

SPECIAL EDITION

HISPANIC



Heritage



Month

Graphic by: Isabela Viteri

Photos by: Will Aguirre, Chris Eutsler, Ela Freda

There will be record high voter turnout this year.

Election Day is Tuesday, Nov 5, 2024.

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Hispanic Heritage evolution

By Elbia Vidal Castillo
THE DAILY COLLEGIAN

Hispanic Heritage Month at Penn State has evolved over the years, reflecting the growth of the Latin community and the cultural diversity on campus and in the local community. Here are some of the most important moments in the history of the celebration at Penn State.

1968: The National Proclamation

In September 1968, the U.S. Congress authorized President Lyndon B. Johnson to proclaim National Hispanic Heritage Week. This celebration originally lasted one week, coinciding with the independence commemorations of several Latin American countries, including Mexico and Chile.

In 1988, the celebration was extended to a full month, marking a national milestone that would also be reflected at Penn State in the following years.



Dolores Huerta, who co-founded the United Farm Workers union alongside César Chávez, spoke at Schwab Auditorium in 2019.

1989: Founding of the Latino Caucus

A group of Latino students at Penn State founded the Latino Caucus in fall 1989, aiming to create a support space for Latino students and strengthen their cultural identity on campus. Founding president Maribel Gonzalez led efforts to highlight the needs and contributions of the Latino community, laying the groundwork for what would later become the expansion of Hispanic Heritage Month celebrations at the university.

1994: Noche Latina

The Latino Caucus organized its first Noche Latina in 1994, a celebration that has become one of the longest-lasting and most significant events for the Latino community at Penn State. Originally conceived as a Mr. and Miss Latino Penn State pageant, this event has evolved to include a wide range of cultural activities that showcase the



Salsa dancers perform at the first annual Happy Valley Latin festival in 2021 in the Dr. Martin Luther King Jr. Plaza. The event was hosted by Juana's Restaurant and the State College Borough.

richness of Latin music, dance and traditions. Noche La-

readings at the Paul Robeson Cultural Center were introduced, where young children painted flags of Latin countries and learned words in Spanish — a tradition that has continued to this day.

Other organized events included salsa and merengue workshops, Spanish film screenings, concerts featuring Hispanic musicians and the addition of Heritage Month Fun Friday, contributing to the growing popularity of Latin music and culture on campus.

2000: Hispanic Heritage Month Cultural Night

The Hispanic Heritage Month Cultural Night has evolved into one of the most significant and celebrated events during Hispanic Heritage Month at Penn State. Traditionally held in the Paul Robeson Cultural Center, the

event began as a fall formal aimed at showcasing the rich diversity of Latin cultures through music, dance and food. Over the years, it has grown in both scale and significance, now attracting a larger audience from the university and the surrounding community.

2019: Dolores Huerta delivers speech

One of the most notable events in the recent history of Hispanic Heritage Month was the lecture by Dolores Huerta in 2019. Co-founder of the United Farm Workers union alongside César Chávez, Huerta spoke about the rights of Latino workers and the importance of youth activism. Her participation started with discussions at Schwab Auditorium, which served as a powerful reminder of the lasting impact of the Latino community in the United States, and now Penn State

hosts the “Dolores Huerta Day of Service” to commemorate her.

2021: The first Happy Valley Latin Festival

The Happy Valley Latin Festival, which debuted in 2021, marked a significant milestone in the community celebration. Held in downtown State College, this festival brought together residents and visitors for a day filled with music, dance and traditional Latin American dishes. The festival not only provided a space to celebrate Latino culture but also promoted inclusion and diversity in the Happy Valley area, establishing itself as a crucial annual event.

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tina remains a cornerstone of the Hispanic Heritage Month celebrations.

1995: First Hispanic Heritage Month at Penn State

In 1995, Penn State officially celebrated its first Hispanic Heritage Month. The inaugural event featured then-university president Graham Spanier and keynote speaker Tomás Arciniega, the then-president of California State University at Bakersfield. In his speech, Arciniega highlighted the importance of family, education and hard work within the Latino community. Since then, this celebration has continued to

expand and diversify on campus.

1995-1999: Expansion of the celebration

By the late '90s, the celebrations of Hispanic Heritage Month included a wide variety of events. Activities such as children's



The Latino Caucus Dance Team, Caliente, performs at Noche Latina in the HUB-Robeson Center in 2019 in University Park, Pa.

