



Alexandra Antoniono/Collegian

Air Force ROTC Cadet Toril Munn stands among peers during the Air Force Force Generation training at the tailgate fields on March 21.

Air Force ROTC fosters leadership, teamwork

By Emma Naysmith
THE DAILY COLLEGIAN

Recognized by students for their early morning runs and repping official uniforms weekly on Thursdays, the Air Force Reserve Officers' Training Corps at Penn State encompasses much more.

Air Force ROTC on campus is recognized officially as "Detachment 720" and is based in the Wagner Building. This detachment was established in 1946 and continues to foster students in their journey to becoming Air Force leaders.

Col. Charles St.Sauver, detachment commander and professor of aerospace studies, said Detachment 720 is unique because it's run by more than 100 cadets.

St.Sauver said the detachment focuses on "being a leader" because that's the definition of being an officer, and cadets will one day commission to that position.

"We focus on not just being a leader but also being a follower," St.Sauver said.

"We do so by working on things like communication, team building. Those things make good leaders, and those are the skills

that will be carried on."

Air Force ROTC accepts all majors with the understanding that leadership carries into all career fields.

This detachment is also known for maintaining more Space Force cadets than others.

St.Sauver defines the Air Force both as a family and as something bigger than any individual.

"You're an individual at some level, but you can't get anything done in the Air Force without being in a team," St.Sauver said. "Teamwork is important because it makes everything efficient, and things go better."

Detachment Cadet Wing Commander Conor Dowdell said the people are the "biggest and best aspect" of Air Force ROTC.

"Without the people, without my teammates and friends, really the family we have here, I wouldn't be able to be as successful as I have been," Dowdell, a fourth-year studying aerospace engineering, said.

In addition to stressing the importance of teamwork, St.Sauver said three additional foundations of this program are wellness, academics and personal growth.

Dowdell said his goal is making

an impact on the cadet corps.

"A personal goal I had this semester was to help others around me in a positive way," Dowdell said.

"Whether that be increasing critical thinking skills under duress, teaching them how to work hard or even how to be good people first."

One reason Dowdell joined ROTC was to implement structure into his life.

He said this program can benefit those who may not know what to do with their life right out of high school.

"The Air Force is really good at giving you opportunities and showing you potential paths to take for more opportunities in your future," Dowdell said. "The best thing about the military at the end of the day comes down to being about meritocracy. The harder you work, the luckier you get."

Cadet Toril Munn said her parents have always been involved with the military, and she always knew she wanted to serve her country.

Munn, a first-year studying international affairs, said she believes it's important for those joining to have the ability to "see the end picture."

"Anyone that wants to succeed will because they have that drive and motivation," Munn said. "Those who aren't afraid of change and can adapt to different places and be ready with an open mind can probably be pretty successful."

Munn said the Air Force ROTC branch is special because of its core values, and through her experience, she's learned how to be a better person.

"I really like our core values. Integrity first, service before self and excellence in all that we do," Munn said. "It's about the big picture of doing the right thing and helping others to do the same."

To email reporter: eln5123@psu.edu.
Follow her on X [@emnaysmith](https://twitter.com/emnaysmith).

Shaking up the system

Students react to the new football season ticket lottery

By Emma Naysmith
THE DAILY COLLEGIAN

Penn State Athletics announced a new sale process for Penn State football student season tickets on Tuesday.

Now, students will have one week to request a season ticket via Penn State's Student Account Manager, instead of the single day students had to purchase tickets on Ticketmaster.

The new system aims to offer students "an equal opportunity" in purchasing football tickets.

Esha Pednekar said she initially felt "indifferent" about the new ticket sale method.

"I never had any luck with Ticketmaster anyway, so it kind of already felt like the lottery," Pednekar, a third-year studying computer science, said.

As a rising fourth-year, Pednekar said she felt more comfortable with Ticketmaster as it provided a "higher" preference.

Between the new and old model, Pednekar said she prefers the old.

"I don't know how the new lottery system is going to work," Pednekar said. "It sounds like I may have fared better with the initial way, and I'm concerned about how many lottery tickets will be available."

After hearing the announcement, Aaron Chhoeung said he immediately thought the change was "bogus."

"I liked the old way — I mean it was still difficult," Chhoeung, a second-year studying computer science, said. "But you knew if you got on early and knew the system, you'd be able to get tickets, but now you won't even know right away."

Chhoeung said although this way is "more fair," it will cause unnecessary randomness.

"I don't know if there's any background to who will be able to buy," Chhoeung said. "There could be potentially less students at the games because they're traveling or just aren't able to make it."

Benjamin Roitman said he initially thought the announcement was an "April Fool's prank" and wasn't expecting any "significant" structural change to ticket sales. However, Roitman, a third-year studying education and public policy, said the new process will make ticket buying "a lot less stressful."

"In past years, I've had work on the days of ticket buying so I've had to get up at absurdly early hours in the morning to buy tickets," Roitman said. "I then lost sleep for a long day of work ahead. That hasn't been ideal."

For Gavin O'Brien, he said a lot of his friends who are out-of-state students have to get up around 3 a.m. to join the queue.

However, O'Brien, a second-year studying finance, said the new system eliminates this stress because there's a window to apply for the lottery.

O'Brien, who has yet to get the student ticket package, said he believes it would be difficult to implement but that a lottery system by essentially "pulling names out of a hat" would be the "most fair."

Similarly, Roitman is in favor of the lottery and said it would be "pretty much perfect" minus one aspect, keeping prices on ticket resale.

"If there were a cap on resale prices, that would prevent any kind of incentive for just entering the lottery to make money," Roitman said. "It would then only be a lottery for people who are actually interested in going to games."

Kelsey Fleck said she'd like to see a loyalty program implemented for student ticket sales.

