

WHAT to consider when looking for off-campus housing

HOW to make your meal plan last the the entire semester

DIVE into women's volleyball NCAA tournament history

The Daily Collegian

For the students. For the glory. Since 1887.

Vol. 126, No. 14

Friday, Dec. 5, 2025

psucollegian.com

Food & Housing Edition

Community groups ease barriers to food, housing support

By Jonathon Chiu
THE DAILY COLLEGIAN

Local support organizations say the biggest challenge around food and housing insecurity in State College isn't just the need — it's that many people don't seek help at all.

Whether due to stigma or complicated eligibility requirements, residents and students often go without support even when it's available.

"They don't want to seem like they're lacking or they're poor," Centre Helps Executive Director Denise McCann said.

Penn State Student Affairs' 2022 Food and Housing Needs Survey found that about 15% of students struggled to secure enough food and 13% had trouble finding adequate housing. More than one in eight said these challenges impacted their academics, and over a quarter reported losing weight due to food insecurity.

"When you're hungry or cold or tired, it just makes everything else worse," McCann said. "It makes it more difficult to cope."

Allayn Beck, the State College Food Bank executive director, said it's important to create spaces that are welcoming and provide a sense of dignity and control to those seeking help.

"We work really hard to make sure the hardest thing people

need to do is walk through our doors and then, once they're here, they feel safe and welcoming and okay," Beck said.

She said the staff works closely with their volunteers to make sure the food bank creates a welcoming and accepting place free of judgment.

"We're also set up like a grocery store, so they're leaving with food that they know they will use and it's not creating waste, it's not creating more of a burden and they have more control over what's happening," Beck said.

Jennifer Pencek, Centre Safe's executive director, said food and housing insecurity makes it harder for survivors of domestic and sexual violence to leave their situation.

"Housing can be incredibly expensive in our area, really in the whole region, so imagine what it feels like if suddenly you're going from a two-income household down to a one-income household," Pencek said. "Would you suddenly be able to afford that home on your own or be able to afford a different apartment or house? For a lot of folks, the answer is no, so they have to figure out, 'Okay, well, what does that mean for me and where can I go?'"

Morgan Wasikonis, executive director for Housing Transitions, said food and housing insecurities can have a lasting impact on

a person's development, especially at a young age.

"We also know that, for young people and children, it actually affects their typical development and can really create changes that can actually put them at risk for housing insecurity and food insecurity as they grow up," Wasikonis said.

Wasikonis said she found it important to work with families experiencing food and housing insecurities in order to minimize the long-term impacts upon children and allow them to "break the cycle."

She said certain demographics, such as Penn State students, aren't able to easily access off-campus food and housing resources on their own due to not meeting certain requirements that would allow aid to be given regularly.

"Because a lot of our money comes from the federal government, we have to follow guidelines, and generally speaking, homeless response funds do not apply to undergraduate students," Wasikonis said. "There is a huge assumption that is made that students have a home somewhere. That, if they lose their home or their housing here at college, that they have someplace else to go so they aren't really considered to be homeless, so to speak."

Leanne Lenz, associate director for Student Care & Advocacy, said some on-campus resources such as the Lion's Pantry may not be available during academic breaks due to not having sufficient staff to run them.

"A lot of things shut down on campus, so if they're sticking

"When people don't know where they're going to sleep each night, it's really a trauma-inducing situation."

Morgan Wasikonis
Director for Housing Transitions

around here, that could be a challenge," Lenz said. "There's a lot of resources that are supported by students, like the Lion's Pantry, so when the students aren't here, the pantry can't really operate either."

Lenz said it was important for organizations such as Student Care & Advocacy and Counseling & Psychological Services to maintain relationships within

the State College community so students are still able to access these resources.

"There's a lot of different community resources that we connect with, and it's not always an appropriate referral for every single student, but most of the community resources are open to supporting students who meet a criteria or have a higher need that Penn State can't fulfill," Lenz said.

Chrissie Ebeck, assistant director for Off-Campus Student Support, said creating relationships and communicating with community resources allows for students, especially those living off-campus, to receive what they need to best ensure their basic needs are met.

"The last thing I want to do is make a referral for a student that really doesn't fit their needs and without understanding what our local resources can provide," Ebeck said. "If I'm making the right connections from the beginning because I understand what our resources are able to provide to our students, it's just overall a better process for everyone, and it's providing the student with the best support that we can possibly give them."

To email reporter: jwc6496@psu.edu
Follow him on X @JonChiu38880

Food insecurity on the rise, local pantries say

By Mia Debelevich
THE DAILY COLLEGIAN

In October, food insecurity spiked in Pennsylvania after Supplemental Nutrition Assistance Program (SNAP) benefits were cut during the government shutdown. The cut directly affected around 2 million Pennsylvanians relying on SNAP benefits.

7.6% Centre County households are on SNAP, as of 2023 data. While full SNAP benefits have been restored, food insecurity continues to strain low-income families in the area.

Housing Transitions, located at 217 E Nittany Ave., services around 10-15 households per month, though Shannon Newby said demand is slightly increasing.

"People that we haven't typically served from more outlying communities are making their

way into our food pantry," Newby, Housing Transitions's program manager, said.

With Thanksgiving just having passed and a slew of winter holidays around the corner, Newby said people have been calling for larger meals.

Anyone seeking help can call 9 a.m. to 9 p.m., callers simply share their household size, complete a short demographic survey and staff will pack food for them to take home.

She said Housing Transitions has been doing pop-up food pantries in front of their house to make room for an increase in donations.

"People are concerned about the food insecurity of the population we serve," Newby said. "(The donations are) more than we could store here."

State College Food Bank, located at 169 Gerald St., is a

nonprofit that supplies free food and essential items to Centre County residents in need.

Allayn Beck said October, November and December are always the organization's busiest months, but this year there was a quicker increase in community needs.

"The minute they announced that SNAP stuff, it was like holiday right up against holiday," Beck, the food bank's executive director, said. "It just had a bigger, earlier impact."

Beck said food is a "basic human right," and programs like Centre Helps, a crisis center in State College, and the food bank have a larger impact on community members' lives than the general public may realize or understand.

"Spreading awareness that the problem is still here is helpful," Beck said. "The SNAP (cuts)

brought awareness to what's going on, but just because people have SNAP doesn't mean hunger went away. It's still there, and it's still prevalent."

Beck said community response has matched demand from those seeking help, and if the community continues with its support they "will be set for the rest of the year."

The food bank doesn't have income restrictions; community members just have to be Centre County residents with a referral, which they can receive through Centre Helps.

Denise McCann said Centre Helps saw a "huge" increase in requests for food bank referrals, following halted SNAP benefits.