Enriching Latin American Studies

By Daniela White
THE DAILY COLLEGIAN

Despite receiving little funding from the university, Penn State's Latin American Studies program continues to enrich the community. Creating the program in 2000, co-director Matthew Restall said when he first came to Penn State in 1998, there was only a Latin American Studies minor. “I resuscitated that and created the program and made an undergraduate major to add to the minor, and then I created a graduate minor,” Restall said. “So it's now three degrees.” Restall said his original goal was to grow the program to have more undergraduate students sign up, but it soon shifted

into creating and maintaining a community of faculty and staff. “It brings together Latin American people at the university who have interests in Latin America,” Co-Director of the Latin American Studies Program Larry Gorenflo, said. “There's a real breadth to the program.” Part of the community for five years now, Gorenflo said his favorite part about the program is getting to know other people on campus who are interested in Latin American issues. However, while other majors and minors have specific classes to take, the Latin American Studies program is a cumulation of classes within other majors. There's no physical space where students can gather, nor any classes.

“Those classes don't exist because we need to have university resources that will pay faculty to teach them,” Restall said. “So we depend on other departments all over the university to offer classes that have Latin American content, and those are then used by students to satisfy the major or minor.” Christopher Heaney, a member of the program's steering committee, said taking a robust number of classes that draw from different methodologies develops students with a number of different tools to approach geography, history and the culture of the Americas. “(The major and minor) pulls from courses in other units like history, literature, anthropology and archeology that are flagged

as Latin American related,” Heaney said. “And so students use it to develop competency in Latin America as a general place.” The program receives \$8,000 from the College of the Liberal Arts at the discretion of Dean Clarence Lang each year, according to Restall. He said the program uses it to bring speakers to sponsored events and to support graduate students doing research in Latin America. “We're able to take this tiny, tiny little budget, and by cooperating and collaborating with other units, organizations, departments, we're able to run a series of events,” Restall said. Using the money they receive to bring in speakers, artists and intellectuals from Latin America, Heaney said it's also used to facilitate conversations between students and enrich education. “It really brings together graduate students, undergraduates and faculty in a way that an area studies program can't, and that sometimes other majors don't,” Heaney said. Gorenflo said he hopes the program will receive more resources in the future to expand its footprint and bring additional students in, with more minority representation and female leadership. Since the program has no specific classes within the major or minor, Restall said students are surprised when they realize how easy it is to add the major or minor, especially since it doesn't require many credits. Similarly, Heaney said most students realize they've already taken half of the courses already

and just need to pick up the additional ones to satisfy a major or minor. “If you can add on a Latin American Studies major or minor, it then connects you to the whole hemisphere,” Restall said. “The United States is just one country in the entire hemisphere, and we are too, in a meaningful sense, a Hispanic country and all the countries south of us are Hispanic countries.” Providing students with exposure to a broad range of issues in Latin America, Gorenflo said the program allows students to dive deeper into the problems and truly understand the gravity of the issues. “(Students) will come away with a respect for an interest in a region of which the United States is a part of ... Spanish, Portuguese and Indigenous language speakers (have) been essential to the creation of modernity,” Heaney said. While some students come into the program with no knowledge of Latin American content, Heaney said others have backgrounds that tie to Latin America and are looking to reconnect with their past and ancestry. “Students will come away with a sense and sensitivity of the history of economic and political pressures that have caused migration in the Americas,” Heaney said. “Along with an appreciation for many different cultures from Mexico to Chile that are shaping broader American culture today.”

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Penn State University offers a wide variety of courses in Latin American Studies, including HIST 178, CMLIT 405, SPAN 200 and more.

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What Happened?

On September 18, 2024, Penn State pulled copies of the *Daily Collegian* from campus newsstands.

Why? The paper dared to run ads from Kamala Harris and a voter registration organization.

Penn State’s administration made this move without warning the *Collegian*’s staff, and then it hid behind vague policies about “commercial sales” to justify their behavior.

But they can’t hide from FIRE.

Penn State’s actions are an attack on student journalists, and a blatant violation of free press rights.


That’s why we’re taking action.

We demand that Penn State respect the First Amendment and stop trampling on student rights.

Universities are supposed to be hubs of free thought, not censorship zones. The administration’s decision to silence its own student newspaper is not just wrong — it’s dangerous and contrary to a university’s mission. When we let the censors win, we risk being silenced ourselves.

Don’t let that be you.

Stand with the *Daily Collegian* and join the fight to protect free speech for all Americans.



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The Foundation for Individual Rights and Expression’s mission is to defend and sustain the individual rights of all Americans to free speech and free thought. FIRE promotes a culture of respect for these rights and provides the means to preserve them. As America’s leading nonpartisan free speech advocacy organization, FIRE fights for the First Amendment in the court of law and public opinion. FIRE protects your fundamental rights on campus through student and faculty outreach, public education campaigns, individual case advocacy, and policy reform efforts.



