

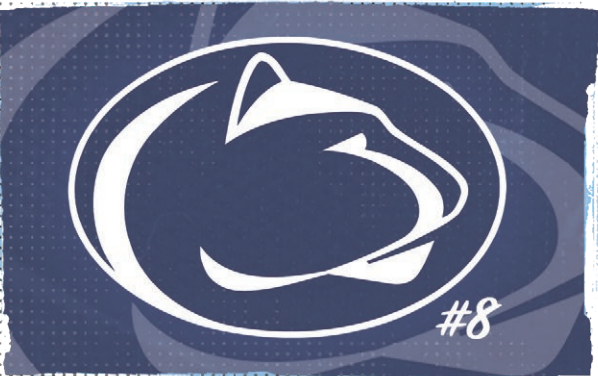


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VERSUS

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A NEW TRADITION



Graphic by Ben McClary

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Sutherland begins No. 0 tradition

By **Andrew Porterfield**
THE DAILY COLLEGIAN

Last season, then red-shirt sophomore Jonathan Sutherland received a letter in the mail stating his “shoulder length dreadlocks look disgusting.”

The letter, written by a Penn State graduate, soon went viral on social media and rallied the Nittany Lion program behind Sutherland as he took the field against Iowa the next weekend.

Sutherland’s response to the letter exemplified his leadership, poise and commitment to his teammates — all qualities making him a worthy candidate of Penn State’s newest tradition.

Sutherland was selected as the Penn State’s first recipient of the No. 0 jersey, an honor given to a special teams player who “is a tough, dependable, disciplined, physical leader and [that] inspires teammates with his accountability and production.”

The NCAA announced in February it would be allowing football players to wear No. 0 for the first time in college football history.

Now in his fourth season in Happy Valley, Sutherland has become a staple on Penn State’s punt coverage for special teams coordinator Joe Lorig.

Shaka Toney, a team captain and fifth year senior on the defensive line, has seen plenty of football players neglect special teams play over the course of his career.

“There are some guys who don’t believe in special teams in football,” Toney said. “That’s just the reality, but it’s truly a third of the game.”

Sutherland is not one of those players.

Previously wearing No. 26, Sutherland blocked two punts in Penn State’s 2019 season opener against Idaho — becoming the first Nittany Lion in program history to do so.

In 26 games played, he has caught the eye of James Franklin as one of the most committed players on special teams over the course of his career.

“You look at the number of reps that he played on special teams last year and how he graded out,”



Collegian File Photo

Safety Jonathan Sutherland (26) warms up before the game against Minnesota at TCF Stadium in Minneapolis on Saturday, Nov. 9, 2019.

Franklin said. “His approach, his mentality and his demeanor have been awesome.”

And now Sutherland will look to further his Nittany Lion legacy on a blank canvas with his new number.

“It’s a blessing, it’s an honor. There are definitely many guys on the team that are qualified for it,” Sutherland said. “I just appreciate all the support of my teammates ultimately choosing me.”

Not only were there a lot of qualified candidates for the jersey number, there were also a lot of players clamoring for the newly introduced number.

Once it was officially awarded to Sutherland, however, everyone who was vying for the jersey respected the decision.

“I had so many guys that wanted No. 0,” Franklin said. “After the announcement was made, and Sutherland got No. 0, all of the guys were like ‘I’m disappointed, but I get it’ — it’s

something that’s hard to argue with.”

Sutherland has totaled 61 career tackles alongside his two punt blocks in just two seasons played.

Not expecting to receive the jersey on Saturday, Sutherland and his teammates were caught off guard when the Penn State coaching staff presented the Canadian with the new threads.

“It was kind of a surprise to me,” Sutherland said. “They presented it at the end of practice, so they caught us all surprised because we didn’t know when they were announcing it.”

Twice being named a team captain, Sutherland is regarded as one of the players in the Nittany Lion locker room who goes about his business the right way.

And Sutherland uses that style to persuade his teammates to do the same.

“If I were to describe my leadership style, I would just say I try to lead by example,” Sutherland

“That’s why Suth has that No. 0, because he’s a complete package of what you should do when you come to play college football.”

Lamont Wade

said. “The way I approach everything on and off the field — I try to lead by example.”

A fellow captain and safety, Lamont Wade has seen Sutherland grow into the leadership position he holds today — and he hasn’t seen him slip up very often.

“Suth is your prototype ‘this is how you do it’ guy,” Wade said. “He handles stuff the right way.”

Alongside his leadership, Sutherland has also demonstrated to his Nittany Lion teammates

his work ethic to become the best player he can be.

“He doesn’t complain, he goes out there, busts his butt and does his job,” Wade said. “That’s why Suth has that No. 0, because he’s the complete package of what you should do when you come to play college football on and off the field.”

Sutherland will first be able to enjoy his new threads in Penn State’s season opener at Indiana on Saturday, a team he performed well against in 2018.

In his sixth career game Sutherland racked up a career high six solo tackles and forced his first career fumble in punt coverage the first time he faced the Hoosiers.

As a native of Ottawa, Ontario, Sutherland’s rise to prominence in central Pennsylvania wasn’t likely — but it was inevitable once he picked up a football as a young kid.

“A bunch of my friends at school were playing football, and that’s how I got introduced to it,” Sutherland said. “I played on the playground and then transitioned to Pop Warner — it works pretty similarly up there as it does here.”

Junior linebacker Jesse Luketa may not play at the same position as Sutherland on the field, but the two players have a connection not many can say they have.

They both hail from Canada.

Luketa and Sutherland are both natives of Ottawa, and have developed a relationship off of the field as two out of the four Canadians on Penn State’s roster.

“He’s not the right fit, he’s the perfect fit,” Luketa said about Sutherland receiving the No. 0. “He embodies all the characteristics of an individual who were to start a new tradition.”

With two seasons of eligibility remaining, Sutherland doesn’t only have the potential of continuing to make a name for himself as a Penn Stater — but also as a pro.

“He’s a guy that’s going to have an opportunity at the next level,” Luketa said. “Not only as a safety or in the nickel position, but as a great special teamer too.”

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GAME INFO

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Place: Memorial Stadium

Time - Saturday 3:30 EST

TV - FS1

Spread - Penn State -6.5

Over/Under - 59

PLAYERS TO WATCH

Noah Cain

Cain is set to be Penn State's No. 1 back with the absence of Journey Brown. The sophomore showed flashes of brilliance last season averaging 5.3 yards per carry and scoring eight touchdowns.

Lamont Wade

Wade enters his final season at Penn State with a tough opening matchup. Wade will be tasked with covering Indiana star Whop Philyor, who finished fourth in the Big Ten in receiving yards in 2019.

BY THE NUMBERS

8

Penn State will begin the season at No. 8 in the AP Poll. This marks the 62nd straight appearance for the Nittany Lions in the poll.

17

Penn State returns 17 starters from last season's 11-win season, which ended in a victory over Memphis in the Cotton Bowl.