McCann, Centre Helps executive director, said the group's staff members have been able to manage and keep up with the demand, especially with a growing response in aid from the community.

"We did see a lot more community groups doing food drives and donating that food to us," McCann said. "Food is something that people don't really respond to ... They don't want to think about someone being hungry, especially a child."

Alongside food bank referrals, Centre Helps has a 24/7 emergency food pantry. McCann said the pantry is intended for one-time use as a way to close the gap between the period of time com-

munity members wait to connect with the food bank, which she said does a "really good job" supporting Centre County.

Those looking to donate to Centre Helps emergency food pantry can simply call Centre Helps to make arrangements, or show up with their donations at Centre Helps office, located at 406 S Pugh St.

Once community members have their referral processed, they are then eligible to use the State College Food Bank every 30 days.

Beck said the reason the food bank runs as a referral program is to ensure those seeking food assistance have resources they need for other areas as well. Centre Helps functions as a resource for housing insecurity, providing assistance to those facing eviction or who are behind on rent.

The hope, according to Beck, is that people are being helped in all possible ways, especially since there isn't one specific demographic seeking out the food bank's assistance, but rather a "wide variety of people and situations."

"We're serving seniors, we're serving babies," Beck said. "Everyone is struggling and everyone is just needing help. We're grateful that we can be there for them."

To email reporter: mfd5887@psu.edu
Follow her on X @miadebelevich

More articles on food and housing for Penn State students.



Factors to consider when exploring off-campus housing

By Emma Cherubini
FOR THE COLLEGIAN

The lengthy process of finding off-campus housing is often one of the hardest in a student's college career. With numerous factors to consider, students should avoid making rash decisions.

Securing off-campus housing takes time, preparation and research; without guidance this process can feel tiresome and even impossible.

Here are some key factors students should consider when deciding where to live.

Leasing

There are several leasing terms and options available and navigating them is often tedious. Students should first decide their budget as this will help narrow their choices, which makes the decision making process feel more manageable.

The most common lease term is a 12-month fixed lease, which means students are committing to the property for a full year. For some students this is advantageous as it means summer housing. However, for those planning to return home or intern outside of State College it comes with challenges such as having to arrange a sublease (finding a student to rent the property) or paying rent for an unused property.

Some student housing offers 9 or 10 month leasing options, but they aren't widely available.

The next factor to consider is the lease's liability structure,



Zach Gleiter/For the Collegian

The Standard at State College apartment building sits on West College Avenue on Nov. 19, 2025 in downtown State College, Pa.

which typically takes the form of a joint or individual.

Joint leases are the most common, and are when all the roommates sign the same lease form and are collectively responsible for paying the rent in full, including damages.

An individual, or by-the-bedroom lease is less common. In this case each roommate signs a separate lease and is only responsible for covering their individual rent portion as well as any damages they may cause.

Students should also consider having someone such as a parent or guardian co-sign the lease along with them to be a financial guarantor. This step is typically required by most State College

landlords, as college students are often viewed as less financially reliable.

Proximity and transportation

Proximity to campus is a make-or-break factor for most students when living off-campus. Living closer to campus reduces commute time and increases convenience, but it also increases rent.

Before committing to a lease, it's important for students to consider how they will get to campus and other locations they frequent. The most common forms of transportation for college students are public transit, walking and a personal vehicle.

If you have your own vehicle, it's important to find out if it's allowed at your apartment complex and what the parking cost may be. Furthermore, students may need to purchase a commuter student parking permit which is an additional cost. Some students find it more cost-effective to use public transit or walk instead of having a car.

Many of those students utilize the free Centre Area Transportation Authority (CATA) buses that travel throughout downtown and on-campus. This option allows them to save money on gas, auto-repairs and parking fees. However, for students who live further off-campus some bus routes come at a cost.

Co-living factors

Finding roommates is one of the challenging aspects when it comes to securing off-campus housing. Whether you decide to live with friends, acquaintances or complete strangers, it's difficult to arrange a comfortable living situation.

Most students decide to live with friends given the existing bond. However, conflicts may arise despite the friendship due to differences in lifestyle habits, finances, cleanliness and class schedules. It's important to establish expectations, clear ground rules, request open and honest communication and discuss potential issues before signing a lease with friends.

Students should strive to follow the same approach if they decide to live with strangers.

Budgeting

Budgeting for groceries and other necessities is something that usually slips the minds of college students. Students should ensure they secure a job, save enough money to purchase food and other necessities or have outside financial support.

It's also worthwhile exploring options such as the commuter meal plan and being aware of local food pantries. Students should create a plan in advance to track and manage their finances while balancing academic responsibilities when looking into off-campus housing.

To email reporter: elc5656@psu.edu.

International students face unique challenges in housing search

By Vida Lashgari
THE DAILY COLLEGIAN

For international students, the decision to remain on campus or live off comes with unique hurdles, and many lack the guidance needed to navigate the housing process. With tuition amounting to over \$70k a year them, the decision is shaped largely by finances and limited resources.

Prithvi Saha, a third-year studying environmental systems engineering, said his main concern when looking for housing is always the financial component, which is why he decided to become a resident assistant (RA) on campus.

"I decided to become an RA because living on campus was too far or too expensive," Saha, an international student from India, said.

He said he didn't receive direction from the university that helped him understand which housing options fit his financial situation. As an RA, Saha said he's saving a significant amount of money and receiving amenities he doubts he would have access to off campus.

Shervin Rahimi decided to go a different route with housing.

"The first thing is you gotta see the cost of the housing, of course, the best place is downtown but at that point if you consider paying three years of rent (living) downtown, you might as well buy a house," Rahimi, a second-year student studying finance, said.

Rahimi, an international student from Italy, said that he researched his housing options on his own before coming to the conclusion that off-campus living was the best choice for him.

"Given the fact that... I barely have a Social Security number and my parents are stuck in Italy, there's no point in me buying a house in the U.S. right now so I might as well rent downtown," Rahimi said.

He said he found the search for housing "tricky" as he was late on deciding, but said the university provides enough guidance for



Zach Gleiter/For the Collegian

The Maxxen apartment building sits on Hiester Street on Wednesday, Nov. 19, 2025 in downtown State College, Pa.

international students.

For Vajra Narasimhan, a third-year studying environ-

"I'm already paying a lot as an international student. My tuition is more than everyone else's so I don't wanna spend more money on just my living conditions."

Vajra Narasimhan

mental systems engineering, finances were the number one factor she considered when searching for housing.

Narasimhan, an international student from India, decided to live off campus in an apartment downtown because it was "cheaper after doing the math."