‘LANGUAGE OF JOY’

State College group Dance4Joy shares Latin American heritage through traditional dance

By Michelle Diamond
THE DAILY COLLEGIAN

Dance4Joy, a dance group in State College, shares its heritage with the community through Latin American dances. “Most of us come from Latin countries, so we mostly dance Latin songs and Latin dances,” Carolina Pulido said. “We dance salsa, but salsa is different in

different parts. So, salsa colombiana is different from salsa from Mexico, from Caribbean salsa and from salsa that we dance in the U.S.. We figure out what style of salsa, for example, we want to share, and we’re just going to learn together and promote it in a dignified way.” Pulido, the lead dancer of Dance4Joy, explained how the group uses “team style” to

coordinate and synchronize their movement. “We have to be aware of where everybody is, and our focus is to be present and collaborate with each other to create something that we all feel good about,” Pulido said. Camila Gonzalez Arango, a member of the group, said Dance4Joy has given her and others a sisterhood. “When I came here, I was actually always looking for a place to dance, and here I not only found a place to dance, but we’re a community, we are friends, we are like sisters here, so it’s a very special place and moment to be ourselves — to feel closer to our culture and to our home,” Gonzalez Arango said.



Members of the Dance4Joy dance club rehearse their performance inside a home.

Dance4Joy has danced at events like LION Bash, Happy Valley Latin Festival and the Latino Gala. It’s also been involved with Brazilian carnivals and has raised money through teaching flamenco dancing for students who wanted to study abroad in Spain or Mexico. “We feel close to our home because sometimes it’s hard to be an international in State College, so it’s kind of self-care and community-care, I will say,” Sara Arribas Colmenar said. Arribas Colmenar, a dancer in Dance4Joy, listed the types of dances the group usually does. This includes different types of salsa, samba and mambo. “We have a second home here. It’s a group of women that want to dance and not be perfect ... but be imperfect together,” Arribas



Members of the Dancers4Joy dance club hold their arms up as part of their performance inside a home in State College, Pa.

Colmenar said. Arribas Colmenar also emphasized that sometimes the costumes are handmade by members of the group, “so sometimes it’s a little bit like craft.” Dance4Joy rehearses twice a week, learning different dances from Latin American culture. Its goal is to perform dances that people from various Latin

American countries can identify with. “We dance as a way of exercise but, more precisely, we dance because we have fun — what feeds our hearts is our common language of joy,” Pulido said.

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SHPE hosts Hispanic Heritage Month festival

By Justina Geosits
THE DAILY COLLEGIAN

The Society of Hispanic Professional Engineers (SHPE) celebrated Hispanic Heritage Month with a festival full of friends, family and food in the Engineering Design and Innovation Building on Thursday evening. The founder of the event and external vice president of SHPE, Sofia Hoffman, described the festival as “a cultural showcase,” a way to display and celebrate their Latin heritage. The floor was open to everyone and anyone to join in on conversation, games and even Latin dance lessons. “(The festival has) pretty much everything under the sun just to celebrate our culture,” Hoffman, a third-year studying environmental systems engineering, said. Being a Hispanic and engineering organization, the event included more than just a “heritage” aspect. According to club president Zamyra Figueroa-Manrique, SHPE “holds a lot of cultural events but also a lot of professional development.” The event hosted two keynote speakers from the pharmaceutical company Johnson & Johnson, who share the same engineering passions and heritage as Penn State’s club. “We highlight opportunities (for students),” Figueroa-Manrique, a fourth-year student studying biomedical engineering, said. Even though Hispanic Heritage Month is national, SHPE’s director Valerie Esquivel said the



Students dance in pairs as they learn the salsa at the Hispanic Heritage Month Festival sponsored by the college of engineering.

month doesn’t often get a lot of recognition. “We noticed that there weren’t many festivals to celebrate our heritage at Penn State,” Hoffman said. “So we made one.” According to students, Penn State is trying to be as “inclusive” and “open” as possible with the growth of cultural organizations and diverse representation. “I know it’s difficult, but we appreciate the amount of effort everyone puts in,” Hoffman said. Coming to a predominantly white institution was a cultural shock for Esquivel, a second-year

studying computer science, but she realized that there are organizations like SHPE with “such a great support system.” “I think the school is taking steps in the right direction,” Megan Horan said. Everyone felt “welcome” and “included” even if they weren’t a part of the club. The room was filled with members, students passing by and others who heard about the event. “It’s important to learn about others’ heritage, history and culture,” Horan, a fourth-year studying biomedical engineering, said. “It allows us to support each other better and lead a better community.” Culture is something to “share” among our friends, family and peers, especially during this month of celebration. “We’re just happy to express our cultural side,” Hoffman said. The organization and the event are only part of what makes this festival special. It’s also the “loving community.” “It’s a great community that you can just feel when you walk in,” Horan said. “I owe everything,” Esquivel said when referring to her other club members. The “welcoming” attendees and plethora of activities make others feel connected and accepted at Penn State, according to students. “This is a place we can all have familia,” Figueroa-Manrique said.