16

Penn State has won 16 of its last 18 season opening games. The Nittany Lions last played a Big Ten team to open the year in 1994.



Defensive end Shaka Toney (18) celebrates the team's interception during the game against Iowa at Kinnick Stadium in Iowa City, Iowa on Saturday, Oct. 12, 2019. No. 10 Penn State defeated No.17 Iowa 17-12.

Captains honored to be leaders

By Justin Morganstein
THE DAILY COLLEGIAN

With Penn State's first football game set for Saturday, the excitement in the air is real as players, coaches and fans gear up for a return to Big Ten football.

With the season being delayed this year due to the coronavirus pandemic, so too was the announcement of the Nittany Lions' captains for this upcoming season.

But the public learned this week that there will be eight captains representing the Nittany Lions this year.

Quarterback Sean Clifford, tight end Pat Freiermuth, linebacker Jesse Luketa, offensive lineman Michal Menet, specialist Jordan Stout, safety Jonathan Sutherland, defensive end Shaka Toney and safety Lamont Wade were all given this honor in a year when they chose to stay on campus instead of pursuing other options.

Captains' Canadian Connection

While Jonathan Sutherland, an Ottawa, Ontario, native, returns as captain this year, there will be another player from north of the border who has been given a leadership role.

Starting linebacker Jesse Luketa is a captain this year, which means the two Ottawa natives have been given crucial roles to lead the team.

In addition to Luketa's new-found position as captain, he'll be tasked with trying to help

replace Micah Parsons, who opted out ahead of the season.

"If you would have told me a couple years ago that there'd be two kids from Ottawa, Ontario, as captains for the Penn State Nittany Lions — I wouldn't have believed you," Luketa said. "It's a blessing, honestly."

While the two have needed their time to develop as college football players, they are now ready to show the world the talent and leadership Canada breeds.

"It speaks to the character that me and Jonathan have, and honestly the ability and the type of talent that Canada has," Luketa said.

"I'm always trying to make sure I touch on that and try to give a little shout out to my homeland, or especially my city Ottawa."

Sutherland, a redshirt junior, was even awarded the No. 0 for the first time in Penn State history as the program built a new tradition during a unique time by giving a player who exemplifies the team core values.

"It's a big deal, especially for Jesse and I..." Sutherland said. "We just try to give the most motivation to players back home obviously, and just say to continue to pursue your goals and you can really achieve anything."

"It's a great blessing coming from where me and Jesse came from."

Captains fight for justice

Being a captain requires commitment to both the team and the Penn State community. Franklin and the rest of the coaching staff emphasize the importance

of leadership, both on and off the field.

Menet, along with the other captains, are proud to have worked on the Penn State Unite campaign, which displays awareness for social injustice with a unity logo that will be worn on both the jerseys and helmets of the Nittany Lions.

"I think it just means we're all coming together for one common goal of equality for everybody. And it was kind of something that we discussed, throughout this whole season with everything that's been going on in the world," Menet said. "It was very important for all of us to have some sort of public way to show where we stand on the matter."

The captains are aware of how big of a platform they have within Penn State's fanbase, and they are ensuring it is put to the best use possible.

"The biggest thing is unification," Toney said. "We had different ideas about how we wanted to portray everything but we just came down to color hands representing all races."

"We wanted to show that this is what we believe in and division, racism, things like that. We're not any of that here."

Stout, Toney and Wade round out the group

Completing the group of captains this season will be a defensive staple for Penn State as well as a guy who is going to be doing it all this year.

Stout has worked this offseason to try and be the kicker and

punter he and the Nittany Lions want him to be.

He now seems poised for that role, which could not only aid Penn State's special teams, but also the chance of Stout making it to the NFL.

His fellow captain, Wade, was incredibly vocal among the team and social media during the offseason.

He was one of the few who took personal initiative toward social justice issues and even led a march in his hometown back in June.

But despite being a born leader, Wade was honored to see his name on the list of captains earlier this week.

"I can't even really explain how much it means to me to be voted by your peers, by the coaches, and the players as one of the guys that's going to be one of the leaders of this team," Wade said.

Toney on the other hand, thought immediately of one of his childhood idols.

That idol is now six-time Super Bowl winner Tom Brady, who made it clear that his rings are not his biggest achievement of his football life.

"Tom Brady is one of my idols, and I remember... he says his biggest honor was being named captain his senior year at Michigan, and I just knew I always wanted that," Toney said.

"To truly be seen as a leader that everybody always can look to, I wanted the pressure of being a captain."

To email reporter: jum668@psu.edu. Follow him on Twitter at: [@jmo31800](https://twitter.com/jmo31800).

PSU brings energy to empty stadiums

By Benjamin Ferree
THE DAILY COLLEGIAN

As Penn State arrives at Memorial Stadium a few hours before kickoff on Saturday, the stadium will be quiet.

There will be no fans waiting for the Nittany Lions to get off the bus, nor will there be tailgates across the campus in Bloomington, Indiana.

And for captain and center Michal Menet, this means he will miss out on his tradition of seeing his family before the game on Saturday as the players walk into the stadium.

"I've been able to see them there, give them a big hug, and all that kind of stuff," Menet said.

The scene will be vastly different as Penn State opens its season against Indiana, as the Big Ten conference ruled no fans will be in attendance at games this season due to the coronavirus pandemic.

"This kind of takes it back to pure football. We're not playing for all the eyes that are on us," specialist Jordan Stout said.

"We're playing for our teammates, and I think this is gonna be really interesting to see how people react."

However, players' families will be able to attend games this season, something Menet is excited for.

"My parents are going to get to every game they can," Menet said. "I know they're going to Indiana, so I'll be excited to see them there."

While James Franklin supports the conference's decision to allow families into the stadiums, he also knows it could create a risk with the coronavirus as players interact with their families after the games.

In order to mitigate risk, Franklin asked parents of student-athletes to get tested before attending games, wear masks and social distance, to avoid any outbreaks.

"We have to do a great job of managing that," Franklin said. "We've heard of another program that had a few positives, and that's what it was from — dinner after a game or an

interaction after a game."

According to a release from Ohio State, the Big Ten has provided each school with crowd noise tracks that will not play higher than 70 decibels during the game and can be increased to 90 decibels during celebration moments, like a touchdown or turnover.

According to Menet, Penn State has spent the week practicing to this crowd noise at the level it will be played on Saturday.

"It's definitely going to be different, but I think we're gonna be just as prepared as anybody else in the country — if not the most prepared — because that's kind of how we've been practicing," Menet said.

"Coach Franklin takes pride in making practice as much like a game as it can be."

But as much as the Penn State coaching staff can prepare its players, there is going to be a different feel in the stadium all season long.

The key will be making sure the Nittany Lions don't let it impact them as they will be missing out

on energy from the crowd.

"We're definitely going to miss that this year, but I think just the energy that we're going to be able to pour into each other on the sidelines and before the game is going to be key for us," Menet said.