"If you attended more games, you would have a higher chance of getting into the lottery," Fleck, a third-year studying mechanical engineering, said.

Fleck said she's "concerned" about not getting tickets for her final year as a student.

"Ticketmaster wasn't my favorite, but I was still able to get my tickets because I was committed to getting up early," Fleck said. "But now, no matter how dedicated you are, you may not be able to get tickets."

Holly Merchant said she credits her past success in ticket buying to both luck and strategy.

"I feel like personally it's only one day. If you really want to go to the games, you can — even if you're from a state in a different time zone, you can wake up for one day," Merchant, a third-year studying mechanical engineering, said.

Merchant said she's "annoyed" by the lottery system and believes it isn't "the right method."

Rather, Merchant said a "loyalty program based on a game-to-game basis," similar to the University of Maryland, would be optimal.

"They're able to request per game tickets. If they had gone to more games previously, they are more likely to get those tickets," Merchant said. "A whole season lottery just makes it unfair since some people might not want to go to one game, and then they'll overcharge because it's a lottery system."

To email reporter: eln5123@psu.edu.
Follow her on X [@emnaysmith](https://twitter.com/emnaysmith).



Alexandra Antoniono/Collegian

Air Force ROTC cadets use the Military Grid Reference System to navigate their way to an undisclosed location of the Wagner Building on March 21.

What to expect for the solar eclipse

By Ethan Capitano
THE DAILY COLLEGIAN

While total solar eclipses occur roughly every 18 months, in most cases, the phenomena can only be viewed from "remote locations where travel is difficult," according to the Almanac.

Fortunately for Pennsylvanians and Penn State students, on Monday, the path of a total eclipse will pass through the northwest corner of Pennsylvania.

Individuals north of a line roughly connecting Pennsylvania's Hermitage, Tidioute, Warren and Bradford cities will be in the path of the total eclipse.

Students planning a trip up to Erie, Pennsylvania, for the eclipse should expect the totality to begin at 3:16 p.m., the maximum at 3:18 p.m., and the totality to end at 3:20 p.m., according to NASA.

While the partial eclipse begins in Erie at 2:02 p.m. and ends at 4:30 p.m., the maximum will roughly only last 2 minutes — the only safe period to view the

eclipse without glasses.

According to NASA, "viewing any part of the bright sun through a camera lens, binoculars, or a telescope without a special-purpose solar filter secured over the front of the optics will instantly cause severe eye injury."

During partial phases of the eclipse, NASA recommends safe solar viewer glasses, also known as eclipse glasses. Indirect viewing methods, like the pinhole projector, are another way to view the eclipse.

"(It) has a small opening (for example, a hole punched in an index card) and projects an image of the sun onto a nearby surface. With the sun at your back, you can then safely view the projected image," according to NASA.

However, NASA cautions individuals who use this method to not look at the sun through the pinhole or use eclipse glasses and handheld viewers with cameras, binoculars or telescopes because they "require different types of solar filters."

Those who aren't traveling to northwestern Pennsylvania can experience the eclipse in State College at SolarFest 2024.

According to Penn State's Institute of Energy and the Environment, "Happy Valley is in a path of 95% totality for the solar eclipse." The community is invited to join Eberly College of Science faculty, staff and students for a public viewing and science activities.

The college is hosting SolarFest in collaboration with the State College Spikes at Medlar Field at Lubrano Park.

The ballpark opens at noon, admission is free and attendees will receive a free pair eclipse safety glasses from the Pennsylvania Space Grant Consortium.

The partial eclipse will begin to be seen at 2:04 p.m., reach its maximum eclipse at 3:20 p.m., and end at 4:32 p.m.

To email reporter: emc6398@psu.edu.
Follow her on X [@Ethanmcap](https://twitter.com/Ethanmcap).



Timothy D. Easley/Collegian

The moon covers the sun during a total solar eclipse Aug. 21, 2017, in Cerulean, Ky. On April 8, certain parts of Pennsylvania will experience the path of the total eclipse.

‘WE SURVIVE TOGETHER’

Central PA Trans Alliance hosts Transgender Day of Visibility march

By Reece Coren
THE DAILY COLLEGIAN

Editor’s Note: Some of the names in this story have been changed to protect the identity of the individuals involved. The Daily Collegian has verified through fact checking these individuals exist.

Even though Milo discovered they didn’t feel right in their body almost a decade ago, they said they needed a while before they were ready to share that discovery with the world.

“I have felt trans since I was about 10 or 11, but it took me a long time to realize I was allowed to be (trans),” Milo, a first-year studying biobehavioral health, said.

As the epidemic of anti-transgender violence continues to claim the lives of people including Nex Benedict, Diamond Brigman and Alex Franco, the Central PA Trans Alliance hosted a march celebrating International Transgender Day of Visibility in front of the Allen Street Gates Sunday.

“Hey, hey. Ho, ho. Trans oppression has got to go,” the crowd of over a 100 people chanted. “F— your assimilation, trans liberation.”

Pastel and rainbow stripes filled the air above College Avenue as the protestors marched west, stopping traffic. After turning south on Fraser Street, the crowd continued to Sidney Friedman Park, where there was a barbecue waiting for them.

One of the leaders of the event, who spoke under the name Violet due to safety concerns, said the march was “rebellious, but also joyful.”

For Violet, International Transgender Day of Visibility is more about being defiant than being seen, they said. In their experience, being seen doesn’t



Alexandra Antoniono/Collegian

Community members hold signs and chant as they march together up Fraser Street during the Trans Day of Visibility March on March 31.

necessarily ensure their safety.

“It’s not about being visible,” Violet, a graduate student studying engineering, said. “It’s about making a community that is safe for us.”