"I had more privacy. I didn't wanna have a roommate and I didn't wanna share a room," Narasimhan said.

She said she made the decision

last-minute as well, and wasn't fully aware of the timeline that she had to follow.

"I'm really bad at research and I'm not someone who likes to plan a lot," Narasimhan said. "I left it till the very last minute and then I just did what my other friend did."

After not knowing who to consult with, Narasimhan said she had no choice but to choose from the few options left. She said there isn't much guidance for international students regarding housing.

"The on-campus experience is very much so much more expensive than it has to be, like the way they charge \$500 for just staying there for breaks is ... so unnecessary," Narasimhan said.

She's had to remain on campus during many breaks, and said the cost outweighs any amenities she's received from the university.

"If you live on campus, you would have to take on meal plan, I don't like that," Narasimhan said. "It's like they're always looking for ways to get more money from us."

To email reporter: vil5102@psu.edu.
Follow her on X @[vidalashgari](https://twitter.com/vidalashgari).

Budget-friendly apartments for students

By Rubi Orellana
THE DAILY COLLEGIAN

With many Penn State students in the midst of the housing search for next year, apartments under \$800 are becoming some of the most highly sought-after options in State College.

Despite rising demand, a handful of complexes still offer competitive rates alongside amenities like furnished units, study spaces and easy access to campus.

Meridian on College Avenue

The Meridian is located across from campus, within walking distance of Beaver Stadium and the Bryce Jordan Center.

A two-bedroom apartment can range anywhere from \$695-\$1,020 with unique features such as an ATM, 24-hour study lounge with free wifi, private tanning salon and fully equipped modern kitchen. There are also furnished units available.

University Terrace

University Terrace is located just around the corner from Beaver Stadium and within walking distance of downtown State College.

The community offers three-bedroom, two-bath apartments starting at \$412 per person, with furnished and unfurnished options available.

Residents can enjoy convenient amenities such as a summer swimming pool, volleyball court, and spacious floor plans, while some utilities include hot water, trash and snow removal.

Alight

Located close to campus, Alight has a 4 bedroom, 2 bath option for students at a starting price point of \$599.

Each of the units come furnished, giving residents the conveniences of moving in with ease.

The community is pet-friendly, includes passes for six CATA bus routes for quick transportation and offers on-site management to support residents throughout the 2026-2027 year.

Tremont Student Living

This off-campus apartment is just an 8-minute drive from state college and offers a variety of community amenities including tennis, basketball and volleyball courts, providing the perfect balance of social engagement and support.

The apartment features four bedrooms and two bathrooms options, with an 11-month lease starting at \$705 per person.

Residents can also enjoy convenient amenities such as Wi-Fi and an in-unit washer and dryer.

State College Collective on Farmstead

These townhomes offer distinct apartment styles, each with 3 bedrooms and 3.5 bathrooms, available either furnished or unfurnished. Unfurnished units start at \$730-\$750, while furnished options range from \$735-\$770.

Unique features include a breakfast bar, CATA bus pass, full-size dishwasher and on-site maintenance — combining convenience and comfort for residents.

The Bryn

Located just minutes from Penn State, these student apartments offer updated 2-4 bedroom units with 2 bathrooms including private bedrooms and fully equipped kitchens.

Rent ranges from \$755 to \$979 per person and includes amenities such as Wi-Fi, a CATA bus pass, a pool, fitness center, clubhouse, basketball and volleyball courts as well as business areas.

The Bryn provides students with a home away from home while keeping campus just a short ride away.

Parkway Plaza

Parkway Plaza is a budget-friendly option for students seeking affordability within a short distance from campus.

The complex offers studio, one, two and three-bedroom layouts, with several three-bedroom units priced between \$695 and \$699 per person and two-bedroom options available at \$799 per person.

Parkway Plaza's biggest advantage is its all-inclusive rate. Utilities such as gas, heat, air conditioning, trash removal and high-speed internet are all covered in the monthly rent. Furnished units are also available for students seeking a move-in-ready option.

West Beaver Apartments

Located at 440 W Beaver Avenue, just a short drive from downtown State College and only 6 minutes from Penn State University, West Beaver Apartments offers a quiet community with three units across two stories.

The apartments feature two and three-bedroom layouts with rents starting around \$695, and residents can enjoy nearby parks and shopping centers.

While the property maintains its charm, it provides convenient access to modern amenities, making it a practical and comfortable option for students.

To email reporter: rxo5139@psu.edu.
Follow her on X @[ru64014_rubi](https://twitter.com/ru64014_rubi).

We want to hear from you!

Fill out our short readership survey, so we can improve our coverage.

THE DAILY COLLEGIAN

'Better to have extra money than not enough'

Students discuss navigating living finances

By Gianna St. Thomas
THE DAILY COLLEGIAN

Off-campus housing often comes with its fair share of challenges, with managing finances one of the hardest to navigate. With or without parental help many students find themselves having to practice the art of budgeting.

Catherine Lim picked Park Hill for her new, off-campus home because of its customer service and attentive staff.

"My parents help me pay for rent, and I cover groceries through my part-time job," Lim, a third-year studying marketing, said.

Lim works in the Huck Life Sciences Building as an IT support specialist. She said based on her paychecks ranging from \$100-150, she will spend fifty dollars per week on groceries and "eat out" once or twice per week.

Lim said apartment living gives her the opportunity to be more independent.

"You had people making food for you in the dining halls, so living alone I really enjoy," she said. "And I like setting budgets for myself and managing my own finances, which will help me a lot in the future."

With the dorms, Lim said she had to budget her meal plan more and figure out where to eat, but with living in an apartment, she has to pre-plan what to buy to cook specific dishes and plan out her budget for the week.

"I wish I would have known how to make some more simple recipes in the case that I'm more crunched on time, like a very test-heavy week," Lim said. "There's been a few weeks where I was very busy and just didn't have time to cook a lot, so I find myself eating out more, but I wish I knew more convenient recipes to make, especially for college and being on a budget."

Julie Hubbard is one of many students who sacrifice convenient locations for cheaper rent.

Hubbard, a fourth-year studying rehabilitation and human services, chose to reside at the Brexx since it was "really affordable," and after living in the dorms for two years, she was ready to have her own space. "At the time we had a shuttle that could take us to and from places at nighttime, so that was really nice. Unfortunately, this year, they got rid of it," Hubbard said.



Nick Eickhoff/The Daily Collegian

Tener Hall in the East Residence Halls on Tuesday, Jan. 25, 2022 in University Park, Pa.

There were also things Hubbard didn't anticipate, like the slow buses during the winter months, and last year when she didn't have a car she'd have to take the bus or a "pricey" Uber to class.