A student kisses her partner’s hand as they learn how to salsa dance at the Hispanic Heritage Month Festival.

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Mid 1900s Peruvian artifacts are seen on display inside the new “Recollecting The Andes” exhibit in the Palmer Art Museum.

Palmer celebrates with Arts After Hours

By Ella Hileman
THE DAILY COLLEGIAN

Gallery talks, performances, snacks and woven bracelets entertained guests at the Palmer Museum on Thursday evening. The Palmer Museum of Art hosted Art After Hours: Hispanic and Latinx Heritage Month in collaboration with the Peruvian Student Association, Caliente Dance Company and students at Penn State. The evening began with an optional woven bracelet activity in the event space of the museum. Snacks were also provided within this space. Guests were offered plantain chips and an option of chicha morada or emoliente to drink. The lobby of the museum also featured a colorful booth from the Peruvian Student Association, offering attendees information on the club. People of all ages gathered on the second floor, at the start of the main event, to hear Kukuli Velarde, a Peruvian-American artist based in Philadelphia, speak about her art and the importance of “recognition and reconnection” around the history of the Andes. Velarde’s CORPUS series is now displayed in the Palmer Museum. The series is made up of ceramics that “reveal the Andean divinities and sacred ancestors that inhabit Peru’s Christian saints,” according to the description beside the pieces. Amid Velarde’s presentation, she joked with the crowd. “I can’t think of a better place for him to be, I think he’ll behave well here,” Velarde said in reference to one of her ceramic pieces. The gallery exhibition featured labels made by students of an Incan studies class from 2022. Located under the artworks, QR codes detailed extensive research on each of the pieces, put together by the students from the class.

Sophia Heltman, an alumna of Penn State and museum guide at the Palmer, was a member of the class that researched the art. “This exhibition was a long time coming,” Heltman said. “We visited museums and did a lot of contemplation over the ethics behind displaying these objects.” After Velarde’s gallery talk concluded, guests could listen in on an “Art Beat Conversation,” before a performance from Caliente Dance Company to conclude the evening. According to their introduction, the Caliente Dance Company is the “only Penn State Latino dance team.” The team had tryouts recently and practices four days a week, according to Daniela Tiburcio, a member of the team. “My favorite part of dancing tonight was the smile on everyone’s faces,” Tiburcio, a first-year studying political science, said. “Everyone wanted to be here and that’s the most fun.” Heltman’s favorite part of the event was hearing from Velarde, a Peruvian artist who’s passionate about their culture, she said. Berenice Nunez, a member of the Peruvian Student Association, also agreed that her favorite part of the event was Velarde’s talk. “I love that they managed to bring an artist like her here,” Nunez, a fourth-year studying global international relations, said. Nunez also detailed the importance of this event for people who are from the Andes. “This event struck an arrow in my heart,” she said. “It really showed what it means to be from the Andes. It’s not just being Latina or Indigenous.”

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‘Building Community’

Penn State Latin American Graduate Student Association creates welcoming environment

By Steven Kister
THE DAILY COLLEGIAN

Committed to providing a sense of belonging for students with a common interest in Latin culture, heritage and academic pursuits, Penn State’s Latin American Graduate Student Association (LAGRASA) provides a community for students.

President Sergio Pérez Limón first heard about the association in 2021.

“I come from Mexico — during the winter it was sunny, it was warm, it was perfect,” Limón, a doctoral student studying genetics and the genomics of corn, said. “Then, I came to a very cold place, a dark place. It has an impact when you arrive.”

Limón said joining LAGRASA helped him hear more people speaking Spanish, including people from countries other than his homeland of Mexico.

According to Limón, having a leadership role helps in many aspects of life.

“It’s demanding and it’s tough

sometimes, you’re required to invest a lot of time and a lot of energy,” Limón said. “It’s not only you. It’s about other people as well. It has helped me a lot in that sense.”

Limón works with corn genetics and genomics, a staple food with cultural and economical importance to the Latin American community.

“It’s a very important part of our culture in Mexico and some parts of Central America,” Limón said. “It helps reinforce my cultural identity.”