For a student named Amethyst, Sunday’s march was the first step in building that community.

“It was nice to see the reaction to us being on the street,” Amethyst, a graduate student studying clinical rehabilitation and mental health counseling, said. “I was expecting a little bit more pushback from people, but I think we only heard one car honk the entire time.”

As the co-president of Opulence, Penn State’s first Drag Ambassador club, Amethyst said he enjoyed the opportunity to gather as a trans community in State College. He said Sunday’s march reminded him that he’s not alone in his fight for trans rights.

Along with providing a unique opportunity for local transgender community members to gather

and celebrate their identities, the march also allowed them to voice their frustrations.

“If I walk into Pickle’s and use the women’s restroom — or use the men’s restroom, depending on what I’m wearing — I’m going to face an issue,” Violet said. “I don’t know about you, but I don’t feel like dealing with somebody questioning me every time I have to go pee.”

Violet said being constantly vilified is difficult. They said they’ve had slurs yelled at them and know friends who have been assaulted in town for expressing their trans identity.

Before the Central PA Trans Alliance, Violet said they felt they had nowhere in State College to turn to when their gender identity was threatened.

After recognizing the gap in local trans community organizations, the Central PA Trans Alliance created a mutual aid group chat where trans people can help each other out as issues arise and

don’t have to depend on people who will neglect them for help.

“If you’re uninsured and need hormone replacement therapy or advice, there aren’t really resources on campus (for you),” another leader of the event, who spoke under the name Sasha due to safety concerns, said. “So, we turn to ourselves to get out of problems.”

One common issue for trans people, Sasha, a third-year studying math and microbiology, said, is lack of access to proper health care. She and Violet said trans students at Penn State are often misdiagnosed or given incorrect advice when they visit doctors at University Health Services.

“My doctor thought I had suddenly stopped taking estrogen and was creating it,” Violet said. “How the hell does that happen?”

According to Jenna Lewis, director of communications and marketing for Penn State’s Student Affairs, University Health Services’ Gender Diverse Care

team provides trans, nonbinary and gender diverse students with “care in a safe and accepting environment.”

“Our staff provide all students, especially those from marginalized and minoritized communities, with access to culturally competent and inclusive care,” Lewis said in an email. “We encourage our students to connect with resources like the Center for Sexual and Gender Diversity to find community, navigate resources on campus or report any concerns with gaps in care.”

As a trans person, Sasha said she feels she has to go out of her way to protect herself. She said she avoids bathrooms on campus at Penn State and instead uses downtown businesses like Webster’s Bookstore Cafe to ensure her safety.

Violet said adding more single-use bathrooms on campus would help alleviate some of trans students’ stress about going to the bathroom.

“There are definitely places where I don’t go alone or without pepper spray because the way people react to my gender expression might put me in danger,” they said. “It sucks, but that’s how it is. And that’s why we have to change things.”

They said coming together for events like Sunday’s march is crucial for building that change.

“Those issues do happen to people, but we fight through and we survive together,” Violet said. “A phrase I like is, ‘We protect us.’ It’s about building a community and showing that shit sucks, but that we’re going to fight this together.”

To email reporter: rmc6019@psu.edu.
Follow him on X @ [reececoren](#).

Community discusses endometriosis

By Jadzia Santiago
THE DAILY COLLEGIAN

Editor’s Note: One name in this story has been changed to protect the identity of the individual involved. The Daily Collegian has verified through fact checking this individual exists.

When Lauren O’Rourke was around 17 years old, she realized something was wrong with her periods. At 20, she was diagnosed with endometriosis.

In that three-year span, O’Rourke, a fourth-year studying psychology and political science, said she went through high levels of pain, dismissal from doctors, endless research and self-advocacy.

According to O’Rourke, she bounced between different gynecologists and treatment methods, which proved unhelpful, before attempting to discuss surgery.

“(The doctor) was a 60-year-old white guy who told me — and I’m not exaggerating — ‘You’re fine. You don’t have endometriosis, and you don’t need surgery,’” O’Rourke said. “He didn’t ask me any questions except to make sure that I really didn’t want to have a baby at age 19.”

After a long journey, O’Rourke said she went to the Mayo Clinic in Phoenix, Arizona, where she experienced “empathy that was never really there.”

“I was explaining what was going on and what I’d been through, and I know they’re trained to do it, but she was like, ‘I’m really sorry, that must be really difficult.’ I almost started crying,” O’Rourke said.

From there, O’Rourke was on the road to surgery and diagnosis, and since then, she’s been working to manage her endometriosis and its symptoms.

According to Carmelita Whitfield, endometriosis is a condition that causes the tissue that normally lines the inside of the uterus to grow outside the uterus in various places and build during every menstrual cycle.

Whitfield, associate director of community health at University Health Services, said symptoms of the condition, such as pain with menstrual periods, sexual intercourse and urination, as well as vomiting and diarrhea, can be debilitating. Individuals may be unable to attend work or school, or even move around.

When Whitfield was diagnosed with endometriosis herself, she said she felt a sense of “relief” knowing something was truly wrong, and it could be treated.

In her journey to a diagnosis, she said self-advocacy and documentation played a crucial role.

For individuals being dismissed by doctors, Whitfield said she advises them to “find your voice, and use your voice.”

“I found that in talking with someone who looked like me. ... I felt more at ease opening up about my journey with these really bad periods and cramps,” Whitfield said.

Since her diagnosis, Whitfield said her life has changed for the better, as she was able to pursue a treatment plan, which included a hysterectomy.

According to Dr. Kristin Riley,

there are several treatments for endometriosis, which all start with the diagnostic procedure for the condition, called a laparoscopy.