For Hubbard's rent, she and her mother split it mostly halfway.

"She's a single parent and she's not working as much — she's about to retire," Hubbard said. "When it comes to the finances and all that, when she retires, it's definitely gonna be harder, but since I have my brother ... he can step in and help pay for some of the things that I need."

One of the downsides of paying rent is having to pay during the summer months when she's not in town, Hubbard said. However, she said paying is worth it for the extra space, and for her personally, it allowed her to cook to her heart's content.

"On Sundays, I make up all my meals, and I have to budget what I want to meal prep for next week because ... when I had a meal plan, I never really liked what they were serving, so then I always doordashed," Hubbard said. "So now I manage, (by saying), 'Ok I actually like this for a couple days,' and if I don't, then what can I do to make meals that can last me so I don't have to spend the money on food."

For Amy Krakowski location was the deciding factor and so she tried to find housing downtown.

She wanted to find a place that would provide her with a private bedroom, convenient location and parking.

However, none of those options were in her budget.

"The whole apartment shopping process in State College is terrible," Krakowski, a third-year studying communication sciences and disorders, said. "Everything is rushed, overpriced and some companies don't even let you tour the buildings. The earlier you can start the process, the better."

Krakowski said she's found ways to save money through cooperation.

"I try to meal prep as well with my roommates so that we can save money and time by working together," Krakowski said.

Before, however, Krakowski would push off grocery shopping and DoorDash food instead.

"I ended up realizing that this was way more expensive than going grocery shopping and decided that meal planning and talking dinners through with roommates was a much better option."

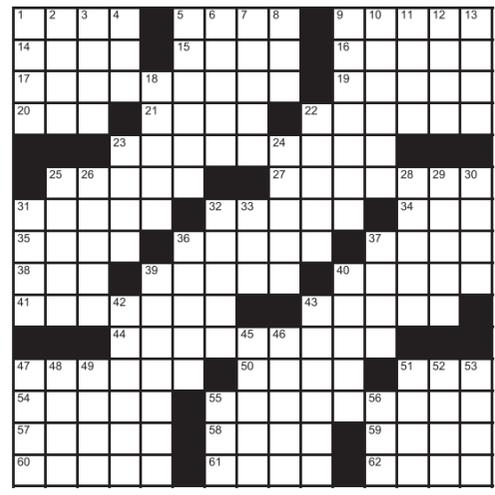
Krakowski said prior to supporting herself and buying her own food, she never paid attention to the price tags. Now, she's conscious of prices, is more proactive about looking for sales, buys in bulk and considers whether or not she really needs an item before purchasing.

"The most important thing is to figure out what is most important to you personally, not your roommate or friends," Krakowski said. "You have to be comfortable with the decision and that means financially too. It's better to have extra money than not enough."

To email reporter: gms6268@psu.edu

Crossword

- Across**
- "Tobermory" writer
 - Sit in the sun
 - Bangladesh's capital, old-style
 - Jump on the ice
 - Folklore fiend
 - Community spirit
 - Football score
 - Chubby
 - Special gift
 - Wife of Zeus
 - Andean animals
 - Authors get them
 - What jealous females may have out
 - Manchester terriers, e.g.
 - Olympic racers
 - Cordwood measure
 - ___ culpa
 - Miniature sci-fi vehicles
 - Suddenly notices
 - Fairly decent poker holding
 - Hot time (Abbr.)
 - Zorro leaves them
 - College girls
 - River going paddle-wheeler
 - Cornbreads
 - You'll find one on a yankee uniform
 - Taste
 - Pianist Dame Myra
 - Back talk
 - Check endorser
 - Say again
 - Impressive display



Copyright ©2025 PuzzleJunction.com

- Down**
- Out of harm's way
 - ___ of Evil
 - Castle part
 - "___ be back!"
 - Evil spirits
 - Ancient Greek marketplace
 - African village of huts
 - Slithery swimmer
 - Exhaust

- "Finally!"
- Fish bait
- Deep sleep
- Nile snakes
- Lateen-rigged sailing vessels
- Deceivers
- X-ray units
- Waste allowances
- Influence
- Pigeon's perch
- Run the show with a mike
- Swamp plants
- Fresh talk
- Watering holes
- Boxes, kind of
- Anderson's "High ___"
- Part of an act
- Outstanding
- Some Emoticons
- Dense growth of trees or bushes
- Fund-raising letter
- Kind of rod
- "So ___!"
- Duration for a despot
- Unwanted e-mail
- River to the Rhine
- 1970 Mae West flick, "___ Breckinridge"
- Of the flock
- Allergic reaction
- Small dog, informally
- Kind of sheet
- Part of a cell nucleus, for short

LION'S LIST

BUY IT — SELL IT — RENT IT

SUBLET

Spring 2026 Studio Sublease
Fully Furnished Studio at Dorchester House Apartments!
Only two blocks away from campus \$1,200/month
January-July 2026

- All utilities and WiFi included
- Parking available for an additional fee

Studio Features:

- Bed, desk, couch, bathroom and more
- Sleeping area and closet
- Kitchen with appliances
- Air conditioning

Building Amenities:

- On-site laundry
- Secure bike racks
- 24-hour emergency maintenance

Contact: mfm6786@psu.edu

WORD SEARCH

© 2025 PuzzleJunction.com

Virginia

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

Alexandria	Chesapeake	Falcons	Richmond
Arlington	Civil War	Foxhound	Roanoke
Bats	Colony	Mt Vernon	Trout
Beach	Commonwealth	Norfolk	Tyrants
Blue Ridge	Crown	Pocahontas	Virginia
Britain	Dogwood	Portsmouth	Yorktown
Cardinal	Dominion	Red Fox	

How to manage your meal plan

By Ginevra Semprini
FOR THE COLLEGIAN

Managing a meal plan for the entire semester can be challenging for many students, as sometimes the available funds aren't enough to fulfill their daily cravings.

Here are a number of ways to make sure you spend your meal plan the 'right way' to avoid running out of funds before the semester ends.

Choose your meal plan level wisely

The first thing students should do is purchase the meal plan that is the most suitable for them. If they think they are going to want to treat themselves to snacks and treats during the day then, students might want to purchase a bigger meal plan. A level one meal plan is set to get students around seven to nine meals a week while a level three plan can get them between 14-16 meals. Level two meal plans are right in the middle and what students tend to most often go for as it gives 11-13 meals per week.

