



VERSUS

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DELAWARE (1-0)
BLUE HENS

(1-0) PENN STATE
NITTANY LIONS



Graphic by Carson Schultz

Photos by Katelyn Supancik, Sienna Pinney, Jackson Ranger

ALL IN ON ALLAR

New starting quarterback Drew Allar stays focused on going 1-0 every week

By Joel Haas
THE DAILY COLLEGIAN

“Drew Allar, Medina, Ohio.” That’s what blasted through the Beaver Stadium P.A. system just minutes before the opening kickoff on Saturday, though the announcement of Allar’s hometown was mostly inaudible due to the explosion of cheers that erupted throughout the concourse after he was introduced to the crowd. It was also an introduction to the rest of the country, with a nationally broadcasted prime-time matchup serving as the perfect outlet for the first-time starter to display the elite talent that had been talked about so much over the offseason.

Allar finished the game completing 21 of 29 passes for 325 yards and three touchdowns, en route to being named the Big Ten

Offensive Player of the Week. While some may have been surprised by his breakout performance, Allar was expecting it. “I wouldn’t say I surprised myself, just because of the preparation that the team puts in throughout the week,” Allar said. “We prepare very hard and very diligently and I think the coaching staff does a great job of getting us prepared to play, making sure we understand the why behind the what.” According to Allar, the credit shouldn’t be given solely to him. He made sure to credit his wide receivers and offensive line, as well as the defense and special teams units. “We always talk about ‘with team success comes individual success’... it wasn’t just me, it was the whole team,” Allar said.

Allar had a pair of passes that were deemed “interceptable,” but he also had some big passes that paid off, namely a third-down strike to KeAndre Lambert-Smith. His big arm and gunslinger mentality leads to more risk-taking, which can lead to an increase in explosive plays but also devastating turnovers. Looking ahead, the road will only get tougher for Penn State. The Nittany Lions still await their annual matchups against Michigan and Ohio State, where there will be significantly less room for error. “There’s certain points in games and drives where you need to take risks,” Allar said. “You kind of just have to push it a little bit and test the limits, but it all comes down to risk opportunity and just assessing that.”



Jackson Ranger/Collegian

Drew Allar commands his fellow players during the game against West Virginia on Sept. 2. The Nittany Lions won 38-15

That attitude paid off for Allar on Saturday, as he sliced through the West Virginia

secondary to the tune of 10 completions of 15 or more yards, including a high of 72. “To be able to go out and play well in that type of environment against that type of team was very rewarding, just because we know all the work that we put in since January, since the end of last season, and definitely just reap the rewards on Saturday,” Allar said. As Allar slung pass after pass, the questions that had been surrounding him all offseason dissipated into the air. By the time the dust settled, the statement had been made. Allar now has his first win as a starter, but he’s continuing to rely on the team’s 1-0 mentality moving forward. “We did what we were supposed to do — we got the win,” Allar said. That’s all that matters to me at the end of the day, and that’s all that matters to the team at the end of the day.” “We want to have that same feeling every weekend.”



Sienna Pinney/Collegian

Drew Allar looks for a pass during the home opener against West Virginia on Sept. 2 at Beaver Stadium. Allar threw for 315 yards and three touchdowns in his starting debut.

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Smooth Operator

By Sam Woloson
THE DAILY COLLEGIAN

Beau Pribula grew up watching former Nittany Lion quarterback Trace McSorley on TV. He now wears McSorley's No. 9 and has drawn comparisons to his predecessor.

"I always wanted to be like the Penn State quarterbacks," Pribula said.

On Saturday, Pribula's dream came true, taking the first snaps of his college career against West Virginia, relieving Drew Allar late into the fourth quarter with the Nittany Lions up 31-15.

Facing the Mountaineers' starting defense, Pribula engineered an efficient drive that ended with his first career touchdown — a 5-yard rush that sealed a season-opening win.

"It was a special moment," Pribula said. "It was just a fun moment getting in the end zone at Beaver Stadium in front of a big crowd like that and to celebrate with my teammates."

As Penn State's backup quarterback, Pribula knows that his number could be called upon at any time.

In recent seasons, backup

quarterbacks have made appearances in key games for both the Nittany Lions and for programs across the country. Having a competent backup can seriously alter the outcome of a game, and Pribula reflects that in his preparation.

"You always got to prepare as if you're the starter," Pribula said. "So then when you get into a game, nothing changes. You don't have to do anything different because you're prepared."

Even in a relatively low-stakes situation like Saturday's, the young quarterback displayed his poise and calmness that has impressed his fellow players and coaches.

Starting quarterback Drew Allar called Pribula a "smooth operator," saying he did a good job of managing the clock and reacting to the defense.

Saturday was Pribula's opportunity to showcase his traits that James Franklin said don't normally show up in a standard practice.

"When I went and watched him play in high school, it was one of the more impressive things to watch — just his poise and ability to spread the ball around,"



Jackson Ranger/Collegian

Beau Pribula completed one pass for seven yards, rushed three times for 18 yards and walked in a touchdown in his first-career college game on Saturday. He's expected to back up Drew Allar for the season's entirety.

said Franklin, who visited Pribula on a night the quarterback didn't throw an incompletion.

Pribula is expected to take on additional reps Saturday against Delaware, a team that Penn State is expected to bully for 60 minutes.

Another ability that doesn't always show up on tape is leadership, which is something Pribula has been developing since January.

When veteran Sean Clifford left the program after the Rose Bowl, Allar and Pribula were

thrust into leadership roles as the oldest quarterbacks on the roster.

"I think we've both taken that (leadership) to the next level," Pribula said.

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Question marks at kicker after 2 misses

By Sam Woloson
THE DAILY COLLEGIAN

Even after a summer-long competition, Penn State's kicking battle is far from finished.

In the Nittany Lions' season opener against West Virginia, starting kicker Sander Sahaydak

missed two field goal tries from 34 and 38 yards, respectively.

Sahaydak won the starting job over Columbia transfer Alex Felkins this offseason, yet he finished the game on the bench while Felkins handled kicks.

"We have the depth that if it's not a guy's night, we have some-

body else that we can put in at really any position," Franklin said.

Felkins knocked through a 25-yarder and all three of his extra point attempts in the second half, as the Nittany Lions pulled away after a slow start.

James Franklin said the position battle "really could have went either way." He said Felkins led early, but a strong finish to camp helped Sahaydak win the spot.

The confidence the coaching staff still has in Felkins contributed to Sahaydak playing on a relatively short leash.

"After [Sahaydak] missed two field goals that I do not think were long, challenging field goals, that's close enough during camp to go to the other guy," Franklin said.

The missed kicks in the first half resulted in a game that was much closer than it should've been.

While Penn State went rela-

tively unpunished on Saturday night, it can't expect to get away with missed points come Big Ten play.

Franklin said he and the coaching staff haven't made a decision on which kicker will start next weekend against Delaware.

Felkins is the Nittany Lions' most experienced kicker after playing three seasons with Columbia.

The senior made 66% of his field goals during his Ivy League career with a long of 53 yards.

At Penn State's Media Day in early August, the kicker admitted he wasn't the most accurate, but he also believes his experience gives him an edge.

"I know exactly what I need to do on every kick," Felkins said. "My mental game has gotten really simple over the years."

Sahaydak, meanwhile, is a much younger kicker. In 2022, the redshirt sophomore made his first career field goal,

a 20-yarder, and an extra point against Rutgers.

Saturday night was effectively Sahaydak's audition for the starting gig, and he was booed off the stage.

Still, one of the top kickers of the 2021 recruiting class has the potential to be a quality player for the Nittany Lions down the road.

After all, Penn State's starting kicker in 2022, Jake Pinegar, had an up-and-down career of his own.

After starting in each of his first three seasons, Pinegar lost the starting role to now-Baltimore Ravens punter Jordan Stout. After Stout's departure, Pinegar reclaimed the starting job for his final season.

Felkins may have the leg up, but Franklin said "there'll be competition all year long at every position,"

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Sienna Pinney/Collegian

Alex Felkins replaced Sander Sahaydak after he missed two field goals.