For many, Riley, chief of the Division of Minimally Invasive Gynecologic Surgery at Penn State College of Medicine said it takes about seven to 10 years, on average, to arrive at this procedure and get a diagnosis. This is partially because symptoms range from none to multiple. Some individuals also experience simultaneous conditions such as bowel, bladder and pain disorders.

The longer endometriosis takes to be diagnosed, the more symptoms and difficulties can pop up, according to Riley.

Riley said treatment usually depends on what a patient wants to focus on and what they’ve tried before. Some options include hormonal therapy (which includes oral birth control pills and implants like Nexplanon), IUDs and anti-inflammatory medications.

Additionally, Riley and her team have been working on studies surrounding yoga, CBD and TENS machines for symptom management. The goal is to give patients more agency over their treatment, which Riley said can be “empowering.”

Sam, an individual who wished to remain anonymous, said they started experiencing symptoms of endometriosis as a middle schooler. Now, at 23, they’ve been diagnosed for over a decade.

Originally, when they saw a doctor about their irregular and painful periods, they were diagnosed with polycystic ovary syn-

drome. However, they went in for a laparoscopy after finding that treatment wasn’t enough to ease or explain their symptoms.

Since then, they’ve not only lived with both endometriosis and PCOS, but also an eating disorder developed and exacerbated by both the diagnostic process and their conditions.

Partially due to their age, Sam said professionals blamed their pain and heavy bleeding on leaving tampons in for too long or improper diet.

Sam said it was difficult to deal with their conditions at a young age, as it was often embarrassing to ask for menstrual products or to bleed through their clothes. Additionally, they felt like they couldn’t tell their friends about it.

“When you’re a child, you’re told you shouldn’t be telling everybody (about your period), when in actuality, we should be talking about it,” Sam said. “It’s just not OK. It’s ostracizing.”

As a transgender individual, Sam said their experience with endometriosis can be “dysphoric” at times, especially when buying menstrual products.

In recent years, Sam has medically transitioned, which for them, meant taking testosterone. They said this hormone therapy was “one of the best things,” as it helped manage or mostly eliminate some of their symptoms.

O’Rourke said access to treatments, therapies and education is crucial for individuals with endometriosis.

“When you look at the intersections between race and gender, or and gender identity, it becomes even harder for people to get the care they need and get taken seriously,” O’Rourke said. “(For) professionals, it was eye-opening to see just how much they didn’t know.”

Additionally, O’Rourke said social support would have been helpful during her diagnostic journey. As president of DMAX Club at Penn State, she’s helped foster discussions about endometriosis, especially during March, which is Endometriosis Awareness Month.

Whitfield said these discussions are important to bring change and validate individuals.

“When you have a safe space, where you can freely talk (your experiences) ... You have this community,” Whitfield said. “It just makes you not feel so alone.”



Tyler Mantz/Collegian

Students oppose the council’s decision to table a formal land acknowledgement.

Students oppose borough motion

By Avery McGurgan
THE DAILY COLLEGIAN

Penn State students came forward during the public hour of the State College Borough Council meeting, regarding the council’s decision to table a formal land acknowledgement that was meant to be voted on during Monday’s session.

Auroranne Corinne Delgadillo, a student of Native American heritage, came to express her unhappiness with the decision, as well as to express support for a local State College Area High School student who reached out to the council for help in getting his high school to formally acknowledge the forebears of the land that is now State College.

Delgadillo, a first-year studying forensic science, spoke during the council meeting, alongside Tim Benally, a member of the Navajo Nation, about the importance of recognizing the history and ownership of local land, as well as the history that social ignorance threatens to erase.

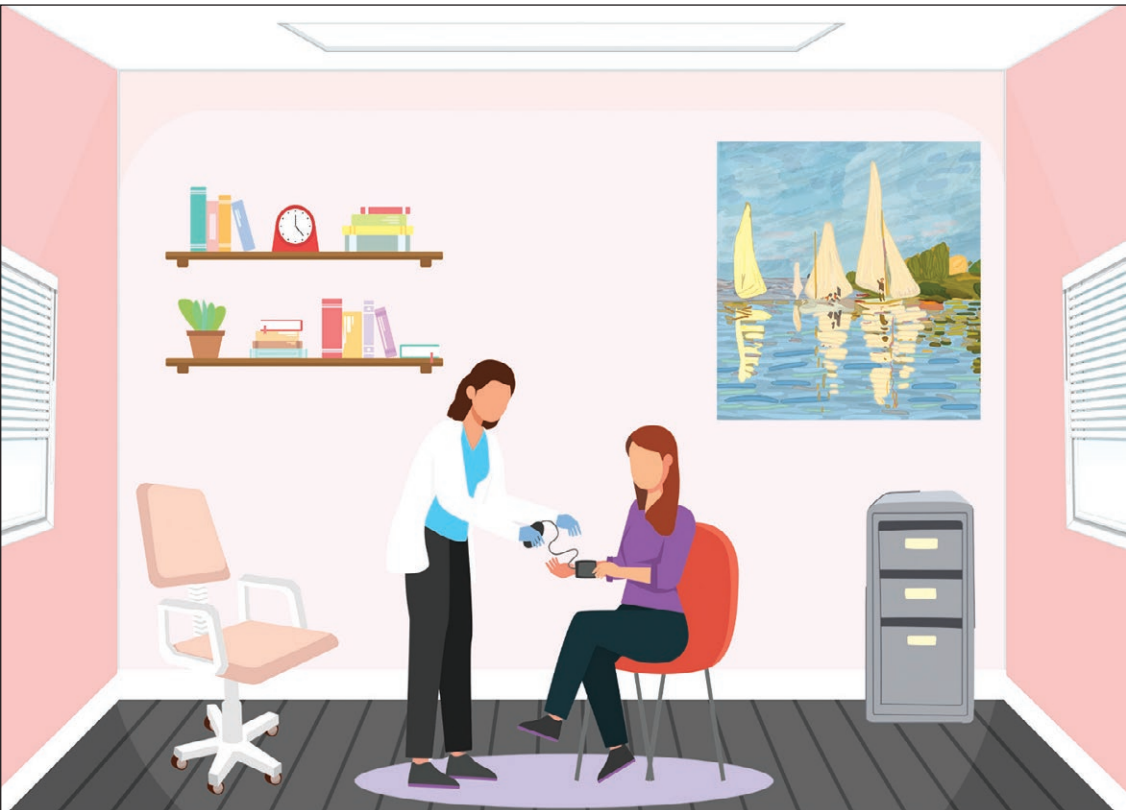
“We want the borough to acknowledge Indigenous Peoples, not only more often, but also to acknowledge that there are Indigenous Peoples still here in Pennsylvania,” Delgadillo said.