And for captain and linebacker Jesse Luketa, he is ready to hype up his teammates throughout the game.

"Our 107k fans, we love them, we rely on them. But regardless, we are going to find ways to feed off of each other," Luketa said. "We are going to make sure the guys on the field, they can feed off it and maximize it."

Stout said the lack of fans won't change anything from a kicking perspective for him, but he will miss the fans' presence.

"For me, it doesn't change anything. When there are a lot of fans, I know my adrenaline's up," Stout said. "I feel like I kick the ball a little farther, but all I need is my teammates out there with me."

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

Benjamin Ferree



What to watch for: With neither team having much time to prepare for this game, truly anything could occur. I would expect to see some ugly football, especially early in the game as both teams work out the kinks of having new offensive coordinators.

Score: Indiana 34, Penn State 31

Evan Patrick



What to watch for: Penn State's pass rush and secondary will be key in slowing down a potentially dangerous Indiana offense. Penn State's inexperienced receiving corps will be the deciding factor for the Nittany Lions' offensive potential.

Score: Penn State 38, Indiana 34

Justin Morganstein



What to watch for: Penn State's defense against Indiana's offense will be the matchup to look out for. With dual-threat QB Michael Penix and dynamic running back Stevie Scott III, the Hoosiers should be able to move the ball this season. But Penn State's defense gets the late stop it needs.

Score: Penn State 30, Indiana 26

Andrew Porterfield



What to watch for: Everyone in college football had an odd offseason, and both Penn State and Indiana will be feeling those effects early. There will certainly be some early season rust from both teams, so expect some poor plays every now and then.

Score: Penn State 31, Indiana 23

Guest Picker: Grace Miller



What to watch for: It will be interesting to see how teams handle playing in stadiums without fans. The game will finish with the same score as last season but with the inverse result because 2020 has been one of those years.

Score: Indiana 34, Penn State 27

‘Make liberals cry again’

Donald Trump Jr. stops in State College for campaign to reelect his father

By Megan Swift
THE DAILY COLLEGIAN

On Tuesday, Oct. 20 during a campaign event in support of Republican President Donald Trump, Donald Trump Jr. asked students in the crowd to raise their hands if they thought they would be academically penalized if their teachers knew they were attending. Many attendees raised their hands.

Trump Jr. pointed out that many “college-aged” students were in attendance for the event, which took place at Fullington Trailways in State College.

Caitlin Johnston, the event coordination and social media executive board member of Turning Point USA at Penn State, was one of the Penn State students in attendance.

“I decided to come out and see what it’s all about,” Johnston (junior-recreation, park and tourism management) said. “We all think [the election is] going to be pretty close, like too close to call.”

Johnston said Turning Point members discussed the upcoming election during a recent meeting.

“We’re kind of predicting that Trump’s going to win,” Johnston said, “[but] there are a couple people in the club who think Biden’s going to pull through.”

Alex Sakal, another Penn State student in attendance, predicted there wouldn’t be a clear winner of the election.

“It’ll be madness... one of a kind,” Sakal (sophomore-mechanical engineering) said about the upcoming election. “As for who will win, I have no idea anymore.”



James Riccardo/Collegian

Donald Trump Jr. speaks to a crowd of supporters on behalf of his father’s reelection campaign during the Make America Great Again Rally Tuesday, Oct. 20 at the Fullington Trailways bus station.

Both Jordan Zaia and Kyler Lewis said they believe Trump will win on Nov. 3.

“With my major, I’ve always been interested in politics... and seeing Trump in office has really shown the way it’s supposed to be done,” Zaia (junior-political science and history) said. “Trump 2020 is the best way to keep America great.”

Though Zaia believes “Trump will prevail” in the election, he also believes the election will be “close.”

Lewis (sophomore-history) attended the event because he was unable to attend Trump’s recent campaign event in Harrisburg.

“I’m here because I wanted to see something historic,” Lewis said. “It’s not often you get to do that.”

Lewis said students should “go out and vote.”

“I think it’s going to be a close one, but I think Trump [will edge] it out over Biden,” Lewis said. “I think we [will] get the win.”

During the event, Trump Jr. criticized former Vice President and 2020 Democratic presidential nominee Joe Biden, his son Hunter, the Democratic Party and the media.

“This [election] is 2016 on steroids,” Trump Jr. said. “[The Democratic Party] no longer represents what it used to... it used to represent hard work.”

Trump Jr. used the nickname “blue-collar Joe” when talking about Biden, and said being an elected senator is “not a blue-collar job.”

“I’m the son of a billionaire from Manhattan, and I’ve had more blue-collar jobs

than Joe Biden,” Trump Jr. said. “Biden supported every trade deal in America that sent our jobs abroad... he destroyed blue-collar jobs.”

Trump Jr. called Biden “racist,” and pointed out that 2020 Democratic vice presidential nominee Sen. Kamala Harris called him this term during the primaries.

According to the Associated Press, however, Harris has not called Biden “racist.”

“She literally almost makes Hillary [Clinton] seem like a genuine person,” Trump Jr. said about Harris. “In the race to see who is the greatest phony, [Harris and Clinton] are the Usain Bolts of ‘phony.’”

After comparing himself to Hunter Biden, Trump Jr. spoke about the First Amendment in relation to social media platforms that have censored content, such as Facebook.

“[If you don’t see that] your freedom of speech... is not on the table right now, you haven’t been watching,” Trump Jr. said. “Those actions... don’t remind me of America. They remind me of communist China.”

Trump Jr. spoke about Harris’s plan to “give stimulus to illegals.”

“We want American taxpayer dollars going to Americans first,” Trump Jr. said, which elicited cheers from the crowd. “[Harris’s plan] has nothing to do with helping the hard working Americans; it has to do with helping anyone but. Why is it controversial to put Americans first?”

Trump Jr. said the media is on Biden’s side, and spoke about what he believes to be his father’s best accomplishments while in office.

“The swamp is real [and] the swamp has teeth,” Trump Jr. said. “Donald Trump is the guy that did prison reform, the guy that pushed for opportunity zones in inner cities through the First Step Act because he cares and because it’s

the right thing to do.”

Trump Jr. pointed out a member of the audience, a friend of his, who was an “architect of Middle East peace.”

“[The media] spends more time fact-checking my sister that week at the Republican National Convention than talking about Middle East peace,” Trump Jr. said about his father’s peace negotiations. “We heard about it for our whole lives... Trump gets it done, and no one even talks about it.”

Trump Jr. also spoke to the crowd about being conservative in today’s political climate.

“I get that it’s not that easy being a conservative, and it’s less easy being a vocal conservative,” Trump Jr. said. “Donald Trump has opened the door... now we [have to] walk through it.”

He said to the crowd that he needs them to mobilize and vote.

“The economy is on the table, freedom of speech is on the table [and the] Second Amendment is on the table,” Trump Jr. said.