Budgeting

The biggest hack to making sure your meal plan lasts the semester is to budget. Students can calculate the days in the semester and divide that by 3 meals, thus showing them how much they can spend on each meal. To find daily spending, divide the meal plan by the number of days in the semester and that will show how much can be spent a day. For when everything else is closed and students want a midnight snack, they tend to spend their meal plan there. However, the market up-charges their items, so they can cost 1-2 dollars more than they would at a regular supermarket. Limiting the trips taken to the market every week can really help save money on your meal plan. Students can also spend their meal plan on chain restaurants located at places like the HUB-Robeson Center. These meals



Esteban Marengo/The Daily Collegian

Food sits on a counter at the Pollock Commons Buffet.

lunch and dinner. There's always a salad bar and oftentimes soup. At dinner there will be a selection of meat, vegetables, pasta and more. The menu changes every night so meals don't feel repetitive.

However, many students don't utilize the abundance of food. The dining hall has an array of fruits, jams and sauces for students to take. If you're having a meal in the dining hall, then you could grab fruit which you could eat as a snack the next day or get a to-go box to have leftovers for your next meal.

Understanding pricing

A big thing that tends to use up a meal plan is the campus markets, small convenience stores located at every commons area, that sell items like ice cream, sushi, candy, snacks and more.

The market is the only place that opens early and closes late, so when everything else is closed and students want a midnight snack, they tend to spend their meal plan there.

However, the market up-charges their items, so they can cost 1-2 dollars more than they would at a regular supermarket. Limiting the trips taken to the market every week can really help save money on your meal plan.

are not discounted like the meals students get at the commons and cost as much as they would cost at the restaurant itself.

The HUB is a busy place and it's convenient for students to stop by in the middle of classes and grab a meal, but it's not so convenient for their meal plan. To stretch your dining dollars, students should limit their daily visits to once a week, or as a special meal.

Other strategies

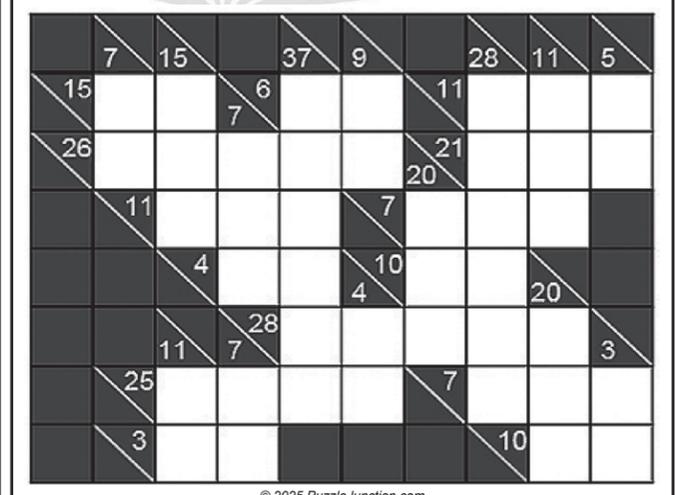
Another way to save up your meal plan is to buy easy microwaveable meals to make for a quick lunch or for dinner a few times a week. If there are any food items students want to keep in their dorm, they should try to go off campus to buy them. Places like McLanahan's accept Lion-Cash, a type of payment that students can add their own money to and get discounts on campus from.

It can be very hard as a college student to juggle your cravings with the meal plan, but it's important that you budget and get an understanding of how much you should spend every day and what you spend the meal plan on. Utilize everything as much as you can and limit the times you eat at chain restaurants on campus or at the market in your commons area.

To email reporter: gps5574@psu.edu

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.



© 2025 PuzzleJunction.com

No Thanksgiving for the Brits:

Being thankful without the holiday

I am a descendant of a Turkey Trot family, and I'm a proud trotter.



Satterfield

My dad and I have run the local 5K race on Thanksgiving morning for basically as long as I can remember,

and I even went through a phase of bringing my cat and pushing her stroller through the course.

This year was the first time in quite a while that I didn't trot in an official race. Since I'm abroad this semester, I had to make do with running five kilometers and sending my dad a screenshot of my Garmin stats.

I didn't get a medal or a free t-shirt, and I wasn't running alongside my dad and chatting at an easy pace. I was dodging commuters on the sidewalk and running pretty quickly to finish my run and get out of the wind.

It sounds frivolous, but my trot made me realize how much I usually take for granted.

Since Thanksgiving, and really for most of the time I've been abroad, I've been reflecting on all of the things I'm thankful for because I'm lacking many of the comforts of home.

I still don't have actual kitchenware (by choice), but there are other things that I didn't have room to or consider packing that I realized how hard life can be without. For example, a proper pillow and blanket can make or break your night's sleep. When I arrived, I was sleeping with a throw blanket that fit in my suitcase and my neck pillow. I ended up acquiring a pillow through a friend, and my mom ordered a big, warm comforter for me.

I am so incredibly grateful for my mom and her willingness to send me what I need via Amazon, but I'm also grateful for the privilege of a warm and cozy night's sleep. My privileged self

had never previously been forced to fathom what it's like to be cold and uncomfortable at night, and I will never take that comfort for granted again.

There's something so all-encompassing about living in a different county, without the comforts of home. Not celebrat-

"Unconsciously, I've been of the opinion I can go chase my dreams, travel and do what I think I need to do, and my family will be there when I want them to be."

Alli Satterfield

ing Thanksgiving this year was a reminder of the distance between my family and me. Simultaneously, it was also a

reminder to celebrate gratitude regardless of my surroundings.

The lack of celebrations around me made me wonder why I actually enjoy the holiday. Aside from the break from school, my role as the designated Friendsgiving turkey-carver and my mom's Watergate Salad, there isn't anything inherent about Thanksgiving as a holiday that makes it super special.

I don't have a family that makes us go around the table and say what we're grateful for, but the fact that we choose to gather without gifts and without one person being the center of the celebration is kind of beautiful.

I missed togetherness this year, but it brought to my attention how much I take my family for granted. Unconsciously, I've been of the opinion I can go chase my dreams, travel and do what I think I need to do, and my family will be there when I want them to be.

I know my parents always

have my back, so that's true to a certain extent. But as things continue to change, the traditions we've always kept will continue to change as well. This Thanksgiving taught me not to take those moments for granted.

But, it also made me thankful for other things I'm missing, like Breakstone's low-fat and small-curd cottage cheese, people who walk on the correct side of the sidewalk (I don't care if it's the right or the left, but can we please come to a consensus, London?!) and melatonin.

Since the absence of a proper Thanksgiving, I've celebrated my gratitude for more things than I would have if I'd been home for the holiday. I've learned just how thankful I am for what I take for granted.