LAGRASA’s impact doesn’t stop when students graduate. Limón said many graduates still keep in touch with current members.

“I have a lot of friends that graduated from the Latin American community, we still keep in touch. They’re always vouching for us,” Limón said. “When they were members of LAGRASA, they always looked for Instagram posts, and they participated however they can.”

Maria Alejandra Gil Polo said she initially joined LAGRASA

after being friends with the president at the time.

“I was like, ‘OK, why not? I want to do something extracurricular: Let’s just go for it,’” Polo, a doctoral student studying plant biology, said. “I think it was really a great decision. It’s been more than two years, and I’m still here.”

Polo served as the club’s president last year and is now the association’s strategic advisor.

Marynes Castillo said her experience discovering and joining the organization was different from the others.

Castillo, a first-year doctoral student studying educational policy and leadership, is a Peru native who now serves as an event planner for LAGRASA.

She joined the association in 2013, when she served as community manager in charge of social media and LAGRASA events.

According to Castillo, coming back to Penn State for a second time in 2022 was amazing.

“Not just Latin, Latinx community, but from other places, even faculty and staff were aware



Courtesy of Marynes Castillo

Penn State Latin American Graduate Student Association creates a welcoming community for students on campus.

about what LAGRASA is,” Castillo said.

Castillo said this support had a huge impact on her, seeing how international students from Latin America had more presence on campus.

“They have a community that they can rely on and find support, that was very important,” Cas-

tillo said. “We’re grad students, we came not just alone. Some of us came with family, and having that sense of you are not alone in this academic journey is very significant.”

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Shows, movies to watch during Hispanic Heritage Month

By Justina Geosits
THE DAILY COLLEGIAN

A fun and easy way to honor Hispanic Heritage Month is to watch some movies and TV shows centered around the Hispanic community. Here are a few options you can leisurely binge.



Isabella Viteri/Collegian

“George Lopez” and “Encanto” are popular options to watch during Hispanic Heritage Month.

“George Lopez”

The comedic masterpiece we all remember waking up to at 3 a.m. after leaving the TV on for too long. Not only is it nostalgic to many of us, but it’s also a great option to watch with friends and family for a good laugh and some family drama.

The show is centered around George Lopez and his crazy family. It ties in values and awareness of Hispanic culture while also providing entertainment for all ages.

Soon enough, George’s jokes will make their way into your daily routine.

“Encanto”

Who doesn’t love a good family adventure with a touch of magic?

If you’re looking for something a little more light-hearted, Disney’s got your back. Not only is this a magical film, but it highlights the importance of tradition and love in Hispanic culture.

The movie follows the Madrigal family in the mountains of Colombia on their journey to save the magic of the “Encanto.” The movie highlights traditional dress, dancing, music style and more to keep your eyes on the screen.

Get ready for the songs to be stuck in your head for a few business days.

“Selena” and “Selena: The Series”

If you’re looking for a more

nonfictional viewing option, the story of Tejano singer Selena Quintanilla is available as both a movie and a TV show.

The 1997 biopic “Selena” is a shorter version of the life and tragic death of the Mexican-American pop star, which focuses on the struggles relating to the Hispanic community she dealt with as she rose to fame. Plus she’s played by Jennifer Lopez. Iconic.

The 2020 rendition, “Selena: The Series,” is a longer adaptation of her life and another binge-worthy choice.

“Jane the Virgin”

For a drama-filled watch full of telenovela references and an insane love triangle that spans over multiple seasons, “Jane the Virgin” is definitely an enticing option.

The show emphasizes Hispanic culture through episodes touching on traditions and customs centered around the main character, Jane Villanueva, and her family through their Venezuelan-American background.

Plus, Rogelio de la Vega, a telenovela star and Jane’s long-lost

father, is an absolute gem of a character.

“Los Espookys”

To immerse yourself into the culture even further, watch a show made in another language or country.

This 2018 show is a primarily Spanish-language comedy available to stream. Although a comedy, it’s also a horror show that dives deeper into the life of main character Renaldo, who is a gore enthusiast.

“Coco”

If music stands out to you for this month, “Coco” has all that and more to keep you singing and dancing.

The Disney cartoon follows the story of Miguel and his musical pursuits as he works through generational challenges.

The movie includes traditional music styles and customs, which spread awareness about the culture everywhere. It even has a sing-along.