Trump Jr. said right before his father announced his intention to run for president in 2016, he said, “and now we find out who our real friends are” to Trump Jr. and the rest of his family in an elevator.

“He knew exactly what was going to come... the second you put that little ‘R’ next to your name as [a] Republican, he knew [some of his friends] would be gone,” Trump Jr. said. “He knew that, and he did it anyway.”

Trump Jr. told the crowd to “get out there and fight for it” and “don’t leave anything to chance” for the remainder of time between now and the election because it’s “worth it.”

“We will make liberals cry again, and in the process we will make America great again,” Trump Jr. said at the conclusion of the event. “Thank you, State College.”



James Riccardo/Collegian

Attendees wait for Donald Trump Jr.’s appearance on behalf of his father’s reelection campaign during the Make America Great Again Rally Tuesday, Oct. 20 at the Fullington Trailways bus station.

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Alumna writes book about Frida Kahlo

By Kit Schroder
THE DAILY COLLEGIAN

Arianna Davis has been fascinated by Frida Kahlo’s art and life story since she saw the movie “Frida” in high school.

Now, Davis has released a book on Oct. 20 inspired by the Mexican artist titled “What Would Frida Do?: A Guide To Living Boldly.”

Davis graduated from Penn State in 2009 with a degree in digital and print journalism.

Davis said she thinks readers can learn and take inspiration from stories of women and women of color who broke barriers to overcome life obstacles like Kahlo.

“I think that now with the newer generation, [Kahlo] has kind of taken on a new life, especially with social media,” Davis said. “There’s people who post her quotes, or post images of her, or post her art, but they don’t necessarily know her story.”

Davis said she learned a lot about writing and editing while at Penn State, and her professors “encouraged” her.

“[My professors] made me feel that I was a strong writer and that I could actually go after this dream that I had of being a journalist and an author,” Davis said.

At Penn State, Davis was a lifestyle reporter for The Daily Collegian during her sophomore and junior year. During her senior year, she started as managing editor for Valley Magazine and worked as editor-in-chief her last semester.

Marie Hardin, who is now the dean of the Bellisario College of Communications, was one of

Davis’ professors. Davis took a copy editing class with Hardin and also participated in an internship program Hardin ran.

“Arianna was a go-getter, so any time that she realized she was struggling with something, she would ask for extra work to improve,” Hardin said. “I can remember working with her one-on-one to help improve her editing skills.”

Hardin said she has already pre-ordered a copy of Davis’s book.

“It’s been sitting in my shopping cart on Amazon,” Hardin said. “I’m hoping to get her autograph next time I see her. She’s a superstar, and I’m so proud of her.”

Bob Martin, the assistant dean for internships and career placement in the College of Communications, hosted Davis as a guest speaker recently for a collegewide talk on maximizing social media engagement.

“She is fantastic,” Martin said. “She always goes the extra mile for students, and she’s always volunteering.”

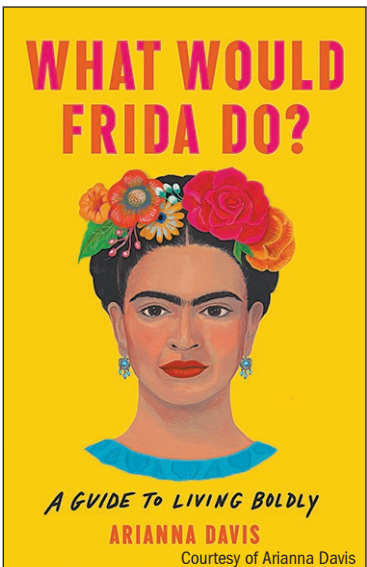
Martin said he is looking forward to reading her book.

“She is absolutely tremendous,” Martin said.

Davis is now the digital director of Oprah Magazine. She said she oversees all things digital, including the stories that go on the website and social media platforms.

In her professional career, Davis also had the opportunity to interview Oprah and Hillary Clinton.

“Throughout my career, I’ve gotten to write and edit, and now assign, stories that I think are really meaningful, particu-



larly to women and women of color, which I think we really need during these times right now,” Davis said.

The process of writing her book happened “a little bit backwards” for Davis. Her publisher, Seal Press, reached out to her first when they had the idea to publish a book inspired by Frida Kahlo.

“They actually had heard through the grapevine through an old coworker of mine at Refinery29 that I was Frida Kahlo-obsessed,” Davis said.

Seal Press then reached out to Davis to gauge her interest in writing a book about Frida Kahlo. Davis said she immediately agreed, because it sounded like “a dream project.”

In spring 2019, Davis said “everything came together,” and she spent the next eight or nine months researching and writing the book.

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

Film depicts student’s experience at Penn State

By Joshua Chu and Maddie Turner
THE DAILY COLLEGIAN

What started as a class project has turned into one School of Theatre student’s journey to share his experiences as a Black Penn State student through film.

On Oct. 16, Penn State Centre Stage Virtual debuted the film “The Black Boy Who Thought He Had It All” by Jalen Martin.

In the film, Martin (senior-acting) depicts his experiences at Penn State in a manner he hopes will help him to cope with past and present hardships.

Since the story was originally written as a play, Martin said he had to convert it into a film. It took about 20 hours to film.

Penn State alumna Katie Nixon has helped Martin promote the piece. Nixon graduated in 2019 with a Bachelor of Fine Arts in acting.

“Jalen helped me promote my show at Penn State,” Nixon said. “So when I heard that Jalen was doing his own one-person show, I offered to help him in whatever way I could.”

While Nixon said the film could be controversial due to the content portrayed, she said it is the truth, and it is important the truth is known.

“Jalen’s story is powerful. It’s complex,” Nixon said. “There’s nothing simple about navigating an aggressively white institution while being told that you and your ideas are insignificant because of your skin color. And that’s what Jalen and other Black students deal with at Penn State every day.”

Since Penn State is a predominantly white institution, Martin’s goal is to help others understand his experience.

Simultaneously, Martin is using the film to find inner peace and forgive those

who have negatively impacted his college experience.

“Jalen’s writing explores what it is like for him on the good days and the bad. Penn State has a long way to go in order to make students of color feel comfortable,” Nixon said.

“We have not yet reached equality.”

Martin started creating his piece while in a hip-hop theater class taught by dance professor Aquila Kikora Franklin.

Franklin had her students create a piece that would allow them to express themselves. For Martin, he said this was his opportunity to show the Penn State community what being a Black student is like.

“Writing this and performing this has done that for me in a way,” Martin said.

“And I feel like I’ve been able to forgive certain people and move on from things that have happened because I went through this process.”

After a trip to London where Martin said he saw more apparent racial issues, he decided to turn his class piece into a full-length production.

When creating its virtual season, Martin said the School of Theatre decided his piece would be a good fit to present.

“I also wanted to do it to liberate other students of color and Black students to speak their truth and to create space for that to happen,” Martin said. “To have power while doing that, and be unapologetic about it, and not do it in a way that’s gonna be comfortable for white audiences.”