Council President Evan Myers also expressed the importance of a formal land acknowledgement during Monday’s proceedings.

“(Indigenous Peoples) have lived here for centuries before we all arrived,” Myers said.

Myers has coordinated with Borough Manager Thomas Fountaine for the resolution to be included on the agenda at the next regular meeting on April 15, to be discussed and then voted on in early May.

To email reporter: agm5757@psu.edu.
Follow her on X @ [a_mcgurgan07](#).



Graphic by Alexander Ercolino

Penn State community members detail the high levels of pain, dismissal from doctors, endless research and self-advocacy of endometriosis.

To email reporter: jas9280@psu.edu.
Follow her on X @ [Jadziasantiago](#).

David’s Dough bakes up nostalgia

By Ava Herbst
THE DAILY COLLEGIAN

The smell of chocolate chip cookies: buttery, warm and chocolatey. There are few smells more mouthwatering or nostalgic. David’s Dough may have just the chocolate chip fix you need. Penn State student David Hayes has been baking since his childhood when his mother taught him how to make bread. However, he decided to turn his passion for baking into a business during the summer of 2023. Though he noted balancing academics and entrepreneurship isn’t always easy, Hayes, a

second-year studying psychology and criminology, said he’s gained wisdom through his experiences. “Getting to the point where you’re comfortable putting yourself out there — that’s the biggest thing,” Hayes said. Hayes was also able to depend on his friends for support and guidance in expanding and advertising David’s Dough. Calling on friends from majors across the board, Hayes grew his community and his business. In order to draw customers to David’s Dough, Hayes said he knew he would need eye-catching advertisements, and his friend Maggie Williams, just had the

skill. Williams, a third-year studying photojournalism, bonded with Hayes over their shared interest in entrepreneurship while they were both employed at Camp Kesem. This past fall, Williams and Hayes set up a photoshoot to market David’s Dough cookies. “It was a lot of fun for both of us and ... I had something to put in my portfolio, and he had professional pictures of his products,” Williams said. When reaching out to another friend for support, Hayes contacted Sid Astrachan, whom he’s known since high school. Astrachan, a second-year studying marketing, had a business of his own and was able to provide Hayes with marketing and social media support. Astrachan reached out to PSU Food Scene’s Instagram account to promote David’s Dough. “I was able to help get him posted on that account, which I believe he gained over 100 followers from, and he started getting a lot more cookie orders,” Astrachan said. This past January, Hayes baked cookie orders for a good cause. With the help of his friend and Penn State THON hospital-ity captain, Jake Arrogante, part-nered to do a fundraiser. Arrogante, a fourth-year studying management, assisted Hayes with the logistics of the fundraiser and the days the



Courtesy of Maggie Williams

David’s Dough satisfies customers’ sweet tooth with delightfully “buttery and chocolatey” cookies.

fundraiser would run. “As much as it does to help spread THON’s mission, it also helps the businesses,” Arrogante said. With the help of his friends, Hayes was able to grow David’s Dough into the budding small business that it is today. The entrepreneur acknowl-edged that joining extracurricu-lars with like-minded and ambi-tious people helped him network and learn about business strate-gies — such as pitching to inves-tors.

However, with all success comes difficulties. He realized that he can no longer continue to expand his business if he con-tinues to operate alone. As for what’s next for David’s Dough, Hayes said he may look to col-laborate with students from other universities. “Being able to have David’s Dough in different places ... and following that type of business model is the end goal.”

To email reporter: alh6642@psu.edu. Follow her on X at [@AvaHerbst17](https://twitter.com/AvaHerbst17).



Courtesy of Maggie Williams

Penn State student David Hayes turned his passion for baking into David’s Dough during summer 2023.

LION'S LIST

ATTENTION

State College Women's Club Thrift Shop Open Thursdays 9:30 am to 3:30 pm 902 S Allen St.

FOR SALE

Peugeot U08 10-speed bicycle. Has all original equipment and accessories. Single owner, superb condition. \$100. (814) 466-6115.

SpotlightNews™

www.spotlightnews.us

Get all the news with the Spotlight News app

Be in the know with your custom news feed

SCAN ME

Activate your FREE account to enjoy hundreds of publications and topics.

curaleaf

The leaves are turning GREEN

Shop medical marijuana at Curaleaf

1248 S ATHERTON ST.



MON-SAT

9am - 9pm

SUNDAY

9am - 7pm

curaleaf.com | @curaleaf.pennsylvania



What went wrong for men’s lacrosse

Goalie Jack Fracyon snapped his stick in frustration as he watched Maryland celebrate after its comeback victory Sunday, while FOGO Chase Mullins held his helmet in his hand, walking with his head down postgame.

Captain defenseman Jack Posey stood on the sideline by himself gazing into the distance after the Penn State alma mater. Although dressed, Posey couldn’t play as he has been sidelined due to an injury in the NCAA Tournament quarterfinal against Army last year.