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Word Search American Revolution

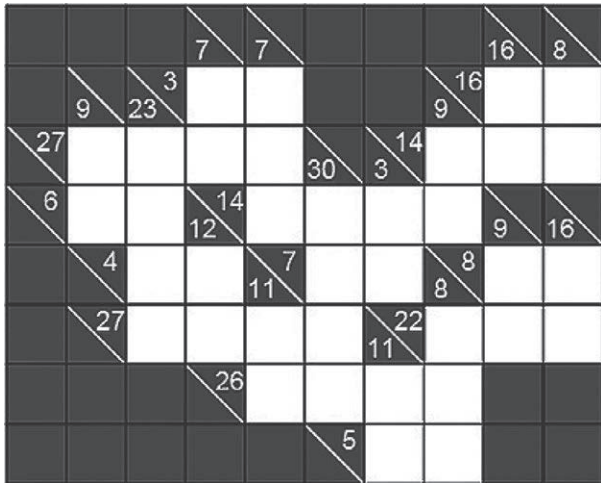
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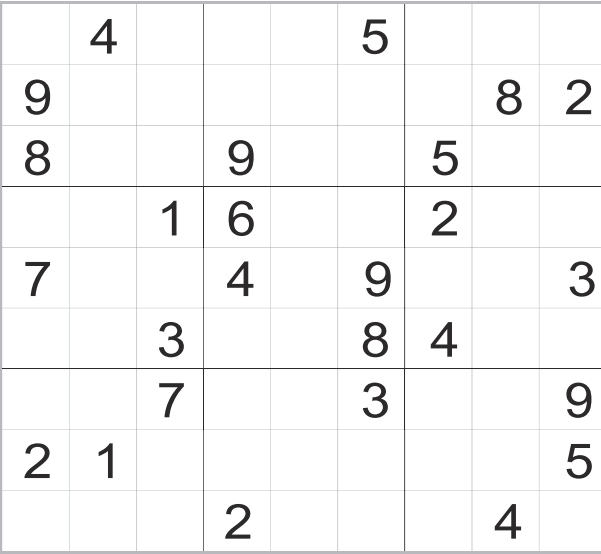
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The rules are easy:
A number above the diagonal line in a black square is the sum of the white squares to the right of it.
A number below the diagonal line is the sum of the white squares in the sequence below it.
You may only use the digits 1 to 9,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

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Sudoku



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The Center for Arts & Crafts

Art Classes

Classes start the week of
October 28- Watercolor,
Drawing, Dance, Collage,
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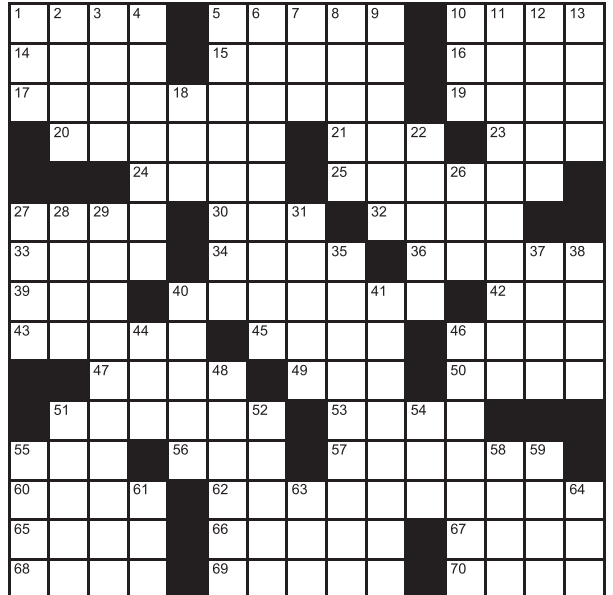


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Crossword



Across
1 Shevat follower
5 Garden tools
10 Leave speechless
14 Gaucho's weapon
15 Manicurist's board
16 "Artaxerxes" composer
17 Fortuneteller
19 Hearty party
20 Green thumb, e.g.
21 El ____ (Spanish hero)
23 Bigwig
24 Depend (on)
25 Objective
27 Island near Corsica
30 North Pole toymaker
32 Simon or Diamond
33 Swallow
34 Paper holder
36 Violent struggle
39 Carte start
40 Hushed up
42 Former Portuguese colony in India
43 Old gold coin
45 Diagnostic test
46 Sludge
47 City on the Dnieper
49 Run smoothly
50 Wine sediment
51 Eye bank donation
53 Utah's state flower
55 Kay Kyser's " ____ Reveller"
56 Moth-eaten white wine
57 Weather map line
60 Exchange premium
62 They're found on links
65 Spanish sparkling wine
66 Winchester, e.g.
67 Runner's assignment
68 Waste allowance
69 Double-reed instruments
70 Fencing sword
Down
1 Bodybuilder's pride
2 Banish to Hades
3 Lip balm ingredient
4 Dilapidated housing
5 Choose again
6 Aztec lily
7 E or G, e.g.
8 Upright
9 Aleppo native
10 Give in to gravity
11 Certain documentary
12 Pitch-black
13 Semimonthly tide
18 Make haste
22 Apprehension
26 One-horse carriage
27 "Holy smokes!"
28 Humdinger
29 Small ovoid fruit
31 Steal
35 Reasonable and valid
37 Not a lick
38 Wild oxen of Tibet
40 Trial figure
41 Tangles
44 Make public
46 Small globe or ball
48 Fastening agent
51 Humidor item
52 Off-the-cuff
54 Bit of baby talk
55 Diplomat's forte
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59 Artist Magritte
61 Before cake or meal
63 Tabloid topic
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MY VIEW | ELBIA VIDAL CASTILLO