Franklin continued to help Martin with his piece and served as the film’s director.

Similar to Martin, Franklin wanted to create something that could connect with the audience while allowing Martin to tell his experiences.

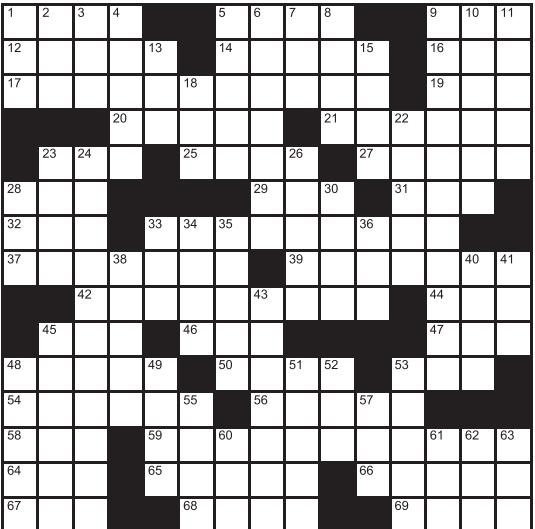


Courtesy of Arianna Davis

Puzzles

Across

- 1 A Barrymore
- 5 Desire
- 9 Minor player
- 12 Raring to go
- 14 Pizzeria fixtures
- 16 It needs refinement
- 17 Can be good and bad
- 19 “O Sole ____”
- 20 Beef on the hoof
- 21 Imbibed
- 23 Cigarette’s end
- 25 “Woe is me!”
- 27 Wrinkled fruit
- 28 Eskimo knife
- 29 Ref’s call
- 31 Giant of a Giant
- 32 Big pooch, briefly
- 33 Super Mario Bros., e.g.
- 37 Fail to detonate
- 39 Like a tank
- 42 Percussion instruments
- 44 Nuptial agreement
- 45 Narrow inlet
- 46 Nothing at all
- 47 Sleep unit?
- 48 Frame job
- 50 Cry from a crib
- 53 London’s Big ____
- 54 Entertained
- 56 Philanthropist
- 58 Blubber
- 59 Conventional
- 64 Compass dir.
- 65 Duck down
- 66 Eccentric
- 67 Map lines (Abbr.)
- 68 Corn bread



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Down

- 69 “Trick” joint
- 11 Hollow rock
- 13 Soak flax
- 15 Faux pas
- 18 Expanse
- 22 TV teaser
- 23 Jai ____
- 24 Some teachers
- 26 “Cheers!”
- 28 Danube city
- 30 Folklore fiend
- 33 Seven, Roman
- 34 Ayatollah’s land
- 35 Jeans material
- 36 Radio settings
- 38 Wives, in Pfalz
- 40 Biblical plot
- 41 Female antelope
- 43 Make happy
- 45 Send back
- 48 More secure
- 49 Singer Seeger
- 51 Watered-silk
- 52 Army member
- 53 Small stream
- 55 Mr. Unexciting
- 57 Lubricate
- 60 Big deal
- 61 Oui’s opposite
- 62 Gibbon, for one
- 63 Caustic chemical

WORD SEARCH

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Comedy Night

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

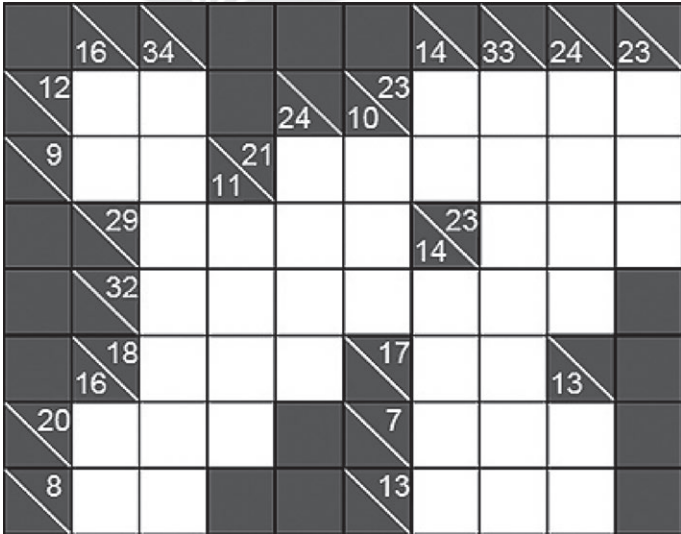
AMUSE
APPLAUSE
AUDIENCE
AWARDS
BARBS
DELIVERY
DIALOGUE
ENTERTAIN
FARCE

FUNNY
GENRE
HUMOR
IMPRESSIONS
IMPROVISE
JOKES
LAUGH
LUDICROUS
ONE LINER

PARODY
RIDICULE
SATIRE
SKIT
SLAPSTICK
STAGE
STAND UP
WITTY
WOODPLAY

Kakuro (Cross Sums)

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



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Professor supports students through piano

By Quincey Reese
THE DAILY COLLEGIAN

Penn State professor of mechanical engineering Laura Pauley has taken piano lessons for 17 years, but has only performed on stage once prior to this semester.

With the coronavirus pandemic shifting her fluid dynamics classes to the State Theatre, however, Pauley’s onstage experience has expanded.

Since the second week of the fall semester, Pauley has devoted the last 10 minutes of each Friday class to remind her students of the importance of self care, where she plays a piece on the piano.

Pauley’s self care topics include the importance of getting enough sleep, eating well and taking time to relax or pursue a hobby.

Pauley said she thought of the idea when classes moved online at the end of the spring semester. Given the uncertainties and additional stresses presented at this time, she said she was inspired to open each of her Zoom classes a few minutes early and check in on how her students were doing.

“We just need to be more aware of our mental health and our mental wellness, because this is such a strange, new situation that none of us are really prepared to handle,” Pauley said. “At times, I feel the pressures of it, the stress of it also, and I wanted to let students know that they are not the only ones.”

Since she was teaching from home at the time, Pauley said she had also started playing piano more and wanted to share this with her students.

By the time the fall semester rolled around and she discovered she would be teaching two sections of Mechanical Engineering 320 in the State Theatre, Pauley decided to continue what she had started in the spring.

Helena Clauhs, one of Pauley’s students, said Pauley has also made a strong effort to keep her classes in person, and mentioned the importance of following coronavirus mitigation protocols.

Clauhs (junior-mechanical engineering) added that Pauley’s discussions of physical and mental wellness mean even more in light of the challenges presented by the pandemic.

“Taking time for yourself is always important, but especially during COVID it’s important to self-reflect, and the fact that she

is willing to sacrifice class time to make sure that her students do that is awesome,” Clauhs said.

Pauley said she also gave her students a presentation on negative self-talk that she created when she was asked to give a “TED Talk” for a student organization.

According to Pauley, the idea for this presentation came from one of her previous New Year’s resolutions.