Alli Satterfield is the abroad columnist for The Daily Collegian. She is a second-year studying journalism. Email her at ams1258@psu.edu or follow her on X @amsatterfield8



Cartoon by Nate Campbell

MY VIEW | Julia Kushner

The choice of tradition: In defense of marriage, motherhood

All over the internet, it's said that feminism is about choice: the choice of what to do with your life. Usually, it's binary: stay-at-home mom or girl boss working woman.

But whenever I share with young women, or even those raised during the 60s and 70s (when the sexual revolution heralded this ideology in), I plan to choose the stay-at-home-mom lifestyle, things often get ugly.

You've probably heard of the Gen Z thousand-yard stare, at this point, but I usually get the Gen Z stare of utter disgust. It's, frankly, flabbergasting that the same women who say they value choice more than anything hate when women make the choice they don't want to pursue or agree with.

My own mother, a relatively feminist woman, has advised me not to share with my peers that my plans for the future are getting married

and raising a religious family, as she fears this will deter some young women from being my friend.

If that's not antithetical to feminism's stated goals, then I don't know what is.

Regardless, if wanting a husband and babies dissuades those in my age group from befriending me, then so be it.

Why has the lifestyle that's

"No one's suggesting that you must conform to my worldview or quit school and be in the home with a baby on your hip."

Julia Kushner

sustained the human race for thousands of years been demonized? Why is it no longer acceptable to do the very thing that's singlehandedly perpetuated our species for all of time?

What you do with your life

is your prerogative. But isn't what I do with mine my prerogative?

It seems to me that feminism has gone from something claiming to lift women up to something that will no longer even stand by — let alone lift up — anything straying from the current status quo.

What was once branded as choice is now a strict expectation. Only certain ideologically approved choices seem to be acceptable nowadays. I've faced more flak for saying I want to marry and reproduce young than I have for almost anything else.

And many of the self-described feminist women in my life confide in me privately that they want a stable relationship ending in marriage and children. It's no surprise — this is our biological drive, but why must this desire be hidden behind closed doors?

Many Gen Z women have been inundated with the notion that only a career equals success.

But can't success also look like being the backbone of a home? Can't success also look like having a husband and

"Just because my choice is traditional doesn't mean I deserve your wrathful gaze."

Julia Kushner

little Jewish babies running around?

No one's suggesting that you must conform to my worldview or quit school and be in the home with a baby on your hip.

All I ask is that the demonization of wifehood and motherhood come to an end. All I ask is that, even if one is to retain their feminist beliefs, they're at least ideologically consistent.

Just because my choice is traditional doesn't mean I deserve your wrathful gaze.

For all the women and girls who want to choose tradition, but who have been pushed elsewhere, this one's for you.

Julia Kushner is an opinion columnist for The Daily Collegian. She is studying advertising with a minor in Hebrew. Email her at jbk5956@psu.edu

We want to hear from you

Send us your comments on our coverage, editorial decisions and the Penn State community.

Email: editorinchief@psucollegian.com
Online: psucollegian.com

Postal Mail/In Person: 115 Carnegie Building, University Park, Pa. 16802

Letters should be about 400-600 words. Student letters should include class year, major and campus. Letters from alumni should include graduation year. All writers should provide their email address and phone number

for verification. Letters should be signed by no more than two people. Members of organizations must include their titles if the topic they write about is connected with the aim of their groups. The Collegian reserves the right to edit letters. The Collegian cannot guarantee publication of all letters. Letters chosen run on The Daily Collegian website and may be selected for publication in the print edition. All letters become property of Collegian Inc.

Who we are

The Daily Collegian's editorial opinion is determined by its

Board of Opinion, which is made up of members of its Board of Editors, with the editor-in-chief holding final responsibility for content. The opinions expressed on the editorial page are not necessarily those of Collegian Inc., a separate institution from Penn State.

About the Collegian

The Daily Collegian is published by Collegian Inc., an independent, nonprofit corporation with a board of directors composed of students, faculty and professionals. Penn State students write and edit both papers

and solicit advertising for them.

During the fall and spring semesters, The Daily Collegian publishes on Fridays. Issues are distributed in on-campus newsstands, with PDF copies available on The Daily Collegian's website.

Complaints

News and editorial complaints should be presented to the editor. Business and advertising complaints should be presented to the Business Manager.

Daily Collegian

Collegian Inc., 115 Carnegie Building, University Park, PA. 16802 ©2025 Collegian Inc.

BOARD OF EDITORS

Editor-in-Chief

Mercedes Hamilton

Managing Editor

Kahlie Wray

Digital Managing Editor

Avery Tortora

News Editors

Rachael Keller

Daniela White

Lifestyle Editors

Kaitlyn Murphy

Nadya Solometo

Sports Editors

Andrew Deal

George Keene

Wrestling Editor

Lyle Alenstein

Football Editor

Avery Hill

Photo Editors

Alex Fischer

Samantha Oropeza

Visual Editors

Kippi Hall

Isabella Viteri

Investigations Editor

Alexandra Antoniono

Opinion Editor

Teresa Phelan

Newsletter Editor

Avery McGurgan

To contact News Division:

News, Opinions, Arts, Sports, Photo, Video, Graphics
814-865-1828

BOARD OF MANAGERS

Business Manager

Amy Schafer

Vice President

Zack O'Brien

Sales Directors

Sri Ginith

Rhea Khettry

Business Insights Directors

Rohan Badami

Jonathan Zavialov

Creative Directors

Kimberly Barthel

Allison Coble

Marketing Directors

Ella Bernheisel

Jake Long

Fundraising Director

Christopher Burnis

DEI Committee Chair

Chayil Dozier

Advertising Manager

Scott Witham

To contact Business Division:

Advertising, circulation, accounting and classifieds
Phone: 814-865-2531
9 a.m. to 5 p.m. weekdays

Scan to access PDFs of past Daily Collegian issues.



'Best runners in the nation'

Florence Caron's short running career hits record marks

By Noah Aberegg
THE DAILY COLLEGIAN

Twelve-and-a-half hours north of Happy Valley lies the birthplace of a Penn State legend in Quebec.

Despite Florence Caron still having one season left to continue her climb to fame, she's already inked herself deep in the Penn State record books, holding three school records in her two seasons with the blue and white.

"I don't think I've seen anybody as competitive as she is, and that's what makes her who she is," coach John Gondak told The Daily Collegian. "She doesn't want to lose in anything."