La importancia de celebrar quienes somos

Cuando era pequeña y vivía en Perú, nunca me detuve a pensar en el verdadero significado de ser latino.

Para mí, era simplemente la vida cotidiana: un hogar lleno de imaginación, donde las historias de nuestros pueblos nativos resonaban en las paredes, donde los cuadros y antigüedades que mis padres coleccionaban tenían su propia voz.

Vivía en una casa donde cada reunión familiar era una explosión de risas, comida deliciosa y música que nos hacía bailar hasta el final del día, con sonrisas que parecían nunca terminar.

Ser latino es mucho más que hablar un idioma o haber nacido en una tierra lejana. Es compartir una cultura rica, una historia común. Y lo entendí verdaderamente cuando me mudé a los Estados Unidos. Adaptarme no fue fácil: el idioma era un obstáculo, la comida sabía diferente y lo que yo consideraba “normal” desapareció de repente.

Sin embargo, ese cambio también trajo consigo valiosas lecciones.

Aquí, en esta nueva tierra, fue donde aprendí a valorar mi identidad. Descubrí que no estaba sola en este viaje. Muchos de los amigos que hice en la universidad también llevaban consigo esas experiencias similares. Y entendí que, aunque hayamos crecido en lugares diferentes, compartimos algo profundo que nos une: una herencia que llevamos en cada paso.

Nuestra historia no se detiene en los sacrificios de nuestros abuelos ni en las luchas de nuestros padres. Nosotros, cada día, construimos sobre ese legado.

He visto a padres latinos sonreír con orgullo por los logros de sus hijos, sabiendo que cada avance es una forma de honrar a quienes vinieron antes. Nos convertimos en los guardianes de nuestras tradiciones, los que mantendrán viva la memoria de aquellos que ya no están.

Cada canción que escuchamos, cada sonrisa en una reunión familiar, cada plato de comida casera, es un recordatorio de quienes somos. Y es precisamente



Courtesy of Elbia Vidal Castillo

mente por eso que celebramos con tanto orgullo este mes. No es solo una festividad; es un acto de memoria y resistencia.

Es importante recordar de dónde venimos, pero también hacia dónde vamos, y por qué seguimos adelante.

Cada vez que veo como se celebra nuestra cultura, me

siento orgullosa. Siento esa calidez que me recuerda a mi hogar en Perú. Me emociona escuchar las voces entusiastas de otros alumnos, hablando con pasión de sus proyectos, compartiendo recetas tradicionales y bailando con el mismo entusiasmo con el que lo hacíamos de niños.

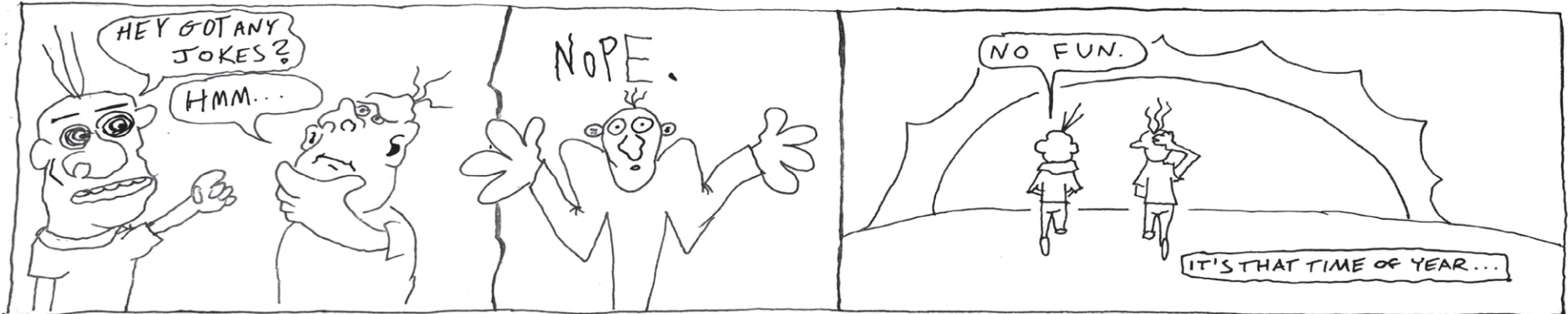
Me doy cuenta de que, aunque estemos lejos de casa, ciertas cosas nunca cambian. Nosotros estamos a cargo de continuar la historia, de mantener viva nuestra cultura, y sé que lo haremos bien. Porque nuestras memorias persisten, y nuestras tradiciones seguirán por siempre.