A Sunday night matchup under the lights had a packed Panzer Stadium decked in a sea of white with an attendance total of 2,132 and had all the makings to serve as a chance for the Nittany Lions to dethrone a team that has historically dominated them.

Entering the duel, the Terrapins held a 44-3 all-time advantage, increasing the lopsided margin after the 13-11 win.

The border state rivalry certainly didn’t disappoint, although the blue and white didn’t get the result it wanted despite the promising 6-2 start.

Coach Jeff Tambroni’s squad was off to the races and the momentum was in its favor, as it took a four-goal lead after the first.

While Maryland didn’t lead till the fourth quarter when it took an 11-10 advantage, the tone was set before the game even started as the red and black sprinted onto the field juiced with energy,



Sienna Pinney/Collegian

Midfielder Matt Traynor looks for an open shot during the men’s lacrosse game against Maryland. After losing 13-11, the Nittany Lions must reevaluate what to do moving forward.

waving the state flag at the midfield logo.

Returning a large portion of the talent from last year’s Final Four team and with one of its most complete rosters to date, Sunday was a terrific opportunity for Penn State to knock off Maryland.

After Mullins started off the game 5-8 from the faceoff circle, he finished with a 9-21 showing.

His assignment, Luke Wierman, was a tough one as the West Chester, Pennsylvania, native controlled the faceoff stripe after the first quarter with a 16-27 tally.

The discrepancy on the faceoff dot resulted in complete control of possession for the red and black, dominating the time with the ball in the second half.

Penn State switched up from its man-to-man defense to a

zone, which after some adjusting, the Terrapins found the holes and quickly dialed up enough goals to take the lead and ultimately the win.

Fracyon recorded 16 saves on 29 shots for a 55% mark, but when the Maryland offense is peppering shots left and right and the offense doesn’t have a chance to have the ball, it makes the job hard.

While this loss might come as a blow for the Nittany Lions, the season is by no means over and the unit is still in a very good spot.

After the shocking upset in its first game of the season against Colgate, the blue and white rattled off seven straight wins, which was previously the longest streak in the country.

There are no easy games in the Big Ten, as any team is capable of losing to a conference opponent on any given night.

Penn State is currently No. 7 in the country and Maryland is No. 9 — the Nittany Lions will clash with No. 10 Johns Hopkins on Saturday.

Michigan is No. 16 while Ohio State and Rutgers are receiving votes. With the talent in the conference, the team will need to find its footing and find it fast.

A loss to a team that the blue and white has always been on the short end of the stick against can be demoralizing, especially since it can be argued the team beat itself.

However, just like after its opening day loss, Penn State can use it as fuel and carry that feeling into practice and game day, and play the brand of lacrosse that the country had seen during its winning stretch.

Lyle Alenstein is a second-year majoring in digital and print journalism and is a women’s basketball and men’s lacrosse reporter for The Daily Collegian. Email him at lca5223@psu.edu or follow him on X at [@LAlenstein](https://twitter.com/LAlenstein).

MY VIEW | EMILY GOLDEN

Recognize what you like

The art of knowing what you like is an incredibly hard thing to master. When you figure out who you are as a person and what you like to spend your time and money on, enjoying life becomes easier.

This is something I’ve found myself struggling with while abroad, and I’m trying to improve this skill every day.

It’s natural to follow the crowd. When you’re studying in an unfamiliar place, such as Europe, it’s comfortable to rely on recommendations and places you know other people have enjoyed.

However, my friends and I have realized that when we blindly follow what other people

have enjoyed, we often leave feeling unsatisfied and underwhelmed.

Whether this be excursions or restaurants, we’ve found venturing out on our own has resulted in happier travelers and satisfied stomachs.

This past weekend, my friends and I traveled to Barcelona from our home city, Florence.

None of us have ever been to Spain, so we asked other friends studying in the area, or people we knew that had visited, for recommendations.

Many of the people we spoke to recommended a very well-known restaurant for our first dinner in the city.

They described it as a “must-

go” and a “Barcelona classic,” especially for study abroad students.

Fast forward to the end of the meal where our wallets were empty — and so were our stomachs.

The meal was not at all what we expected and the service was even worse. I’m never one to criticize a restaurant this harshly, but we had a pretty horrible experience.

After still feeling hungry, we went back to where we were staying and ordered empanadas from a local place we found. They were so delicious.

Once again, we were much more satisfied with the places we ventured out and found for ourselves rather than relying on what other people liked.

Although this is a bit of a silly example, it’s taught me not to always follow the herd and how important it is to branch out and experience new cultures in the way that I will appreciate it most.

We have surpassed the half-way mark of being abroad, and I’ll return home in a little over a month.

While abroad, I’ve been reminiscing on times back home, in the United States, when I’ve fallen victim to the follower mentality and felt upset or unsatisfied with myself.

A prime example was choosing my involvement at Penn State. As a very naive freshman who didn’t want to branch out, I chose to join a sorority. It was the same sorority a lot of my friends wanted to join, and I ulti-

mately just decided to follow the crowd and pick the easy route.

I wasn’t involved in anything else.

It wasn’t until second semester sophomore year that I applied for The Daily Collegian. I was a journalism major, however, I was too afraid to try something new and different.

Almost a year later, I can confidently say that this was one of the best decisions I have ever made.

I’m afraid to say that I may always be a victim to the follower mentality, but I am desperately trying to turn over a new leaf.

I want to take this knowledge that I’ve learned abroad and apply it to my life at Penn State next year and my plans after graduation.

There are so many new opportunities waiting for me in the months to come and breaking this cycle of “follower” will give me the chance to live my life the way I envision it for myself.