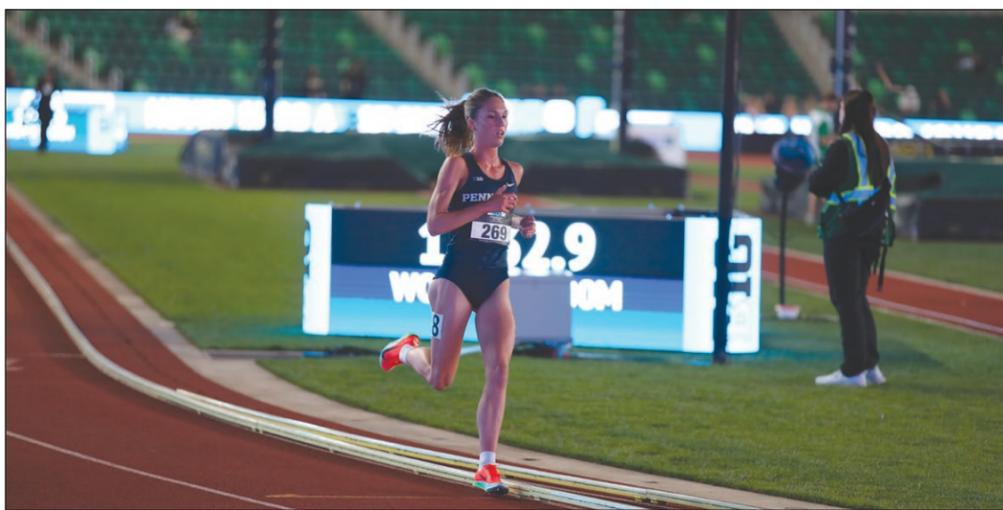
Out of the gate, Caron showed her natural talent in the sport, succeeding at Laval University just a year or two after being introduced to the sport.

At the Canadian university, Caron competed in both cross country and track, where she helped her team win the USports cross country team title in 2022. A few months later, she finished second in the 1,500 meters and the 3,000 meters at the RSEQ championship — one of Canada's premiere collegiate conferences — en route to running the third-fastest indoor mile in Quebec history.

When she arrived at Penn State, however, things changed immediately, as she became one of the most supportive and social people on the squad.

"She's now the least shy person I've ever met," Kane said. "She is so outspoken about everything, and she's great."

Despite being new to the United States and NCAA cross country, Caron exceeded expectations and made a name for herself in Year 1 with the Nittany Lions.



Courtesy of Penn State Athletics

Distance runner Florence Caron runs the 10,000-meter at the 2025 Big Ten Track and Field Outdoor Championship at Hayward Field.

"(Competing at Penn State) has been really awesome," Caron said. "The coaches believe in me and are really flexible about the differences in the NCAA and just make me feel so comfortable in what I'm doing."

Establishing herself as a leader in her junior season, Caron led the blue and white to the NCAA championship with the team's fourth-place finish at the Big Ten championship and second-place finish at the NCAA regional championship.

"I just really do love to run," Caron said. "I honestly never had a moment where I didn't want to do it. When I don't run, I just see people outside doing it and I'm sad."

As the indoor track season rolled around, Caron began to make a shift from the middle-distance running she did at Laval University. After running the third-fastest mile in Penn State history at the Penn State National Open, Caron began

racing the 3,000 meters and 5,000 meters.

Caron ultimately finished top-eight in each of the three events at the Big Ten championship before earning her first First Team All-American honor in the distance medley relay at the NCAA championship.

The following season, Caron once again took the track in the 5,000m, but also added the 10,000 meters to her arsenal. In her first NCAA outdoor race, she broke the 5,000m school record at the Bryan Clay Invitational.

"When you embrace that competitive desire and you embrace competition, it leads to success," Gondak said. "The amount she's improved since she's been here, that's due to her being competitive and wanting to be the best at everything she does."

That postseason, Caron broke more Penn State records as she became the first woman at Penn State to win both the 5,000m

and 10,000m at the Big Ten championship before competing in the 5,000m at the regional championship and the 10,000m at the regional and national championship.

As Caron continued to compete year round with cross country in the fall, indoor track and outdoor track, recovery became just as important as training to keep her at the top of her game.

"She's just smart with how she takes care of herself. She's smart with rest and recovery," Gondak said. "She takes care of the little things outside running to maintain a high level for a long period of time."

As Caron entered her second year with the Nittany Lions, she became even more of a staple to the team, helping everyone around her grow and get better.

Kane explained that Caron would lead some of their weekly runs and gradually increase the pace to make the others go faster than they normally would,

helping everyone gain fitness and push themselves.

"We call it the Florence effect," Kane said. "It has its own name and everything, that's how big of an impact she's had."

In Year 2, Caron continued to hold true to her sub-20 minute cross country performances, meeting the mark in four of her six races in 2024. That postseason, she made herself more of an icon in the conference and region, placing fifth and fourth, respectively, before finishing 19th at the NCAA championship.

The same came true during the indoor season as she broke the school record in the 5,000m in her second meet of the year before earning conference honors and competing at the NCAA championship for the fifth time in her career.

"I feel like I've started to believe more in myself and what I could do in this sport," Caron said. "I'm more confident in battling races with people who are some of the top names, because I guess I'm one of them now."

Caron's outdoor season saw the same success during the regular season with another pair of records in the 5,000m and 10,000m. After finishing 11th at the NCAA championship with a record-breaking 32:23.71 in the 10,000m, Caron tripped and fell in the 5,000m and ultimately finished 16th.

"It's kind of hard to remember when Florence wasn't one of the best runners in the nation," Kane said. "Now being one of the best long distance runners in the country, she loves competition and is the most competitive person I've ever met."

To email reporter: nda5168@psu.edu.
Follow him on X @[aberegg_noah](https://twitter.com/aberegg_noah).

NCAA Tournament success

By Andrew Mercer
THE DAILY COLLEGIAN

The eight-time national champions are headed back to the NCAA Volleyball Tournament.

Penn State concluded its 2025 regular season with a four-set victory over Iowa, holding on to the No. 25 spot in the AVCA poll. On Monday, the NCAA Selection Show announced that the Nittany Lions are traveling to Austin, Texas, as the eighth seed in the Texas Regional bracket. The blue and white are set to open its postseason against South Florida at 5:30 p.m. on Friday.

This marks the Nittany Lions' 45th consecutive appearance in the NCAA Tournament. Penn State stands alone as the only program in history to never miss the postseason.

Here's an in-depth overview on how the defending national champions have fared in years prior.

The gold and the glory

The blue and white are no strangers to earning hardware.

Last year, coach Katie Schumacher-Cawley etched her name in the history books as the first female Division I head coach to win a national championship as her Nittany Lions stamped to a 3-1 victory over Louisville in the title match.