DELAWARE BLUE HENS

FOOTBALL ROSTER

No.	Name	Position/Elig.	No.	Name	Position/Elig.	No.	Name	Position/Elig.	No.	Name	Position/Elig.
0	Quentin McAbee	WR/Gr.	15	James Collins	WR/Sr.	36	Gary Seigler	DB/So.	63	Thomas Chernasky	OL/So.
0	Jackson Taylor	LB/Gr.	16	Micah Prout	DB/Sr.	37	Alex Schmoke	PK/Gr.	66	Will Curran	OL/Fr.
1	Kyron Cumby	RB/Gr.	16	Noah Sanders	QB/So.	38	Brody Friedman	DB/So.	67	Blaise Sparks	OL/Sr.
1	Ty Davis	DB/Jr.	17	RJ Macnamara	DL/Sr.	39	Zane Lewis	WR/Gr.	70	Anwar O'neal	OL/Fr.
2	Jojo Bermudez	WR/So.	17	Jourdan Townsend	DB/Sr.	40	Ryan Kost	P/Gr.	71	Patrick Shupp	OL/Sr.
2	Shane Thrift	DB/Jr.	18	Christian Pierce	WR/Jr.	41	Alton Dennis	LB/Jr.	72	Jaime Ramos	OL/Fr.
3	Zach Marker	QB/Sr.	18	Terrique Riddick	RB/Sr.	42	Ronnie Heath	RB/Fr.	73	Bradly Anyanwu	OL/Gr.
3	Alex Villas	DB/Sr.	19	Jalyn Witcher	WR/Jr.	43	Lance Nelson	DB/Fr.	74	Braden Clark	OL/Sr.
4	Khalil Dawsey	DB/Gr.	20	Ja'Carree Kelly	WR/Fr.	44	Dillon Trainer	LB/Sr.	75	TJ Thomas	OL/Gr.
4	Nick Minicucci	QB/Fr.	20	Nate Spak	DB/Fr.	45	Sean Quick	LB/So.	77	Cole Snyder	OL/Jr.
5	Steven Rose Jr.	DB/Jr.	21	Anthony Crenshaw	DB/Fr.	46	Erick Stranko	LB/Jr.	80	Phil Lutz	WR/Gr.
5	Joshua Youngblood	WR/Gr.	21	Marcus Yarns	RB/Sr.	47	Jack Fileppo	LB/Jr.	81	Daniel Parisi	WR/Fr.
6	Makhi Johnson	WR/Sr.	22	Nic Ware	DB/Sr.	48	Casey Judelson	LB/So.	83	Isaiah Cherry	WR/So.
6	Amin Mimouni	DL/Jr.	23	Quincy Watson	RB/Gr.	49	Chris Collot	LB/Fr.	84	Santino Correa	WR/So.
7	Mateo Vandamia	LB/Gr.	24	Tyron Herring	DB/Gr.	50	Kion Wright	DL/Fr.	85	Andrew Miklos	WR/So.
8	Chandler Harvin	WR/Gr.	25	Kaelin Costello	RB/Jr.	51	Zack Taylor	LS/Jr.	86	Hudson Clement	WR/Fr.
8	Ethan Saunders	DL/Sr.	25	Calson Goodwill	DB/Jr.	52	Dominick Brogna	DL/So.	85	Ryan Wolfe	TE/Sr.
9	Braden Brose	TE/Gr.	26	AKhoury Lyde	DB/So.	53	Brett Kwoka	DL/So.	86	Matt Carlino	TE/Jr.
10	Keeno Arrington	DB/Sr.	27	Jo'Nathan Silver	RB/So.	54	Fintan Brose	OL/Sr.	87	Donovan Lewis	WR/Fr.
10	Daniel Lipovski	QB/Fr.	28	Saeed St. Fleur	RB/Fr.	54	Pete Melle	DL/Jr.	88	Elijah Sessoms	TE/So.
11	Levaughn Lewis	TE/Sr.	29	Nyair Domnies	DB/Fr.	55	Brock Gingrich	OL/Sr.	89	Nate Ray	DL/Fr.
11	James Yelbert Jr.	DL/Sr.	30	Thomas Schultz	LB/Sr.	55	Keyshawn Hunter	DL/Jr.	91	Nate Reed	PK/Jr.
12	Chase McGowan	DE/Sr.	31	Hasson Manning Jr	DB/Fr.	56	Mekhi Carmon	DL/Fr.	93	Jack Hall	DL/Sr.
12	Kym Wimberly	WR/Gr.	32	Marje Mulumba	LB/Jr.	57	Noah Vitko	LS/Fr.	95	Melkart Abou-Jaoude	DL/So.
13	Jared Duncan	DB/Sr.	33	Kshawn Cox Jr	DB/Fr.	58	TJ Latore	LS/Sr.	96	James Collins	PK/Fr.
14	Ryan O'Connor	QB/Jr.	34	Christopher Pierce	LB/Sr.	61	Steven Demboski	OL/So.	98	Nick Karika	DL/Jr.
14	KT Seay	DB/Fr.	35	Gavin Moul	LB/Fr.	62	Anthony Caccese	OL/Fr.	99	DaMarcus Thompson	DL/Jr.



