just rolled my eyes but it's crazy looking back," Gobetz said. "I'm just trying to take in every

moment with these guys, and hopefully we have a long playoff run ahead of us."

But those two, and the rest of the Nittany Lions, hope that their run is far from over.

"For us to have a lot of success," Gadowsky said, "they are going to have to have a lot of success too."

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Jonah Rosen/Collegian

Kris Myllari (4) clears the puck during the men's hockey game against Ohio State at Pegula Ice Arena on Friday, Nov. 22, 2019.



Ken Minamoto/Collegian

James Gobetz (6) skates for the puck against Minnesota player Sammy Walker (9) during the game against Minnesota at Pegula Ice Arena.

MY VIEW | JUSTIN MORGANSTEIN

PSU is still in a good spot despite Illinois loss

As the final seconds ticked down on Penn State's eight-game win streak, the air was

sucked out of the Bryce Jordan Center as it seemed that both the team

and fans had to remember what it was like to lose a game.

While many people may be hitting the panic button, or wondering what may have gone wrong, keep in mind that not much went Penn State's way last night against a team that

has the potential to make a long postseason run.

First, Pat Chambers' group found out that it would be without its second leading scorer for the fourth straight game as Myreon Jones is still sidelined with what the team is describing as an undisclosed illness.

Jones is averaging just over 14 points per game this season, but last night was the first time that you could really feel his absence, especially when it came to perimeter scoring.

"[Jones] can handle the ball and he gives you a threat from the 3-point line," Illinois coach Brad Underwood said. "You put him with [Seth] Lundy, [Myles] Dread and Lamar [Stevens] and you have four high level offensive weapons."

Just as the Nittany Lions found out that they would be without their star guard, Illinois got the news that its best player, Ayo Dosunmu, would return from a knee injury.

Dosunmu, who has become one of the most dynamic and

explosive guards in the country, had missed the Illini's previous game against Rutgers but was good to go after going through pregame warmups.

This was a huge development for Illinois as it was looking to break a four-game skid themselves.

So with Myreon Jones out of the lineup and Dosunmu in, Penn State was surely going to get everything it could handle with a desperate team coming in.

Once the game got underway, Pat Chambers' group saw another unfortunate break early on, as Lamar Stevens who has carried this team on his shoulders as of late, was forced to go to the bench with two fouls in the first half.

With just over eight minutes to go in the half, the Nittany Lions had to survive without their Big Ten Player of the Year candidate. Yet, they managed to only trail by four heading into the locker room.

"I was encouraged to be only down four [at half]," Chambers said. "I thought the guys hung in there and played well and there are some things we can build off of here."

The optimism from Chambers also derived from his team's poor shooting performance, another aspect from the loss which has been uncommon throughout this season.

The fact that Penn State was able to stay in the game while shooting just 4-of-19 from the 3-point line should be incredibly encouraging for Chambers and his team, as the shooting will only get stronger once Jones is ready to return.

"All these experiences toughen us up," Chambers said. "We will learn from it and get better, there is a lot of room for growth."

Building off this loss is just what the Nittany Lions need to do as the Big Ten--as we know--is going to be a dog fight every night with no easy games, at home or on the road.

And even in as tough a conference as the Big Ten, Penn State found out what it was like to win, and win decisively during this eight-game stretch.

But looking back, the Nittany Lions may realize that they needed to be brought back down to Earth. A good reality check after certain losses could prove to be a benefit for Penn State, especially as it prepares to make a run at a Big Ten Tournament championship.

"This is definitely a reality check because we've been on cloud nine for about eight straight games," sophomore Myles Dread said. "As good as it feels to win, it feels much worse to lose and we don't want to feel [that way]."

Treacherous times like these are when a team like this gains its character, as the best groups are defined by how they respond once a loss or adversity sets in.

With the end of the regular season rapidly approaching, Chambers will look to bring his team together as they prepare for quite possibly the most critical run in program history.

"I said to them in the locker room after the game that we have to come closer together now," Chambers said. "This isn't the time to point fingers or run away from each other. It's the time to come together and get even closer and have that family atmosphere even tighter. For the distractions on the outside, you just have to put your walls up, come back to work and keep getting better."

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Lindsey Toomer/Collegian

Curtis Jones Jr. (4) recovers the ball during the men's basketball game against Northwestern Saturday, Feb. 15, at the Bryce Jordan Center.