“I just found myself waking up in the morning and saying ‘oh, I’m tired,’ or ‘oh, I’m grumpy today,’ or ‘oh, I don’t want to get out of bed,’ and I realized I’m putting those thoughts into my head, and there’s no one else around,” Pauley said. “Why am I starting my day in that way?”

Pauley said she has given the negative self-talk presentation to her students each year since she created it, fitting it in around midterms or finals.

In class on Oct. 9, the day before World Mental Health Day, Pauley said she utilized a photo of stained glass in the Notre Dame Cathedral to demonstrate the value of all people and their unique qualities.

“The diversity of people in the world is what creates something beautiful, like the stained glass,” Pauley said. “If all the glass was the same color, it wouldn’t be as interesting as it is with all of the different colors... When any one [piece] is missing, we all miss out.”

Pauley said she also took this time to discuss the impact of suicide, and to remind her students to keep an eye out for one another and themselves.

“Suicide affects everybody around that person, too, and they’re left with a void,” she said. “Part of the beauty and part of the world is missing when we’re not all involved.”

Logan Yoder said Pauley told the class about a friend of hers who died by suicide in college, which he said reminded him to value relationships and to be more intentional about checking in on the mental health of his friends.

Yoder (junior-mechanical engineering) said because of her efforts to check in with students, Pauley has become a role model for him.

“It feels like sometimes she’s given me more advice about life than what my parents may have in 20 years of raising me, and it’s really special... as an educator to do that,” Yoder said. “I think the



Laura Pauley, a mechanical engineering professor, plays the piano at the State Theater on Friday, Oct. 9, 2020 in State College, Pa.

most impactful people in my life were teachers like that who could go beyond the material and kind of teach me life lessons, and I really appreciate that.”

So far, Pauley has performed pieces in class such as “Moonlight Sonata,” “Clair de Lune” and “Chopin Nocturne #2” in E flat Major.

Pauley also said she takes time to remind her students to take breaks from school and find a hobby that “brings them happiness and a little diversion from the crazy COVID reality.”

She said playing the piano served this purpose for her when she was a student, as she practiced two hours a day through her undergraduate and graduate education.

“The piano is my relaxation and my serious hobby,” Pauley said. “I just found, as a student and now, that through my life it’s an important diversion, relaxation, something to get away from everything else going on in the day.”

Yoder said he finds it “refreshing” that Pauley takes time to discuss self care and play piano for her classes on Fridays, especially because of the “high stress” environment that sometimes accompanies engineering courses.

Yoder also said he hopes to see more professors do things like this in the future. He added that college is “one of the most important times for [students] to learn more about life.”

“Some of the things that Dr. Pauley has talked about and I’ve reflected on [have helped me] learn things that are going to help me far beyond the content of my courses will help me, and that’s coming from somebody that really values the content,” Yoder said.

Mirroring this sentiment, Nicholas Errante said he appreciates the care Pauley shows for her students through this Friday practice.

“Sometimes it can be a stressful lecture where you’re kind of confused, and then you realize that your professor is actually there for you and doesn’t want to see you confused or anxious or stressed,” Errante (junior-mechanical engineering) said. “She tells you to take time to make sure that you’re OK and not always freak out about the homework or what’s going on in class.”

Even though it is only for 10 minutes on Fridays, Masen Nartatez said this break in his day has been valuable to him, especially since engineering is a “far cry from anything related to talking about mental health or listening to music.”

“I like that she takes a little bit of extra time to connect with us on a level other than fluid dynamics,” Nartatez (junior-mechanical engineering) said. “I really appreciate the gesture to just kind of break things up during the week.”

Errante said he has seen other students express equally positive thoughts toward Pauley’s efforts via the class GroupMe, and Clauhs said she and some of her classmates have emailed Pauley to thank her.

“If you watch the numbers on the Zoom, nobody leaves,” Clauhs said. “Everybody wants to stay and hear what she has to say.”

In the future, Pauley said she plans to continue discussing self care and mental health with her students, even after the pandemic is over.

With 32 years of teaching experience at Penn State under her belt, Pauley said she has spoken with a lot of students who have expressed concerns that they are the only ones with questions and uncertainties in their lives and future career paths.

Knowing this, she said she has been working to remind students that they are never alone in their struggles, and she hopes to continue doing this moving forward.

“In my department, some students feel that everybody else seems so confident,” she said. “Many people are questioning things in private, but they put up a strong front, so I think it’s important for students to know that we are all a work in progress, we’re all learning, we’re all trying to figure things out.”

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Lauren’s Promise added to professors’ syllabi

By Christina Baker
THE DAILY COLLEGIAN

When University of Utah student Lauren McCluskey was murdered by her ex-boyfriend in 2018, her death and the resulting investigations cast light upon higher education’s shortcomings in combating intimate partner violence.

McCluskey’s death led her mother, Jill McCluskey to reflect on the role professors can play in preventing another such incident.

“If I had had a student in Lauren’s situation, I would have definitely been able to help her,” McCluskey told The Daily Collegian. “I just wish that there had been... a responsible person with a voice of authority that could have been an advocate for her and directed her to resources and helped her.”

Therefore, McCluskey, a Regent’s professor and the director of Washington State University’s School of Economic Sciences, created Lauren’s Promise — a statement professors can put on their syllabi to tell students they are a person to come to for help if a student is experiencing intimate partner violence.

Now, Penn State’s University Park Undergraduate Association has passed a resolution promoting Lauren’s Promise, and similar legislation is in the works in the Faculty Senate.

Erin Boas, who cosponsored the UPUA legislation, said she learned about Lauren’s Promise when Penn State professor Jadrian Wooten, for whom Boas (junior-international politics) is a teaching assistant, tweeted that he planned to add it to his syllabus.

“I always kind of have my eye out for different things that people are wanting to either enact in the classroom or things on their syllabus,” Boas said.

Wooten, an assistant teaching professor of economics, said he learned about Lauren’s Promise from McCluskey, who was his adviser when he was getting his doctorate at Washington State.

Wooten added Lauren’s Promise to his syllabus in the

fall 2019 after he saw McCluskey announce it on her Twitter account.

Intimate partner violence has become more common since the coronavirus pandemic began, but Boas said she would have created the resolution regardless.

“Domestic violence and relationship abuse has always been a problem... not only at Penn State, but just everywhere,” Boas said. “It definitely has been more of a concern with COVID-19, but I do think that it’s something that has to be addressed with or without COVID-19, because it’s always been a problem.”

Boas said Lauren’s Promise will hopefully function the same way as the Red Folder Initiative, where professors display a red folder filled with resources for students in need as a signal that students can come to them for help.

The version of Lauren’s Promise in the UPUA legislation states that the professor will listen to and believe any student who comes to them seeking help for domestic or sexual violence. It also includes a list of all the resources in Penn State and State College for those affected by domestic violence.