Along with three very heavy suitcases and countless memories, I hope to take my independence and growth back to the United States with me as well.

With my time here winding down, I want to experience my last few weeks abroad how Emily Golden will want to remember them most.

Emily Golden is a third-year majoring in digital and print journalism and is an abroad columnist for The Daily Collegian. Email her at emg6033@psu.edu or follow her on X at [@emilygolden03](https://twitter.com/emilygolden03).



Emily Golden/Collegian

When navigating life, it’s important to follow your own interests and not the crowd, Golden said.

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

Letters should be about 200 words. Student letters should include class year, major and campus. Letters from alumni should include graduation year. All writers should provide their 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 also run on The Daily Collegian Online and may be selected for publication in The Weekly Collegian. 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 and The Weekly Collegian are published by Collegian Inc., an independent, nonprofit corporation with a board of directors composed of students, faculty and profession-

als. Penn State students write and edit both papers and solicit advertising for them.

During the fall and spring semesters as well as the second six-week summer session, The Daily Collegian publishes Monday through Friday. Issues are distributed by mail to other Penn State campuses and subscribers.

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 ©2024 Collegian Inc.

BOARD OF EDITORS

- Editor-in-Chief**
Nick Stonesifer
- Editor-in-Chief Elect**
Amy Schafer
- Managing Editor**
Olivia Estright
- Digital Managing Editor**
Sophia Montanye
- News Editors**
Ella Castronuovo
Mercedes Hamilton
- Lifestyle Editors**
Fernanda López
- Sports Editors**
Sam Woloson
Daniel Mader
- Football Editor**
Seth Engle
- Wrestling Editor**
Zach Allen
- Social Media Editor**
Olivia Woodring
- Investigations Editor**
Anjelica Rubin
- Opinion Editor**
Olivia Woodring
- Photo Editors**
Jackson Ranger
Sienna Pinney
- Multimedia Editors**
Brenanne Axelson
Alex Osman

To contact News Division:
News, Opinions, Arts, Sports, Photo, Graphics, The
Daily Collegian Online Phone: 814-865-1828

BOARD OF MANAGERS

- Business Manager**
Luke Vargas
- Business Manager Elect**
Abigail Shanley
- Vice President**
Zack O’Brien
- Advertising Manager**
Scott Witham
- Fundraising Director**
Joseph Bruni
- Creative Director**
Emma Dilts
Emily Shank
- Marketing Director**
Julianna Ruzza
Katy Riley
- Business Insights Director**
Marcelo Santos
Jonathan Zavialov
- Sales Directors**
Sophia Sponaugle
Chris Venzin

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

ALLAR'S IMPROVEMENTS

By Avery Hill
THE DAILY COLLEGIAN

Sometimes, all one needs is a confidence boost.

Entering his junior year, Penn State quarterback Drew Allar has been put through the wringer with recent changes within the program. This season, he'll get the chance to prove himself before becoming eligible for the 2025 NFL Draft following the season, should he choose to declare.

On Wednesday, Allar relayed his improved consistency and comfortability during his third go-around of spring ball.

The most noteworthy change for Allar heading into his third campaign is the addition of offensive coordinator Andy Kotelnicki, bringing in a new scheme that emphasizes spacing.

So far, Allar says that he feels "really comfortable," and he's not alone.

"It's not only me and the quarterbacks that feel comfortable with everything," Allar said. "Everybody's learning the concepts and not just one part of the concept, (but) learning the full concept."

With Kotelnicki at the helm, Allar and his offense have more versatility, as the coordinator has worked to prepare the unit for various scenarios. Even with spacing, Allar said that his interpretation of space varies by concept, adding another component of Kotelnicki's system.

Adjusting to a new philosophy is typically aided by veteran players, lessening growing pains and



Tyler Mantz/Collegian

Penn State quarterback Drew Allar throws a pass during Penn State Football Pro Day at Holuba Hall on March 15 in University Park, Pennsylvania.

improving the connection among the squad.

One addition to Allar's bunch is former Ohio State wide receiver Julian Fleming. Allar said he has a "really good" relationship with the seasoned receiver, who has aided in allowing Allar to see through the lens of his receivers.

"I think that's been very valuable for me," Allar said. "Just kind of getting more on the same page with those guys."

Outside of the X's and O's,

Penn State's on-field commander has made strides to improve his mobility. Last season, Allar was listed at 242 pounds but has worked to become more lean.

He still sits around that mark, but with an improved diet and work in the training room, Allar said he feels "really good," and it has shown in his ability to hit top speed on a consistent basis.

"We always talk about a 90% max velocity," Allar said. "I've been consistently hitting that over the past couple of weeks

throughout practice."

Allar's acquisition of muscle memory will be valuable throughout the season, as the quarterback will get the chance to create more time and space with his legs. Another aspect of his mobility is footwork, though.

Allar continued to praise his coaching staff for how they've installed the offense, noting improved consistency and the lesson of situational footwork.

This will allow Allar to go through his progressions

comfortably and set up for the perfect throw. The quarterback placed an emphasis on trusting his feet and spoke on the strides that have come as a result.

"I think I've let the competitive side of me come out this spring," Allar said. "That's when I play my best. When I'm just having a lot of fun and not really thinking — kind of just going out there and playing and just being loose."

To email reporter: amh8304@psu.edu.
Follow him on X at [@official_aveee](https://twitter.com/official_aveee).

'Hey Rookie'

Robinson makes ESPN debut

By Joel Haas
THE DAILY COLLEGIAN

Penn State's Chop Robinson is no stranger to the spotlight having played in several prime-time games with the Nittany Lions.

Now, he'll return to the big screen while being featured in the NFL's annual "Hey Rookie" series which follows several top prospects as they prepare for the NFL.