PENN STATE NITTANY LIONS

FOOTBALL ROSTER

No.	Name	Position/Elig.	No.	Name	Position/Elig.	No.	Name	Position/Elig.	No.	Name	Position/Elig.
0	Dominic DeLuca	LB/So.	16	Elliot Washington II	CB/Fr.	39	Ty Blanding	DT/Fr.	68	Anthony Donkoh	OL/Fr.
1	KeAndre Lambert-Smith	WR/Jr.	17	Karson Kiesewetter	QB/Fr.	39	Jashaun Green	S/Fr.	70	J'ven Williams	OL/Fr.
1	Jaylen Reed	S/Jr.	17	Mason Stahl	WR/Jr.	40	Patrick Williams	S/Fr.	71	Vega Ioane	OL/Fr.
2	Liam Clifford	WR/So.	18	Joey Schlaffer	TE/Fr.	41	Kobe King	LB/So.	73	Caeden Wallace	OL/Sr.
2	Keaton Ellis	S/Sr.	18	Davon Townley Jr.	DT/So.	42	Mason Robinson	DE/Fr.	74	Olu Fashanu	OL/Jr.
3	Johnny Dixon	CB/Sr.	19	Jack Lambert	QB/Fr.	43	Tyler Elsdon	LB/Jr.	75	Matt Detisch	OL/Fr.
3	Dante Cephas	WR/Sr.	19	Jameial Lyons	DE/Fr.	44	Chop Robinson	DE/Jr.	77	Sal Wormley	OL/Sr.
4	Kalen King	CB/Jr.	20	Adisa Isaac	DE/Jr.	44	Tyler Warren	TE/Jr.	78	Golden Israel-Achumba	OL/Jr.
4	Malick Meiga	WR/Jr.	21	Carmelo Taylor	WR/Fr.	45	Jackson Pryts	LB/Fr.	79	Addison Penn	OL/Jr.
5	Omari Evans	WR/So.	21	Kevin Winston Jr.	S/So.	47	Joey Palko	DE/Fr.	80	Cristian Driver	WR/Fr.
5	Cam Miller	CB/So.	23	Curtis Jacobs	LB/Jr.	47	Will Patton	SN/Fr.	82	Ethan Black	WR/Fr.
6	Harrison Wallace III	WR/So.	23	Trey Potts	RB/Sr.	48	Tyler Duzansky	SN/So.	83	Jake Spencer	WR/Jr.
6	Zakee Wheatley	S/So.	24	London Montgomery	RB/Fr.	48	Kaveion Keys	LB/Fr.	84	Theo Johnson	TE/Jr.
7	Kaden Saunders	WR/Fr.	24	Ta'Mere Robinson	LB/Fr.	49	Ben Chizmar	LB/So.	86	Jason Estrella	OL/So.
8	Tyler Johnson	WR/Fr.	25	Daequan Hardy	CB/Sr.	50	Alonzo Ford Jr.	DT/Jr.	87	Andrew Rappleyea	WR/Fr.
8	DaKarri Nelson	S/Fr.	25	DK Keney	RB/Fr.	51	Hakeem Beamon	DT/Sr.	88	Jerry Cross	TE/Fr.
9	King Mack	S/Fr.	26	Cam Wallace	RB/Fr.	52	Dominic Rulli	OL/Fr.	88	Sam Sifa	DT/Fr.
9	Beau Pribula	QB/Fr.	27	Lamont Payne Jr.	CB/Fr.	52	Jordan van den Berg	DT/So.	89	Finn Furmanek	TE/Fr.
10	Nick Singleton	RB/So.	28	Zane Durant	DT/So.	53	Nick Dawkins	OL/Jr.	91	Dvon Ellies	DT/Jr.
10	Mehki Flowers	S/Fr.	29	Audavion Collins	CB/Fr.	54	Ian Harvie	OL/Fr.	91	Alex Felkins	K/Sr.
11	Abdul Carter	LB/So.	30	Amiel Davis	RB/So.	55	Chimdy Onoh	OL/Fr.	92	Smith Vilbert	DE/Sr.
11	Malik McClain	WR/Jr.	30	George Hlavac	CB/Fr.	56	Joseph Mupoyi	DE/Jr.	93	Bobby Mears	DE/Sr.
12	Anthony Ivey	WR/Fr.	31	Kolin Dinkins	CB/Fr.	56	JB Nelson	OL/Jr.	93	Sander Sahaydak	K/So.
12	Zion Tracy	CB/Fr.	32	Keon Wylie	LB/Fr.	57	Ibrahim Traore	OL/Jr.	94	Ryan Barker	K/Fr.
13	Kaytron Allen	RB/So.	33	Dani Dennis-Sutton	DE/So.	58	Kaleb Artis	DT/Fr.	94	Jake Wilson	DE/Jr.
13	Tony Rojas	LB/Fr.	34	Tyler Holzworth	RB/So.	62	Liam Powers	OL/Fr.	95	Riley Thompson	P/Sr.
14	Tyrece Mills	S/Jr.	35	Blaise Sokach-Minnick	SN/Fr.	63	Alex Birchmeier	OL/Fr.	96	Mitchell Groh	P/So.
14	Jaxon Smolik	QB/Fr.	35	Jace Tutty	CB/So.	64	Hunter Nourzad	OL/Sr.	97	Alex Bacchetta	P/Fr.
15	Drew Allar	QBSO.	36	Zuriah Fisher	DE/Jr.	65	Jim Fitzgerald	OL/Fr.	98	Andrew Sharga	DE/Fr.
15	Amin Vanover	DE/Jr.	38	Tank Smith	RB/Sr.	66	Drew Shelton	OL/So.	99	Coziah Izzard	DT/So.
16	Khalil Dinkins	TE/So.	38	Winston Yates	LB/Fr.	67	Henry Boehme	OL/Fr.	99	Gabriel Nwosu	P/So.

LEARNING EXPERIENCE

Penn State's defense learned valuable lessons against West Virginia

By Joel Haas
THE DAILY COLLEGIAN

There weren't many critiques to Penn State's season-opening win over West Virginia, but one of the few nits to be picked is that of the run defense.

The Nittany Lions allowed 146 yards on the ground, and both of the Mountaineers' touchdowns came via its rushing attack. While those aren't terrible numbers, they do stand out as one of the weaker parts from Penn State's performance.

"I think we could've made a lot more plays," defensive end Dani Dennis-Sutton said Wednesday. "They did a lot of read options and different stuff to try and slow down me and the other defensive ends, so as far as trying to keep our eyes disciplined ... I think this week that's a big thing we're going to practice."

The Joe Moore Award recognizes the nation's top offensive line, and Michigan has won the past two. The Wolverines could exploit some weaknesses in Penn State's defensive line when they visit Beaver Stadium in November.

Michigan pounded the Nittany Lions to the tune of 418 ground yards last season, but James Franklin's program is focusing on fixing those mistakes.

"Michigan was a really good team," Dennis-Sutton said. "I think the message that we got from that game was just trust each other. ... A lot of times when you don't trust each other,



Jackson Ranger/Collegian

Penn State defensive tackle Dvon Ellies brings down West Virginia's CJ Donaldson Jr. on Saturday night at Beaver Stadium. The Nittany Lions topped the Mountaineers 38-15 to open the season.

that's when things can get out of whack."

While West Virginia wasn't able to fully exploit Penn State's defensive line, other teams like the Wolverines will likely attempt to do so after seeing the Mountaineers' performance. However, veteran tackle Dvon Ellies is confident the line will be ready.

"We want to be the best D-line possible, and in order for that to happen we have to be firing on

all cylinders. I think that's the next progression," Ellies said after Wednesday's practice. "We're getting our technique together more than it was before, so we're just continuing to stack every single day."

Though issues appeared at times against West Virginia, particularly on inside runs, there are always wrinkles to iron out after the first game of the season, and Penn State has time to make adjustments.

"I feel like as a unit there are some things that we need to improve on the front end, back end," Ellies said. "I think that'll happen this week. ... We just need to be more efficient, we just need to play a little cleaner."

One of the main difficulties the Nittany Lions faced in defending the run last Saturday was the frequent option plays employed by quarterback Garrett Greene and the West Virginia offense.

"They've got a good offensive

line, I think the quarterback does a phenomenal job," James Franklin said postgame West Virginia. "When you're rushing that type of quarterback, you have to keep in your rush lanes. ... I think it's going to be good for us in the long-term."

The team is less likely to encounter running quarterbacks against its remaining opponents, but Ellies said it gave the line valuable experience and learned about itself through the experience.

"With a quarterback who's that mobile, you do have to play things a little bit differently," Ellies said. "I think that was a good challenge for us because we're not going to see too many quarterbacks with his run ability. I think he did a good job of helping us out as far as development goes."

However, the most challenging competition to go against comes from within the organization, Ellies said. Going against running backs Nick Singleton and Kaytron Allen in practice has kept the defensive line busy in the absence of an opponent, something that Ellies said benefits the defense.

"We're accustomed to playing against our guys, so (West Virginia) wasn't too big of a stressor for us," Ellies said. "(Allen) lowers his shoulder, he runs his feet, so it's like ... you ever got hit by a car?"

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Let's be Frank

By Seth Engle
THE DAILY COLLEGIAN

Let's be Frank, Drew Allar exceeded expectations in his first career start and could be the missing piece to the puzzle that has kept Penn State out of the College Football Playoff.

It took Allar two pass attempts to find the end zone on Saturday, scrambling from pressure and launching a 72-yard missile to KeAndre Lambert-Smith. He finished 21-for-29 with 325 yards and three touchdowns.

If there were any doubts or uncertainty regarding Allar's legitimacy as the Nittany Lions' signal caller of the future, those went out the door quickly. He could be the answer for a program that has infamously come oh-so close in the playoff era.

Penn State has appeared in four New Year's Six bowls, as well as a Big Ten Championship, under James Franklin. Recruiting has never been a problem for Franklin, and many of his players have gone on to successful NFL careers.

If defense has consistently been strong — with the exception of a few years of lackluster secondary play — the Nittany Lions have potentially been one Heisman Trophy candidate away from competing with the nation's top schools.

Ohio State is an example of a program that has kept itself in contention annually because it almost always has one of the best quarterbacks in the country.

The Buckeyes' past three starting quarterbacks prior to this season — CJ Stroud, Justin Fields and Dwayne Haskins — were all drafted in the first round of the NFL Draft.

A Penn State quarterback hasn't been taken in the first round since Kerry Collins in 1995.

Collins' senior season in 1994 was the program's last undefeated year, a season the Nittany Lions likely should've been crowned national champions — but that's a story for another day.

It's no secret that quarterbacks are the most valuable position in football. There's a reason the 12 highest-paid players in the NFL are all signal callers.

If Allar's first start was any indication of things to come, he could become the X-factor Penn State has so desperately lacked before snapping the program's 28-year streak without a quarterback selected in the first round.