Patricia Birungi, who also cosponsored the UPUA legislation, said Lauren’s Promise is especially important at a school as big as Penn State.

“Oftentimes [schools] have a lot of resources to support people, but specifically when it comes to things like the protection of women and just violence against women, it might be hard to find those specific avenues and ways that we can gather help and support,” Birungi (junior-biobehavioral health) said.

Wooten said the list of resources is one of the most important parts of Lauren’s Promise, because it means he can help students without forcing them to have a difficult conversation.

Because all professors are mandated to report any domestic or sexual violence to the university, Wooten said, students are often too scared to

come to him for help.

“Before they’re able to say anything, [I let] them know, ‘If you’re about to tell me something happened that was related to sexual assault, I have to report it.’ And a lot of times students — they don’t want to report it, they don’t want anybody to know,” Wooten said.

“I start talking more generally, I’m just saying like, ‘Look, I know that there are resources available,’ and, ‘This would be a great place for somebody to go.’”

Wooten and Birungi both said it was important that the resources included both on-campus and off-campus resources, because resources not provided by the university are not mandated to report domestic violence.

To Wooten’s knowledge, he is the only professor at Penn State who has put Lauren’s Promise on his syllabus, although Birungi said she knows of professors who have put similar statements on their syllabi.

Still, Wooten said he doubts that many professors would put Lauren’s Promise on their syllabi unless it was mandated by the Faculty Senate.

However, Wooten and McCluskey both said they didn’t think Lauren’s Promise should be mandated. McCluskey said the promise means more that way, and Wooten said it’s important that faculty not make the promise if they’re not prepared to help students.

McCluskey said the most important part of Lauren’s Promise is that it’s part of a larger “culture change” — that universities are listening to and believing those affected by domestic violence.

“One thing that led to the tragedy, there was this culture of not listening, not believing, not helping,” McCluskey said. “And so, when people do make Lauren’s Promise, when it’s displayed, I think that helps change the culture, when each person that adopts it displays it and is committed to it... I think many lives will be saved because of it.”

Now that UPUA has passed its legislation, Lauren’s Promise will move to the Faculty Senate. All

UPUA representatives who are in the Academic Affairs committee also serve in the Faculty Senate, and they will lobby on behalf of Lauren’s Promise once the Faculty Senate writes its version of the legislation, according to Birungi.

Boas said the Faculty Senate Committee on Educational Equity will likely vote on the legislation in the Dec. 1 senate meeting.

McCluskey, who has been keeping up with the promise’s legislation in UPUA, said she will continue to closely follow its progress in the Faculty Senate.

In addition to the legislation in the Faculty Senate, UPUA will promote Lauren’s Promise to individual colleges and professors, according to Boas, and representatives will soon meet with Penn State Student Affairs and the Center for Sexual and Gender Diversity to discuss Lauren’s Promise.

Boas coordinates UPUA’s newly created Women’s Empowerment Roundtable, and said she will continue to advocate for those affected by domestic violence in that capacity.

McCluskey said there are several measures she would like to see universities take in addition to Lauren’s Promise, including several reforms regarding campus policing systems.

Although it’s important that campus police are involved with organizations like campus housing, wellness and psychological services for when a student reports domestic violence, their presence can also dissuade victims out of fear that the police will mishandle their case, which happened to Lauren, McCluskey said.

McCluskey said the campus police who handled Lauren’s case failed to take her seriously, and one officer downloaded and shared intimate photos that Lauren’s ex boyfriend was using to blackmail her.

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



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Senior captains rise to leadership challenge

Three Penn State women's soccer captains lead by example during a pandemic

By Madeline Lapreziosa
THE DAILY COLLEGIAN

Seniors Sam Coffey, Kerry Abello, and Frankie Tagliaferri didn't expect their final seasons at Penn State to play out the way they have, but the three captains relish the chance to lead their team through a fall semester devoid of official competition.

The trio of Coffey, Abello and Tagliaferri was designated as official team captains in July. They're excited to lead alongside each other, as Coffey mentioned their close bond.

"We're all such close friends and just being able to do that with people who I personally consider like sisters is so special," Coffey said.

Abello added that they are "a perfect trio" because each of them provides her own leadership strengths.

The qualities each of the three present derive from their roots and personal values.

As a leader, Coffey says she draws inspiration from her Christian faith, which has instilled selflessness and responsibility within her.

"Being a captain means ultimately just serving the team in any way that I can and putting them always before myself," Coffey said.

Coffey also possesses a naturally positive outlook on life and tries to transmit her mindset to the rest of the team.

"I ultimately believe that we have a choice as to how we address everything and how we respond to everything," Coffey said.

"I think my personality as a leader is just always choosing



Noah Riffe/Collegian

Midfielder/forward Sam Coffey (17) gets introduced and high fives teammates before the match against No. 3 Stanford on Friday, Aug. 23, 2019 at Jeffrey Field.

to see the good, to find the joy in things, to find the opportunity to grow. I really just hope to bring my teammates along with me in making that right decision of allowing whatever circumstances we're facing to help make us better as people and as players."

Coffey enters just her second season with the Nittany Lions, as the midfielder from Sleepy Hollow, New York, transferred to Penn State from Boston College in 2019.

She reflected on how the team has always encouraged her leadership, even when she was a newcomer a year ago.

"When I got here it took some time for me to get through the feelings of being an upperclassman, yet still feeling like a freshman and not knowing things and getting lost everywhere," Coffey said. "I think once I got out of my own way and just realized that I had a lot to contribute as a leader,

that's when I really was able to find my voice and confidence in leading this group."

Tagliaferri stated that being open and vulnerable to her teammates is important in the way she leads.

"To me, a good captain is someone that listens to their team and also learns from their team," she said. "The most important part of being a captain is listening to how they feel, what their priorities are and what they need."

Tagliaferri, who is from Colts Neck, New Jersey, also attributed her leadership qualities to her close family atmosphere at home. Abello's goal as a captain is to raise up her teammates and motivate them, a quality that her parents instilled in her at an early age.

"The best advice I've ever received in terms of leadership in general is that leadership is making everybody else feel

like they're 10 feet tall, and just that idea of giving other people the confidence to be their best self," she said.

Following in the steps of last year's captains — Kaleigh Riehl, Ellie Jean, and Amanda Dennis — this season's leaders have taken inspiration from those who came before them.

"They were just an exceptional example of Penn State women's soccer standards and our pillars and everything that we are," Coffey said. "We honestly just want to make them proud and follow the great example that they set for us in the way that they led this team last year."

Abello expressed her admiration for 2018 captain Maddie Nolf, whom she admittedly looks up to.

"I think she really had that quality of lifting other people up, and it is what I aspire to do," Abello said. "She made everyone feel like they were their best, that

they could try new things on the field, that they could be themselves, and she would just love them unconditionally while also pushing them to be better."

While Coffey, Abello, and Tagliaferri serve as the team's designated captains, the Nittany Lions field a squad with many players who are ready to step up when needed.