Robinson will be joined by Alabama cornerback Terrion Arnold, UCLA defensive end Laiatu Latu and LSU wide receiver Malik Nabers.

Former Penn State players Joey Porter Jr., Jahan Dotson, Micah Parsons, KJ Hamler, Trace McSorley, Saquon Barkley, Christian Hackenberg, Adrian Amos and John Urschel have previously been featured.

To email reporter: jrh6558@psu.edu.
Follow him on X at [@joel_haas1](https://twitter.com/joel_haas1).



Chris Eutsler/Collegian

A player's helmet sits on the field after the Penn State men's lacrosse game against Yale at Panzer Stadium on March 1. The Nittany Lions beat the Bulldogs 15-14 in overtime.

MY VIEW | LIAM WICHSER

In-season uniform rankings

Penn State has long been one of the most traditional and authentically styled schools in the country.

From the football motto of "black shoes, basic blues, no names, all game," the school believes in representing its rich history.

However, there's been an uptick in new uniform styles for the Nittany Lions over the years in sports outside of football.

Here are the top five uniforms of teams that are currently playing or just finished their season.

No. 5: Women's lacrosse gray alternate uniform

Penn State unveiled its 2024 game day uniforms via Instagram before its season began, featuring five different sets consisting of white, blue and gray, all being mixed and matched.

While the classic blue and white is always going to be a staple of the school's sports, something about seeing the Nittany Lions suit up in gray feels refreshing.

With a gray top and bottom and blue numbers along with "Nittany Lions" across the front, this unique jersey gives Penn State a new look that it can pull out on certain occasions.

The uniform is topped off with blue across the shoulders and the Penn State logo on the shorts, giving it a clean and simple-yet-stylish look and feel.

No. 4: Softball white pinstripes uniform

Pinstripes have long been an iconic staple for many teams on the diamond over the years — it just feels and looks right.

For Penn State, it's no differ-

ent. Sticking with the alternate theme, the pinstripes bring the classic look of the sport while mixing it with the tradition of the school.

With a new style of font spelling out "Nittany Lions" in blue, the look is super clean and doesn't go too far off of the traditional look.

The classic blue and white colors with the additions of the pinstripes is a wonderful sight to see for Penn State.

No. 3: Baseball's white home jersey

One of the cleaner looks this spring season, Penn State's all white look is simply beautiful.

With Penn State across the chest in a cursive-style font underlined in blue, this uniform is the epitome of classic.

The jersey and pants are paired with a blue hat that dons the letter "S" on it, similar to the one James Franklin wears on the sidelines, bringing in an old-style look.

These jerseys look even better under the lights of Medlar Field at Lubrano Park.

No. 2: Women's basketball's "Pink Zone" uniform

Not only are these uniforms clean and stylish, but more importantly, they are for a great cause.

Once a year, the Lady Lions suit up in all-white jerseys with pink numbers and letters as well as a pink outline.

The jerseys are worn for the "Pink Zone" game in support of breast cancer awareness.

The team has been wearing the uniforms for the cause since 2007, bringing a new theme that looks amazing and provides awareness

for such an important topic.

No. 1: Men's lacrosse silver chrome helmet uniform

Penn State unveiled its 2024 "chrome domes" ahead of the season, and man are they fresh.

The chrome silver helmets were paired with the Nittany Lions' all-white home uniforms earlier in the season, making for Penn State's cleanest look of 2024.

The chrome helmets have "Penn" on one side and "State" on the other, with a brick-wall styled tape on top of the helmet — an ode to the team's "brick squad" motto it uses for its lockdown defense.

These helmets can match with any of the blue and white's uniforms, and it's by far the coolest helmet unveiled to date.

To email reporter: lcw5255@psu.edu.
Follow him on X at [@liamwichser3](https://twitter.com/liamwichser3).



Maddy Perez/Collegian

Guard Moriah Murray plays defense in the women's basketball game against Michigan on Feb. 3.



Esteban Marenco/Collegian

Penn State's 197-pound wrestler Aaron Brooks accepts the Most Outstanding Wrestler Award at the NCAA DI Wrestling Championship.

Aaron Brooks wins Hodge Trophy

By Liam Wichser
THE DAILY COLLEGIAN

Just over a week after winning his fourth national title, Penn State's Aaron Brooks cemented his legacy even further.

Brooks was named as the winner of the 2024 Hodge Trophy Award on Monday, which is awarded to the nation's top college wrestler.

The senior Nittany Lion acquired 48 out of 59 first-place votes to secure the award and racked up the highest amount of fan votes which translated into the final five first-place votes.

Brooks received a staggering 13,416 votes out of the 26,928 fan votes that took place online from March 26-29.

Brooks becomes the fifth Penn

State wrestler to receive the award, joining Kerry McCoy, David Taylor, Zain Retherford and Bo Nickal. Brooks' recognition is the seventh Hodge Trophy given to the program, as Taylor and Retherford won two.

The Hodge Trophy was given to Brooks after he finished the 2023-24 season with a 22-0 record and a national title. Twenty of Brooks' wins were bonus-point victories.

The four-time NCAA champion won the award over Northern Iowa's Parker Keckeisen, who finished in second with eight first-place votes.

Teammates Carter Starocci and Greg Kerkvliet received two first-place votes and one first-place vote, respectively.

To email reporter: lcw5255@psu.edu.
Follow him on X at [@liamwichser3](https://twitter.com/liamwichser3).

\$10 off your next 10 meals

Use promo code: **EATSCOLLEGE24**



ORDER NOW

Uber Eats

Disclaimer: Terms apply. Offer expires 05/31/24. Taxes and fees still apply.
Limited to \$10 off next 10 orders, no minimum basket. Exclusions may apply. See app for details.