It's not just Allar's arm that stands out, it's his poise.

Playing in front of 110,747 — the fourth biggest crowd in Beaver Stadium history — isn't easy for anyone, let alone a 19-year-old who was crowned the face of the program before he even made his first start.

At 6-foot-5, 242 pounds, Allar is different. He dances around the pocket with ease and possesses veteran footwork despite only one year of collegiate experience.

When a defender gets a hand on him, Allar's size makes it difficult to bring him down, giving him more time to throw the ball out of bounds and scrap the play. When he leaves the pocket, good luck trying to tackle a moving object built like a defensive end.

The consensus at the end of last season was that Penn State wasn't satisfied with a Rose Bowl win, and the pieces are there to make a deep run this winter.

Like in years prior, Nittany Lions are expected to be selected early and often in April's draft. Preseason All-Americans Kalen King, a cornerback, and offensive tackle Olu Fashanu are both projected first rounders, as is defensive end Chop Robinson.

With a loaded roster from top to bottom, Allar could be the one who finally takes the Nittany Lions from great to elite if he can stay consistent for 12 more weeks.

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Chris Eutsler/Collegian

Penn State wide receiver Malik McClain lines up before a play against West Virginia. The Florida State transfer finished with 58 receiving yards and a touchdown in his Happy Valley debut.

The transfer has arrived

By Zach Allen
THE DAILY COLLEGIAN

Malik McClain's relationship with Penn State has been years in the making, but it came to fruition last week in the form of a touchdown.

McClain and James Franklin's relationship started long before McClain's transfer from Florida State to the Nittany Lions, as Franklin offered McClain a scholarship in March 2020.

Penn State was apparently in McClain's top three schools before he committed to Florida State the following August.

"I've known Coach Franklin since I was probably like a junior in high school," McClain said Wednesday.

McClain first stepped foot on campus during the spring semester with an entirely new system to learn.

Despite having a relationship with Franklin years before his commitment to transfer to Penn State, another aspect of Nittany Lion football that McClain had to adjust to was the culture of the program.

"It's a different culture from Florida State, so learning that culture and knowing how to move through it (was an adjustment)," McClain said. "(The culture) is very blue collar —

just work, work, work and pick your head up until you hold a trophy somewhere."

On Saturday, McClain wasn't named as one of the three starting receivers, but his work ethic earned him a sizable amount of playing time nonetheless.

In the fourth quarter, McClain caught a short pass that was only a few yards from the line of scrimmage. The transfer receiver evaded defenders until he reached the end zone for a 25-yard score.

McClain finished with four receptions for 58 receiving yards and a touchdown in his Nittany Lion debut and set a career high in receiving yards while tying a career high in receptions and touchdowns.

"He's been awesome. He's one of the more popular guys on the team. Everybody likes him," Franklin said. "He's just been a really good fit for our program and we're glad we got him."

Standing at 6-foot-4, McClain is a large, but still athletic, weapon for Drew Allar to throw to.

Practicing against Penn State's secondary, which McClain calls "the hardest people" he plays against, has helped McClain develop his skill set.

However, McClain has been a good practice partner for the Nittany Lions' defensive backs, as well.

"He's a different style of receiver than a lot of guys are used to seeing nowadays," safety KJ Winston said.

"He has the finesse and the physicality, and I think that physicality part is where he really stands out."

McClain entered an already-crowded wide receiver room that also brought in Dante Cephas, a transfer receiver from Kent State.

KeAndre Lambert-Smith and Trey Wallace were the clear-cut first and second receivers on the depth chart, but the third wide receiver spot was a highly-contested battle throughout the spring and summer months.

Liam Clifford was awarded the job on the video board prior to the West Virginia game, but the competition is far from being a closed case.

McClain is one of the receivers that's involved in the conversation for the third spot.

"We got a number of guys that we feel good about. Liam is one of those guys. Obviously, Malik is one of those guys," Franklin said.

"There's a number of guys that are competing and it will continue to be a competition."

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Seth Engle



Engle

What to watch for: Penn State handled business against West Virginia, but left question marks on the field. Against Delaware, the program's first FCS opponent since 2021, look out for improvements in previous struggles at kicker and defensive tackle. How good the Nittany Lions can be also comes down to Drew Allar's ability to be great consistently.

Score: Penn State 52, Delaware 7

Zach Allen



Allen

What to watch for: Penn State's offense found its footing against West Virginia, and that'll certainly be the case against an even worse Delaware side. Expect this game to get out of hand quick, as the Blue Hens will have a tough time scoring on the Nittany Lions as well due to Penn State's pass rush and secondary. This game won't — and shouldn't — be close.

Score: Penn State 56, Delaware 6

Joel Haas



Haas

What to watch for: Penn State makes its Peacock debut with a Week 2 matchup against visiting Delaware. If you're like most Americans and don't have Peacock, I'll save you the \$5.99 subscription fee and three hours of your life — the Nittany Lions win. Big. This one will be over before the student section fills in and even after the second team comes in, the points will continue to roll for the home team.

Score: Penn State 48, Delaware 10

Sam Woloson



Woloson

What to watch for: To Delaware's credit, it is a solid FCS program. That being said, I don't think the Blue Hens will stand much of a chance against Penn State. The biggest difference between FBS and FCS programs is at the line of scrimmage, and I expect Penn State's big men to bully Delaware for 60 minutes.

Score: Penn State 49, Delaware 7

Guest Picker: Luke Vargas



Vargas

What to watch for: If coach Neal Brown thought a second-team garbage-time touchdown was bad — he ain't seen nothing yet. Give me Penn State by 50. Delaware kicker Nate Reed will get three points back for the Blue Hens, but a Nick Singleton-led blue and white offense will seize the day in front of a tepid Beaver Stadium crowd Saturday.

Score: Penn State 53, Delaware 3

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Tuition blues for students

Penn State implemented a surcharge for students taking more than 19 credits

By Abigail Shanley
THE DAILY COLLEGIAN

A month before the fall semester, many Penn State students were adjusting their academic plans after the university announced a tuition increase for students taking more than 19 credits.

The tuition increase was expected to only affect 2.9% of students, according to Penn State. However, the data presented was from 2016.

This increase results in an \$820 increase per credit at University Park, \$552 to \$641 at the commonwealth campuses and \$626 at Penn State World Campus.

Sahar Naqvi, a first-year studying biomedical engineering, said this has negatively affected her education.

"[I feel] a lot of guilt because

I'm putting my parents through that," Naqvi said.

Due to the increase in tuition, Naqvi said she thought about "transferring to a more affordable place" and is still considering that as a solution.

"As an international student, the tuition is really really high," Naqvi said. "I did think about getting a certain loan as well, but as an international student, they do not give you financial aid."

Naqvi said one of her options was scholarships, but she said it's difficult "to actually even get one."

David Saldubehere said the changes in tuition changed his academic plans "involuntarily."

"I was planning on double majoring," Saldubehere, a second-year studying computer science, said. "After I heard the whole 19 credits thing ... I [realized] I can't



Courtney Taylor/Collegian file photo

One month before the 2023 fall semester, Penn State announced there would be an \$820 increase per credit for students taking more than 19 credits.

do two majors in four years."

Not only did Saldubehere have to change his plans of double majoring, but he also said he had to reject credit from a research opportunity "because that would go way above 19 [credits]."

"I feel like most people, at least in STEM aren't gonna be taking more than 19 – but it depends on your major," Saldubehere said.

Kyla Pritchett said she's hoping her academic plans won't have to change.

Pritchett, a third-year studying media studies and psychology, said she doesn't want to "have to stay an extra semester and take the really expensive classes that Penn State has."

"I have an internship in the spring," Pritchett said. "I don't

think I can transfer those credits because it may be a little too expensive."

Ethan Martin said this tuition increase also caused him financial stress.

Martin, a second-year studying computer science, said he "was ... concerned [because] finances have always been a bit of an issue" for him and his family.

"Seeing that [increase] blindsided us," Martin said. "It just means I'm gonna have to take out more loans."

Martin said this increase was "another thing on [his] shoulders."