In 2024, Penn State benefited from a fully-fledged Jess Mruzik who went on to win the tournament MVP award. In the final, Mruzik tallied 29 kills, leading

the Nittany Lions to their first title in a decade.

A decade prior, in 2013 and 2014, former coach Russ Rose captured his sixth and seventh national titles in his illustrious 43-year career. The first of the two runs was led by the tournament MVP, setter Micha Hancock, who helped propel Penn State to tying Stanford for most national championships.

In 2014, the Nittany Lions boasted a superstar line-up from top to bottom to claim back-to-back championships, including Hancock. The victory was also due to the efforts of a young duo: AVCA National Freshman of the Year Ali Frantti and Big Ten Freshman of the Year Haleigh Washington.

From 2007-2010, Rose's Nittany Lions completed a four-peat that solidified Penn State as a "volleyball school." At the same time, the blue and white carried the torch en route to winning eight-straight Big Ten championships.

Megan Hodge-Easy, who assisted Schumacher-Cawley in capturing the gold in 2024 as an assistant coach, was a key contributor as an outside hitter from 2006-2009, winning three titles in her storied career amongst countless individual honors.

Rose was inducted into the AVCA Hall of Fame and earned the AVCA Division I National Coach of the Year award.

The following year, in 2008, Rose became the first coach to win back-to-back AVCA Division I National Coach of the Year awards. Nicole Fawcett also won the AVCA National Player of the Year award, blazing the path to a

perfect 38-0 season.

In 2009, Rose reached another coaching milestone, achieving his 1000th career win as the head coach in the national semifinal against Hawaii before coaching the Nittany Lions to their third-straight title, in a reverse-sweep against Texas, to post back-to-back perfect seasons. In the legendary comeback bid, Hodge led the blue and white with 21 kills to close out her playing career as a Nittany Lion.

Despite taking a step back from consecutive undefeated seasons, the blue and white's dynasty won its fourth-straight championship in 2010, this time sweeping the Longhorns. Rose's fifth national title set the record for a coach, while Arielle Wilson, Blair Brown and Alyssa D'Errico became the only class of players in NCAA history to have four national championships under their belt.

Before inheriting the head coaching position from Rose, Schumacher-Cawley helped Penn State win its first national championship in program history as a member of the 1999 Nittany Lions. However, the spotlight was aimed at Lauren Cacciamani all-season long, as she captured her second championship MVP award.

Cacciamani was also named the AVCA National Player of the Year, Big Ten Player of the Year and Big Ten Female Athlete of the Year.

The near-victories

Mixed in with the trophies and the confetti sprinkling down from above, Penn State has lost its fair share of title-matches, all of which came prior to 1999.

In 1993, the Nittany Lions defeated BYU in three sets to advance to their program-first national championship match but then lost to Long Beach State, 3-1. 1997 saw the blue and white return to the finals after sweeping Florida, but it eventually lost to Stanford in five sets.

Despite posting a 30-0 record in 1998, Penn State fell in its second-straight championship match, nearly completing a reverse-sweep against Long Beach State. From then on, the Nittany Lions either won the ultimate prize, or didn't reach the finals at all.

This season presents that same storyline.



Celia Lewis/For the Collegian

Head coach Katie Schumacher-Cawley talks to her team before the Penn State women's volleyball game against Michigan State at Rec Hall.

To email reporter: asm6548@psu.edu.
Follow him on X @[asm0115](https://twitter.com/asm0115).

Rebound trouble

By Will Horstman
THE DAILY COLLEGIAN

Penn State earned an 87-76 win over Campbell on Tuesday, but a rebounding issue arose often throughout the contest.

The Fighting Camels outrebounded the Nittany Lions 39-30, which allowed them to stay close well into the second half.

"I thought we had some really good possessions," Mike Rhoades said postgame. "Just didn't clean it up with a rebound, and we got to stick our nose in there without a doubt."

Of Campbell's 39 boards, 15 of them came on the offensive end. The Fighting Camels scored 15 second-chance points, which out-classed the Nittany Lions, who had six offensive rebounds for two second-chance points.

Rhoades said Penn State got in a rotation defensively, and he didn't feel like his guards rebounded down.

"We call it where they got to get in there, rotational box outs, or we rotate, and the guards just got to run in there and clean it out," Rhoades said. "(Guard Dominick Stewart) does a good job of that. The other guys got to start getting better at it."

Stewart grabbed three rebounds against Campbell with all of them coming on the defensive end. He was a team-high plus-24 during the game, and he's tallied 22 rebounds through nine appearances this season.

Elsewhere in the backcourt, guards Kayden Mingo, Melih Tunca and Freddie Dilione V combined for 11 rebounds, nine of which came on the defensive glass. Tunca had a pair of rebounds with less than five minutes to play, and Dilione had another one at the 1:17 mark of the second half.

"I thought Melih had a big rebound on the backside late," Rhoades said. "But (we) just gave them too many opportunities."

The Fighting Camels getting offensive boards was apparent throughout the second half, starting with forward Muneer Newton's rebound and tip-in on the opening possession of the half. Newton ended his night with seven rebounds, but that



Owen Bellard/For the Collegian

Guard Freddie Dilione V (5) scores a layup during the Penn State men's basketball game against Campbell University.

wasn't even the team high.

Forward Dovydas Butka can claim that title by grabbing nine boards, including three offensive ones. Butka had two offensive rebounds in the second half, giving Campbell more extra time on offense.

Fellow forward Chris Fields Jr. chipped in with eight total rebounds with one offensive rebound, which led to a basket for the Fighting Camels at the 15:00 mark of the second half.

Six different players for Campbell recorded at least one offensive board as Penn State continuously allowed possessions to be extended. Freshman 7-footer Ivan Juric, who tallied two rebounds as the Nittany Lions' starting center, mentioned he has to be more consistent with his rebounding, and he outlined how the team practices it.

"We have some rebounding drills," Juric said. "Our (graduate assistants), they try to be real physical with us and really push us to be better every day."

The Hoosiers are averaging 10.1 offensive rebounds per game while the Spartans grab 14.6 offensive boards per game. While some possessions against Campbell were spoiled by allowing a rebound, Rhoades said he thought Penn State had some "really good" team defensive possessions.

"We're going to need that in Big Ten play, for sure," Rhoades said.

To email reporter: wmm5351@psu.edu.
Follow him on X @[WillHorstman](https://twitter.com/WillHorstman).

Study break with Uber Eats. Get 40% off your next **two orders**



Uber Eats

Use promo code: **PSU40OFF**

Expires 7 days after applied. Taxes and fees still apply. Max discount \$15 per order. Limit 2 orders.
Order minimum of \$25 (before taxes and fees) is required. While supplies last. See app for details.