"Even though we have designated leaders, we have a team full of leaders," Abello said. "We are constantly developing the younger players because we always tell them, 'This is about to be your team in a blink of an eye.'"

Abello also explained how having an entire team of leaders translates to success on the pitch.

"Especially on the field, you need different leadership qualities and personalities in different moments," she added. "Even though we have our two or three captains in whichever season, those captains will always still look to other players on the team in certain situations and in certain moments." Dambach admitted that there is a lot asked of this year's captains amid the unprecedented circumstances surrounding the coronavirus pandemic, but she believes that Coffey, Abello, and Tagliaferri have risen to the challenge.

"They're having to make really hard choices right now, and they're having to lead by example in areas that, frankly, it's a lot to ask of 18-to-22-year olds," Dambach said. "I think that this is the most challenging leadership season that I've been a part of, and I think there's no better captains to lead us through than these three."

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Follow her on Twitter at [@MadzX34](https://twitter.com/MadzX34).

How playing multiple sports impacted four Nittany Lions

By Ben Serfass
THE DAILY COLLEGIAN

Playing one sport at the collegiate level is difficult on its own, but playing multiple sports while managing academics is also no simple feat — whether it's in college or growing up.

Penn State women's volleyball's Keatan Broughton, and women's hockey's Jess Ciarrocchi, Julie Gough and Maeve Connolly all played multiple sports growing up, which largely impacted their careers and helped get them to where they are today.

Ciarrocchi, who is set to play her first season in Happy Valley this year, had the opportunity to play co-ed sports in recreational sports leagues, including football, baseball and hockey.

"Football was definitely something different... Not only was I the only girl, but I was also the running back and quarterback, so I was always being targeted," Ciarrocchi said. "The other teams knew who I was. I was the little fast girl who would run around and score touchdowns, and on defense I was the girl you couldn't get by."

Ciarrocchi was also a member of Hill School's girl's lacrosse team, which she attributed her playing style on the women's hockey team to, along with her time spent playing football.

"I really do miss football. I learned such an aggressive style of play and I really translated that to my personality and the way I play hockey," Ciarrocchi said.

Broughton was an

accomplished multi-sport athlete in high school who, other than volleyball, played basketball and ran track.

In both her freshman and sophomore year of high school, Broughton was a member of her high school's track team, winning state titles in both years, and was a part of the state champion shuttle team her sophomore season.

Broughton believes that running track not only benefited her from a competitive standpoint, but from a health one as well.

While participating in track, Broughton ran hurdles, which she believes helped to prevent some of the hip injuries that many of her teammates on the women's volleyball team may struggle with in their careers.

"I really liked track when I did hurdles because it stretched my hips out a lot, so I feel that I do not have as many hip problems as my teammates right now," Broughton said.

Gough attended a relatively small high school that only graduated roughly 300 students, but the small size allowed her to play the majority of sports her school had to offer, such as badminton, ultimate frisbee, volleyball, soccer and basketball.

late nights that were filled with school work and practices during her high school athletic career — and because of it, managing her time as a Nittany Lion hasn't been all that difficult.

"I definitely think that has helped me here [at Penn State]," Gough said. "I want to focus and get my school work done before I

go to practice, or have a schedule that when I get home from practice says 'I'm going to do this, this and this.' I definitely think it's helped me be more organized and focused on the task I need to get done."

Connolly, a former member of her high school's track and field and soccer teams can also attest to the idea that playing multiple sports has helped her become more organized and better prioritize her tasks at hand in college.

"I would go from school to soccer to hockey, and then you get home, and still have all your homework to do," Connolly said. "You kind of learn to get time management down more, and now that has helped me to learn my schedule and make a plan of what I have to do."

Today, many top athletes grow to focus primarily on one individual sport, and have gotten away from the idea of playing multiple sports at the high school level and below.

Broughton, Connolly, Ciarrocchi and Gough are the exceptions to this current way of thinking.

All four of these Penn State athletes believe that playing several sports before their collegiate careers has helped them adjust and dominate in their respective sports as Nittany Lions.

That being said, young athletes today tend to specialize in one particular sport.

This is something that Connolly and her colleagues disagree with. "I would suggest that younger kids definitely stay in multiple sports," Connolly said. "There are just a lot of things you don't know when you're young, and I would say just play as many sports as possible. Sports are so fun, so why would you want to cut yourself off and play just one?"

Her teammate Gough also believes it is important to not close yourself off from new opportunities in other sports, whether the opportunities are related to the sport itself or not.

"I definitely think that playing multiple sports has helped me in the long run," Gough said. "I would suggest to younger kids to always put yourself out there. You just don't know. You might like baseball, but you also might like lacrosse way more, and you don't know until you try it."

For Ciarrocchi, it's the social aspect and the connections that she created, which she encourages younger athletes to take the most advantage of.

"Growing up, I met so many awesome friends that I still talk

to today, just from all the different sports I've played," Ciarrocchi said. "If I didn't play football, if I didn't play baseball, I probably wouldn't have ended up playing hockey. I think you can learn so much about yourself when you're playing other sports."

Playing one sport at the collegiate level is difficult on its own, but playing multiple sports while managing academics is also no simple feat — whether it's in college or growing up.

Penn State women's volleyball's Keatan Broughton, and women's hockey's Jess Ciarrocchi, Julie Gough and Maeve Connolly all played multiple sports growing up, which largely impacted their careers and helped get them to where they are today.

Ciarrocchi, who is set to play her first season in Happy Valley this year, had the opportunity to play co-ed sports in recreational sports leagues, including football, baseball and hockey.

"Football was definitely something different... Not only was I the only girl, but I was also the running back and quarterback, so I was always being targeted," Ciarrocchi said. "The other teams knew who I was. I was the little fast girl who would run around and score touchdowns, and on defense I was the girl you couldn't get by."

Ciarrocchi was also a member of Hill School's girl's lacrosse team, which she attributed her playing style on the women's hockey team to, along with her time spent playing football.

"I really do miss football. I learned such an aggressive style of play and I really translated that to my personality and the way I play hockey," Ciarrocchi said.

Broughton was an accomplished multi-sport athlete in high school who, other than volleyball, played basketball and ran track.

In both her freshman and sophomore year of high school, Broughton was a member of her high school's track team, winning state titles in both years, and was a part of the state champion shuttle team her sophomore season.

Broughton believes that running track not only benefited her from a competitive standpoint, but from a health one as well.

While participating in track, Broughton ran hurdles, which she believes helped to prevent some of the hip injuries that many of her teammates on the women's volleyball team may struggle with in their careers.

"I really liked track when I did hurdles because it stretched my

hips out a lot, so I feel that I do not have as many hip problems as my teammates right now," Broughton said.

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The sophomore recalls balancing late nights that were filled with school work and practices during her high school athletic career — and because of it, managing her time as a Nittany Lion hasn't been all that difficult.

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



Courtesy of Steve Prunty

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