However, Martin sympathized with other students, clarifying if he "wasn't as lucky [as he was] to be in [an] OK financial situation"

the tuition increase would have been a much bigger issue for him and his family.

"There are probably other students here that saw [the tuition increase] were probably like, 'I might not be able to continue here in the fall or in the spring,'" Martin said.

Martin said the increase is "probably going to add another five, eight years on to whatever kind of tuition [he'll be] paying on student loans."

"My tuition went from \$11,000 to almost \$14,000 per semester," Martin said. "That's a pretty sizable amount."

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Tyler Mantz/Collegian

Penn State initially said the tuition increase would affect 2.9% of all students.

From the sidewalk to the stage

By Alex Wiersberg
THE DAILY COLLEGIAN

Tyler and Matt Greer, who make up the band The Corner Brothers, have played music throughout State College ever since they studied at Penn State.

The Port Matilda, Pennsylvania, brothers have had a passion for arts and music since a young age.

"Growing up, [I] was always into art and music. Matt was into theater," Tyler said.

Despite being involved in theater, both brothers have family who influenced their music, Matt said.

"We always had music in our lives. Our mom played piano when we were younger, and our uncle was in a country band," Matt said.

The brothers never connected with modern music, but rather with the bands they grew up with, like Simon and Garfunkel, Styx, REO Speedwagon and Journey.

Their performances are more unique, as The Corner Brothers interact with their audience in a casual and

conversational manner.

"Playing on the sidewalk first really spearheaded that for us," Matt said. "It's something we always really valued as performers because it kind of breaks that fourth wall. If you're at a Corner Brother's show, you're part of it. You hang out; you drink a beer; you talk to us."

One day, Matt said he was walking down the street, passing a spot between Cafe 210 West and the graduate building when he saw one kid playing guitar and another playing the cajon.

"Ever since I saw people standing around them and having some fun with them, I wanted to try that," Matt said.

J.R. Mangan, owner of Cafe 210 West, a recurrent stage for the Greer brothers over the last eight years, said there's a different authenticity from the brothers' performance.

"They're brothers. There's a certain chemistry

between brothers musically their banter, their wit. It's not fake; it's real," Mangan said.

That isn't the only way playing on the sidewalk shaped the group's music.

"That had a big influence on the music we play today, too. We learned what people were requesting on the street," Matt said. "Our show kind of evolved from being the root; now we do a lot of requests, and we play what people wanna hear."

M a n g a n also spoke on their blending of musical styles.

"They really mix the music up — from country to rap — any song people can sing along with. They really appeal to all ages," Mangan said. "I've got older alumni that are texting me today asking if I can get them in to hear The Corner Brothers."

Tyler also touched on his inspiration to start playing music. "For me, it was just more fun, and something Matt and I could share," Tyler said. "It was nice too to make an extra \$200 a weekend. I would make more money in a weekend playing downtown for fun than I would in 3 weeks in my retail job."

In time, the two started playing Fridays at Cafe 210 West — where they proved to be extremely popular.

"They are extremely popular, and they put on a great show. Most acts don't get the audience as involved as they do," Mangan said.

"We play what the people wanna hear"

Matt Greer
The Corner Brothers member

On some occasions, Mangan said he worried about the deck from audience members jumping so much while enjoying the live music.

Ever since then, their career has snowballed, leading them to play at THON multiple times.

"P l a y i n g THON was a huge milestone for us," Tyler said. "It was really an incredible moment, nothing will even take the place of being on stage with 10,000 students."

Life in the band isn't always easy, according to the brothers, who have had to learn how to balance playing music with a full-time job.

"Some nights it's like, this is the fifth show of the week when you'd rather stay at home and crush a beer or hang out with your girlfriend," Matt said.

The time

commitment has posed an issue, too, they said.

"We play until 12 a.m., then I have 9 a.m. meetings tomorrow morning. That's the hardest thing — burnout is a real thing," Tyler added.

Despite their busy schedule, the two have no plans to stop anytime soon.

"It's something I do genuinely love, as busy as it gets, and as crazy as it gets, there's memories there that are irreplaceable, and I'm going to continue doing it as long as I can sing," Tyler said.

The brothers can be found playing at Doggie's Pub on Thursdays from 9 p.m. to midnight, and Café 210 West on Fridays 6-9 p.m.

Other information regarding their semester schedule and announcements regarding performances can be found on their Facebook Page.

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Follow him on X at [@AlexWiersberg](https://twitter.com/AlexWiersberg).



Photo by Shawna Gailey
Graphic by Ella Freda

Reuniting after 33 years

By Ellen McIntyre
THE DAILY COLLEGIAN

A chunk of the Berlin Wall sits on display in Scott Lynn’s living room, a memento of his study abroad trip to Flensburg, Germany. He broke the piece off, like many others did, and carried it through security from Berlin back into Flensburg.

Lynn and seven other Penn State students arrived in Germany in February 1990 — just three months after the Berlin Wall fell — for their semester-long study abroad program. Newly stripped of communism, the country was in a pivotal era.

“It was a truly eye-opening and humbling experience for me,” Lynn said. The trip was his first time traveling outside of the United States.

Thirty-three years later, Lynn attended a study abroad reunion with some former classmates and one of his professors. The reunion took place in Wellsboro, Pennsylvania, from Sept. 2-4. For those in attendance, it was a time to chat, reminisce and enjoy spending time together.

Rainer Prawitt, who taught the students about the German financial and economic system and accompanied them on excursions, also attended the reunion.

He flew over from Germany with his daughter and said it was



Jim Reifer/Courtesy Art

Scott Lynn looks through a hole in the inner Berlin Wall from the space between the inner and outer walls, which was called “No Man’s Land” in February 1990 in Germany — just three months after the Berlin Wall fell.

his first time visiting the U.S.

Prawitt said he was just a kid when his family moved to West Berlin — a move that was, at the time, forbidden by the government. The East German secret police patrolled the trains crossing from East to West Germany, Prawitt said.

“Sometimes they [would] ask you, ‘Why are you going over there?’” he said. “What do you want in West Berlin?”

Prawitt said if his parents and him had been caught moving, it “would have been very severe.”

“My parents [would’ve] been sentenced to about five years in jail, and my sister and I [would’ve] been sent to a children’s home,” Prawitt said. “It was a frightening moment.”

His family took a big risk, but they made it.

In November 1989, when the Berlin Wall finally fell, it “was a

great surprise,” Prawitt said.

When the students signed up for the study abroad program, nobody had any idea the wall would be down by the time they got there, Lynn said.

“Everybody was absolutely thrilled about it,” Prawitt said. “Suddenly that other part of Germany was available, so we could go there and see the places where I played when I was a child.”

Prawitt said his first time back

after the wall fell was with Lynn and the other students.

“It was strange,” Prawitt said. “Quite a lot had changed. It was very moving.”

The group visited his old neighborhood and the areas where he grew up.

The experience bonded Lynn, Prawitt and the other students.

Lynn said he has stayed in touch with a couple of his former classmates over the years, and he got back into contact with Prawitt about 15 to 20 years ago.

The group discussed a 30-year reunion, but COVID-19 halted those plans. This was the first year since then that the reunion seemed feasible, Lynn said.

“We’ve decided to have a reunion this year, 33 years later, which in Germany is called a ‘Schnapszahl,’” Lynn said, which is supposed to be a lucky number.

For Prawitt, the fact that the reunion actually came together is “unreal.”

“I’m kind of impressed and moved a bit that they still keep this memory alive,” Prawitt said. “I think it’s amazing that all this could happen.”

Continue reading here:



A look at Chess Club

By Emma Naysmith
THE DAILY COLLEGIAN

Walking through the HUB-Robeson Center, some students might have noticed a group gathered around the tables playing chess — this is Penn State’s Chess Club.

The Chess Club has been active since 1959 and works to create an environment for the learning and competition of chess among both graduate and undergraduate students.

The club meets at 7 p.m. every Tuesday and Thursday near the fish tanks in the HUB.

Chess Club President Willam Irwin said he was taught and mentored by his grandparents and has been playing chess since he was 7. Prior to enrolling at Penn State, Irwin, a second-year studying computer science, said he “always knew” he wanted to join the Chess Club.

“Anybody can join the Chess Club. It doesn’t matter gender, year or how good you are at chess,” Irwin said. “Whether or not you think you are a smart person, it really doesn’t matter; chess is a game for everybody.”

He said it’s a “great opportunity to meet new people and form relationships” and “loves the social aspect” of it.

While some may be “more naturally talented” or “enjoy playing more,” Irwin said he believes chess has its “benefits” for everyone.

“Chess Club itself is just as much a social experience as it is for playing chess,” Irwin said. “I really believe this can be for everyone.”

Irwin said he’s “excited for the future” of the club.

“We had maybe 40 people at the height of tonight’s meeting,” Irwin said. “That’s the biggest I’ve ever seen.”

Rohan Badami, the tournament director of the Chess Club, said he learned to play chess during the coronavirus pandemic. After being inspired by the Netflix Limited Series “The Queen’s Gambit,” he joined Chess Club to further his playing experience.

“When I joined, I really wasn’t expecting much, but the guys here are awesome,” Badami, a second-year studying computer science, said. “There’s a pretty strong pool here. We have na-

tional rosters and some really strong players. We get the chance to play a lot.”

Badami said he believes the foundations of chess to be “intellectual,” because after the initial four moves, there are over “four-billion” possible variations.

“While playing chess, you have to be very alert and use knowledge gained from your prior games,” Badami said. “The ability to analyze and adapt in the game is what makes it so intellectual — this is the fun part for me.”

Gabriel Gamboa, the club’s treasurer, said.

Continue reading here:



Emma Naysmith/Collegian

Members of Chess Club compete against one another on Aug. 31 in the HUB-Robeson Center.



Nick Eickhoff/Collegian file photo

Fast-food restaurants line downtown State College, but Penn State students are still left wanting more.

Restaurant wishlist

By Maddie Schmitt
THE DAILY COLLEGIAN

With five dining halls on campus, fast-food options throughout the HUB-Robeson Center and restaurants downtown, there are a variety of locations to consider.

Despite this, many students are looking to find newer food options beyond what’s currently available to them.

Muhammad Syed said Popeyes Louisiana Kitchen would “thrive” in downtown State College.

“It’s very hard to get proper fried chicken around here. Plus, the restaurant could stay open late and cater to students coming from parties and bars,” Syed, a fourth-year studying management, said.

There’s a Popeyes situated near Penn State Altoona’s campus, but it’s a 45-minute drive away from the main campus.

Briana Demello said State College should have options such as

an In-N-Out Burger, which is primarily a West Coast retail food chain.

“Being from California, a good, quick In-N-Out Burger is the best, and I wish we had one here,” Demello, a fourth-year studying biobehavioral health, said.

Aside from fast-food restaurants, some students wish there were more local establishments to frequent.

David Emro said he would love to see a restaurant with “traditional Greek food” in downtown State College.

“I know there’s a gyro place around here, but they usually don’t have a lot of the stuff that gets made in the ovens like Spanakopita, Pastitsio or any type of desserts,”

Emro, a third-year studying mechanical engineering, said.

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Word Search

A Day at the Beach

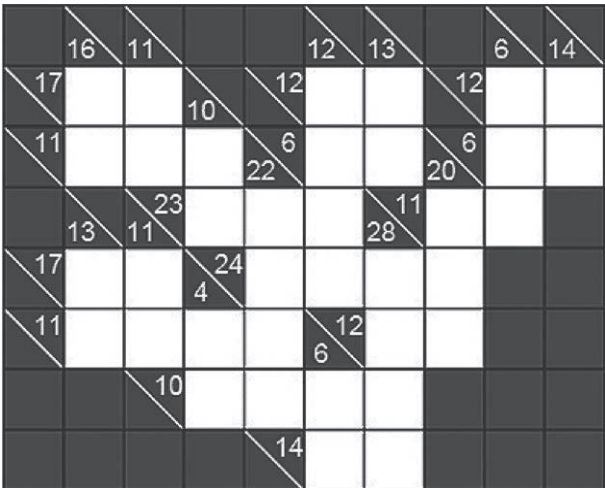
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Bikinis
Boardwalk
Boating
Bonfire
Cooler
Driftwood
Flipflops
Frisbee
Jellyfish
Lifeguard
Music
Ocean
Party
Pier
Salt Water Taffy

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Seagulls
Shells
Summer
Sun
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Kakuro

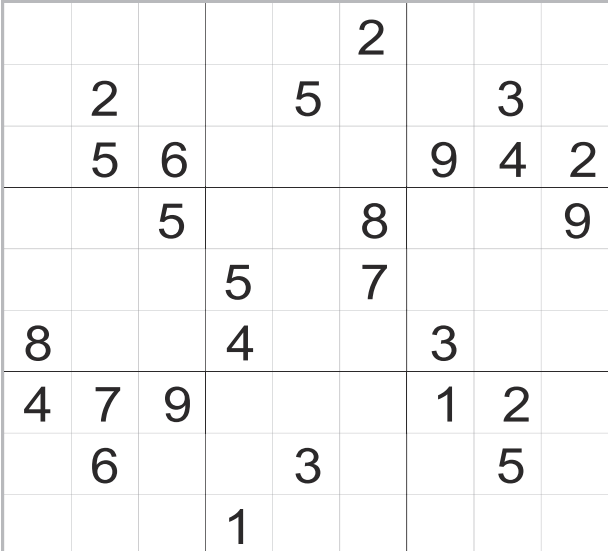


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A number below the diagonal line is the sum of the white squares in the sequence below it.
You may only use the digits 1 to 9, and a digit can only be used once in any sequence.

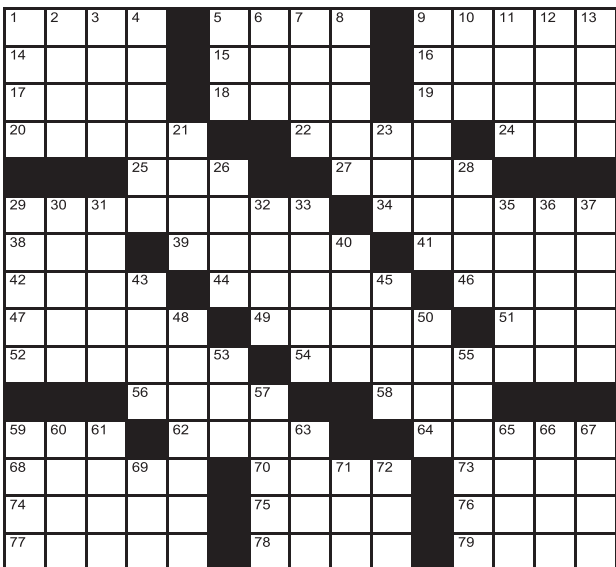
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Sudoku



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Crossword



Across

1 Kind of team
5 Tuck away
9 Swamp snapper
14 Toast topper
15 “Field of Dreams” setting
16 Beyond’s partner
17 Sacked out
18 Sushi selection
19 Fit for a king
20 Limnologists study them

22 Thick piece
24 Cunning
25 Shred
27 Scarf material
29 TV Guide numbers
34 Grassland
38 Pirate’s quaff
39 Retains
41 Sales outlet
42 Ballpark figures
44 Strike back
46 Border
47 Shoe parts
49 Tempest
51 Interruption
52 Goodies
54 Sugarcoats
56 Plaintive cry
58 Bishop’s jurisdiction
59 Camel hair fabric

62 Archeological site
64 Ballroom dance
68 Traffic stopper
70 Like Jack Sprat’s diet
73 It’s sold in bars
74 Gallic goodbye
75 Macramé
76 Trough site
77 Church song
78 “Let it stand”
79 Cast off

Down

1 Ranch newborn
2 Goya’s “Duchess of”
3 Smell bad
4 Contemporary
5 Word said with a salute
6 Excessively
7 Night fliers
8 Partitions
9 Distorts
10 Playwright
11 Threads
12 Roundish
13 Depend
21 Make, as a putt
23 Deadeye’s forte
26 Squint
28 Actress Winslet

29 Pizza feature
30 Wit
31 Sufficient
32 Historic Virginia family
33 Arguments
35 Sidestep
36 Hammond instrument
37 Blubbers
40 Harbor vessel
43 Coal stratum
45 Very, in Vichy
48 Chest protector
50 Get together
53 Former French coin
55 Makes fun of
57 Who gets what documents
59 Quickly, in memos
60 Auction actions
61 Horne solo
63 Straight, at the bar
65 Wordsmith
66 “I ___ at the office”
67 Newspaper piece
69 Unagi, at a sushi bar
71 Crackerjack
72 Safety device

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Students must prioritize wellness, boundaries

With the fall semester at a sprint, classes are picking up pace and setting a stressful stage for students, with new tasks and hurdles on the horizon. As both academic and leisure plans populate schedules, students find themselves trapped in a burnout loop — feeling stretched thin in several aspects of life — with no cure in sight. Academic assignments, employment, extracurricular engagement, career search and portfolio prepping are only a few of the many tasks students feel expected to juggle during a given semester — and this doesn't account for socialization or well-being. Mental health easily loses priority in students' lives as they may feel pressure to be perfect and succeed in all of their academic endeavors.

OUR VIEW Balancing academic and leisure time is vital for student well-being

As students continue through the fall semester, they can learn to alter their approaches, break the loop and flourish through several practices. According to Penn State Student Affairs, the foundation of flourishing is built on four basics: sleep, food, socialization and exercise. Setting aside scheduled time for all of these practices is essential for student wellness. While making time for these practices, students must balance

their schedules between both academic work and leisure time — two activities that can easily blur together. Setting boundaries will help separate work and play, especially during times when students feel pressured to put in long hours for work. These boundaries could include designated spots for work and relaxation time to mitigate both stress and distractions. It's also important for students to treat themselves with

grace when approaching tasks — whether they be day-to-day or long-term goals. Connecting with others and tapping into support systems is vital for student well-being. So often, student's feel the need to isolate and hide their feelings, even if they aren't aware they are doing so. Seeking out people who uplift each other will create a cohort of friends on the same wavelength. Peers should prioritize communication and checking in

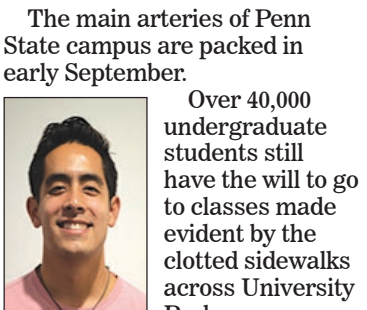
with friends, as well as surrounding themselves with people that have their best interests at heart. Individuals' must bond and support one another through times of stress — as nobody is ever alone in their feelings. They shouldn't feel the need to hide them in separate silos. Student's shouldn't be afraid to ask for help, as many of their peers may be experiencing similar feelings. While students are navigating classes, it's important they buckle down on schoolwork and put forth their best effort — but they shouldn't feel the need to stretch themselves thin to be perfect. Students must practice gratitude amid piling pressures and keep stock of what they can and can't control when facing tense situations. Students should focus on progress over perfection.



Cartoons by Maddie Seelig

MY VIEW | Luke Vargas

The power of 'hello'



The main arteries of Penn State campus are packed in early September. Over 40,000 undergraduate students still have the will to go to classes made evident by the clotted sidewalks across University Park. More than 100,000 people call State College home during the normal academic year, but somehow, even on a bright summer day, Pennsylvania's flagship state university can be one of the loneliest places. Studies show young people are one of the loneliest demographics in this country, and the simplest solution starts with saying, "hello" — no more and no less. Laurie Santos, a psychology professor at Yale, spoke on PBS NewsHour last January and said among college students, nearly two-thirds are experiencing loneliness. "These are students who are young, who are living on campus, often in the dorms with other students," Santos said on PBS NewsHour, "Yet 60% of them are reporting feeling very lonely." Friendship among American men in general is on the decline. A study by the Survey Center on American Life showed 15% of American men have no close friends. The United States witnessed a horrific rise in isolation post pandemic, but as of 2023, the extreme increase in loneliness

seems to have faded. However, one Gallup poll still shows people between 18-29 are the loneliest demographic. There are few social experiences in American culture as strong as university life. This is the one time where a young person can be surrounded by tens of thousands of people just like them. But somehow, college has become isolating. First, let's examine the present situation. A college dining hall is expected to be brimming with life, but that isn't always the reality. If you were to walk into a Penn State dining hall, it's more than likely you'll find students eating alone, with headphones on, watching something on their devices. For every student eating alone in front of a screen in the dining hall, there's likely one or two more eating alone in their dorms. Perhaps, the strangest thing is to see two students streaming movies or videos sitting right next to one another, completely ignoring each other. It's unheard of to sit down and start socializing with a stranger in a college dining hall. It's almost stigmatized to break out of one's loneliness. The solution to this issue isn't becoming radically confrontational and making the seemingly jarring move of creating rich

conversation with everyone you see. In order to unlearn social habits, it's key to start small. Start by saying, "hello." There's over 40,000 students at Penn State, but State College is a tiny town. Just walking to class every day, it's common to see more than a few friends, coworkers, acquaintances or someone from an old class. There's a choice facing every University Park student: to say something or pretend like you didn't just make eye contact. Say "hello." There's something powerful about greeting others. It's recognition that the other person is there. It's a reminder that you exist and you matter. Saying "hello" to someone, especially if greeted by name, means that first interaction, however brief or long ago, was a moment of connection. A greeting is not only a form of social connection in itself, but it's evidence that past human connection existed and mattered, no matter how superficial. There's no more important message to young people than their existence and their presence is felt by people around them. They're worth knowing and connecting with. Unsurprisingly, young people are the least likely to say "hello."

A Gallup study from August showed 31% of Americans aged 18-29 don't say "hello" to their neighbors. As a whole, young people from that age group say "hello" to less than three of their neighbors regularly — the lowest of any age group in the study. People who scored highest on Gallup National Health and Well-Being Index were people who regularly said "hello" to six neighbors. Saying "hello" certainly isn't the end-all, be-all solution to struggles with well-being among young Americans, but it's perhaps the most impactful first step to solving loneliness on a college campus. Loneliness isn't just a question of mental health. U.S. Surgeon General Dr. Vivek H. Murthy released an advisory last May titled "Our Epidemic of Loneliness and Isolation." In the advisory, the surgeon general wrote true social disconnection has drastic effects on our mortality. The health effects of social disconnection are similar to the effects of "smoking 15 cigarettes a day." Saying "hello" is more important than ever. Next time you're walking out the door of your apartment, down Pollock Road past the HUB-Robeson Center or eating alone in a dining hall: Remember to say "hello."

Luke Vargas is a senior majoring in digital and print journalism and Spanish and is a columnist for The Daily Collegian. Email him at ldv5040@psu.edu or follow him on X at @lukeevargas.



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FINAL DESTINATION

Star guard Ashley Owusu transfers to Happy Valley for her final season

By Avery Hill
THE DAILY COLLEGIAN

A chance at redemption is always appreciated, especially for college athletes.

WOMEN'S BASKETBALL For star guard Ashley Owusu, it's an opportunity to return to the level as one of the best players in college basketball.

Owusu's college career has been a journey, but it now makes one final stop in Happy Valley.

The All-American guard is preparing for the fifth and final season of her collegiate career with some goals in mind.

When given five years in college athletics, there are plenty of opportunities to prove worth and reach one's goals.

For Owusu though, her final season can serve as reassurance to the whole world that she is still one of the premier players in the country. The Lady Lions made a splash when they acquired Owusu via the transfer portal on June 1.

Owusu started at Maryland, where the guard was one of the biggest forces in the nation. In College Park, the guard racked up accolades such as third-team All-American, the Ann Meyers Drysdale Award and Big Ten Tournament MVP.

After three seasons with the Terrapins, Owusu announced she would be transferring to an emerging contender, Virginia Tech.

The guard's season with the Hokies started well, highlighted by her 21-point game against Longwood, but it all came to an end on Dec. 1, suffering a broken pinkie in a game against Nebraska.

After getting surgery, Owusu didn't come back until Jan. 19 but didn't look like the same player. She failed to shoot over 25% through the rest of the season and her minutes gradually decreased to the point where she wasn't even on the bench come the team's Final Four appearance against LSU.

Despite the drama surrounding the situation at Virginia Tech, Owusu is only looking ahead and welcomes a new beginning in Happy Valley.

"Obviously getting hurt was unfortunate," Owusu told The Daily Collegian, "but kind of looking forward to playing here, being able to be around new people."

Likewise could be said for her teammate, Makenna Marisa, as



Nick Wass/AP file photo

Former Maryland guard Ashley Owusu transferred to Penn State for her fifth year of NCAA eligibility. "She makes her teammates around her better, and she's an unselfish player," Penn State guard Makenna Marisa said.

she relished over the addition, feeling the move was huge.

"I've always been a fan of her game," Marisa said. "I've always wanted to play with her."

The move could have been seen as surprising to many, given the fact she came from two teams with recent tournament experience to a team that isn't experienced in that aspect.

In fact, Penn State hasn't been to the NCAA Tournament since 2014. According to Owusu though, Penn State has always had a high standing in her mind.

Coach Carolyn Kieger did attempt to acquire her upon transferring from Maryland, and thing didn't work out, but when she entered the portal a second time, Kieger finally secured her number of players in college sports re-entering the transfer portal after the first go-around didn't work out, landing a highly touted recruit doesn't always translate to success.

Part of the responsibility for the recruitment of Owusu fell under assistant coach Terri Williams. Terri, a Lady Lion alum and current assistant coach on the team, has ties to the transfer guard that goes as far back as high school.

In high school, Owusu played AAU basketball with the Boo

Williams summer league team. The coach, Boo Williams, is Terri's brother and their relationship proved pivotal for the blue and white.

"[Terri] was a huge connection," Owusu said. "Just being able to come to a... environment already knowing or being close to someone were very important."

Terri wanted Owusu when she was the head coach at Auburn, but it didn't seem realistic. Still, though, she was close with the guard's family and it worked out in the end.

"They call it the Boo Crew," Kieger said. "She's got some ties to Penn State which are great."

As seen with the Maryland Assistant Coach

"She's going to have freedom to flourish and be the player and playmaker that she is, here, at Penn State."

Terri Williams
Maryland Assistant Coach

its 14-17 record in the previous season.

"She makes her teammates around her better, and she's an unselfish player," Marisa said. "She's a hooper."

The "hooper" tag is used to describe Owusu due to her many talents, showing the ability to do it all with her elite vision, elevated IQ, scoring ability and versatility to do whatever is needed for the team.

"You have to guard her," Terri said. "Any type of help that is coming off to help on her... she's such a great passer. She's going to find that open person."

Owusu said she wants to do what's "best for the team," and is willing to play any role she's put in.

Terri confirmed this mentality, stating Owusu is a big team player and is all about winning.

"It's not a great game if Ashley scores 30 and nobody else scores anything," Terri said. "She wants everybody around her to be good."

Everyone being good seems like the norm for Owusu as for a big chunk of Owusu's athletic career — everyone around her was good.

In high school, St. Paul VI Catholic High School, she played with Mimi Collins, a 2018 McDonald's All-American, and Bella Perkins, the 2021 Virginia Gatorade Player of the Year. At

Maryland, she played with Angel Reese and at Virginia Tech she played with Georgia Amoore.

Owusu has seemed to always put the extra work in to fit in with a talented group, and Kieger sees her fitting in well with a bunch that had a ton of success last season.

"I think the best thing about bringing her in now is we have people around her to support her," Kieger said. "I think her game complements what we have currently."

Her role at this point isn't as straightforward as it seems. Penn State brings back all three of its starting guards, Marisa, Leilani Kapinus and Shay Cieski — who all covered the top three in terms of scoring for Penn State.

Kieger hasn't publicly announced a starting lineup, but she looks to use a plethora of guard combinations this season.

"We're going to be very interchangeable," Kieger said. "We're going to have, at any given time, four guards on the floor that can play one through four."

With this interchangeable lineup, Owusu will likely have a chance to spread her on-floor impact across the team.

Continue reading here:



Haines aids local wrestlers

By Kaleb Boyer
THE DAILY COLLEGIAN

As a true freshman, Levi Haines was exceptional for the Nittany Lions, rising to stardom throughout the season, but his biggest impact for the State College community might not be coming with the blue and white.

WRESTLING Haines has become a dominant force on the wrestling mat, but his championship-caliber personality and mentality that he has produced off-the-mat has often been overlooked by fans and media alike.

Haines has given back to the

State College and wrestling communities by volunteering his time, energy and effort to David Taylor's M-2 Training Center over the course of several years.

Haines has assisted in training and teaching young wrestlers in the art of the sport since he was in middle school. His father and high school coach Ken Haines told the Collegian that Levi has had that passion for helping others since he was a young kid.

"I think by nature he just likes helping other people," Ken Haines said.

When his wife Mrs. Haines taught at the same grade school that Levi attended, he could often be found lending a hand in

her classroom, where she taught children with special needs.

Levi has been building relationships with David Taylor and the other coaches, wrestlers and staff at the M-2 Training Center virtually since its doors opened in 2017, coach Aaron Pavlechko told the Collegian.

Coach "Pav," as many of enrollees at the M-2 Training Center call the longtime wrestling coach, has worked with Levi for many years and has been with M-2 since its inception.

In his time with the Nittany Lion star, Pavlechko has observed what drives Haines to be successful on the mat as well as his willingness to spend

his free time giving back to a community that has done a lot for him over the years.

"When you meet a kid like Levi, he's always positive," Pavlechko said. "They [Levi and other Penn State wrestlers] want to share their knowledge with them. You know, the kids look up to them. The really good ones, they go one of two ways. They get really pompous and cocky... or they go this route that Levi does."

If Haines happened to be walking by, he's known to drop in unannounced to help anyone inside the M-2 facility.

"He'll stop in when his schedule permits it. It's nice. He lives close... If he sees cars in the parking lot and he has time, he swings in," Pavlechko said.

One day Haines is competing for the National Championship, and less than 24 hours later, he's right back in training others in the same craft he has honed all his life.

"It was kind of a weird feeling. Everybody turning their heads, watching me come in," Haines said in an interview with the Collegian. "It was just different. But when I took my shoes off, [a] kid was struggling to finish a single leg, so I just tried to help him."

He doesn't see what he does as training the next generation; rather, he doesn't look into it too much. He said he just likes to be involved, noting he learns as much from the kids as they can from him.

The blue and white's

rising star also brought up an experience that stuck out to him from the years he has been assisting coaches at M-2.

"At camp, they all asked us who the best wrestler of all time was. And of course, all of us said Coach Cael," Haines said. "I just thought it was a fun memory because it's like, 'Wow, I'm learning from that guy.' And these kids are learning from us, and they're obviously interested in what we think. Who knows, maybe one day, those kids will be wrestling for him as well."

The knowledge Levi passes down not only comes from his father, Pavlechko and David Taylor, but also the greatest collegiate wrestler — Cael Sanderson.

With how Haines views his impact, he might be changing the lives of kids in the wrestling room, but he is also learning himself with every hour he spends at M-2 or various other clinics across the state.

"You can say it defines him. That we're gonna wrestle matches and some we're gonna win and some we're gonna lose," Pavlechko said. "But, that's not why we do it. One wrestling match doesn't define a kid like Levi. That's the way I would say it... He gives all of his effort in everything he does."

"So it's just that. The pursuit of greatness is the pursuit of greatness."

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Ryan Bowman/Collegian file photo

Penn State wrestler Levi Haines faces Peyton Robb from Nebraska University in the semifinals of the NCAA Wrestling Championships at the BOK Center, in Tulsa, Oklahoma.