Hay tanta historia que no debe ser olvidada. Y por eso fechas como estas son tan importantes: para honrar a quienes vinieron antes, para mantener vivas sus historias y para nunca dejar que sus rostros desaparezcan en el olvido.

Read in English



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Cartoons by Nate Campbell

MY VIEW | JADZIA SANTIAGO

Sensitivity is key for discussing mental health

Content Warning: This column contains mention of eating disorders and other mental health conditions.



Santiago

A few years ago, I was absolutely fighting for my life in my high school health class.

As a blanket statement, I'd say that's pretty relatable, even kind of funny. From the passive-aggressive passages about personal fitness to the teenage models smiling eerily in the decades-old textbooks, high school health is hardly full of sunshine and rainbows.

But I was struggling for a completely different reason: we were in our eating disorder unit, which was complete with detailed descriptions of disordered behaviors and images and videos focusing on the bodies of those impacted by restrictive disorders, all with absolutely no warning.

This was all content that could have been upsetting or harmful for anyone with an eating disorder in the classroom. And as someone who'd had issues with food in the past — and a budding mental health and wellness reporter-to-be — I was getting a headache.

This isn't to say that my health

teacher had planned the lesson with any malintent — far from it. In fact, I think the goal was to foster productive educational conversation and possibly help students who may have been struggling. But despite the best intentions, I later heard from my peers that the lesson fell flat.

Thursday was World Mental Health Day, so discussions surrounding mental health are prominent. It's at times like this when sensitivity about such topics becomes especially important, ensuring that the dialogue has a thoughtful, educational impact.

So, what does sensitivity mean?

According to Merriam-Webster, sensitivity is simply, “awareness of the needs and emotions of others.” It's nothing too complicated, but it was something I had to put effort into as a mental health and wellness reporter — and sometimes even fight for it.

That's because if we're not careful, we can cause harm to the very people these conversations are intended to help. Not only that, we might end up saying things that are outdated and untrue.

For example, there are a number of terms and phrases that need to be avoided because they're stigmatizing — meaning they increase negative percep-

tions of those living with certain mental health issues.

Some are simply offensive or rooted in ignorance, and some carry moral implications, even though mental health is morally neutral.

Additionally, some content surrounding mental health has the potential to be triggering and might require a content warning, such as the one at the top of this column.

According to PsychCentral, a “trigger” is a “stimulus that causes a painful memory to resurface.” These stimuli can increase or bring back symptoms, or otherwise cause distress to someone living with trauma, a mental illness or another condition.

No matter one's intentions with sensitive terms and content, there are consequences for handling it incorrectly. The improper handling of such topics can drive people out of conversation or hurt them, spread misinformation or stop similar conversations from happening altogether.

If there's one thing I learned as a mental health and wellness reporter, it's that if we're going to talk about mental health, we need to do it right.

It's crucial for individuals, especially as college students, to be open to learning from educational resources and society.

We need to do our due diligence when we research and be willing to ask questions, to both others and ourselves.

We need to lead with empathy when we navigate all of the nuances that come with the subject of mental health. We must be aware that we're talking to and about real people with real mental health issues, and act accordingly.

If we mess up, we need to take accountability and follow that with growth and change.

Most importantly, we need to know that our efforts are worth it, because a good, productive conversation is priceless, while an insensitive one has an immeasurable cost.

Everyone can and should talk about mental health in a sensitive way all year. But Thursday especially, be aware of what you say, notably on social media. As you engage within the campus community, stay dedicated to accuracy and respect.

Conversation is a beautiful thing. Let's all work to keep it that way.

Jadzia Santiago is a columnist and DEI committee member for The Daily Collegian. She is a third-year double majoring in English and communication arts and sciences. Email her at Jas9280@psu.edu and follow her on X at [@JadziaASantiago](https://twitter.com/JadziaASantiago).

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‘Just learn to swim’

Inside Eduardo Cisternas’ journey from Chile to Penn State, the Olympics and beyond

By Sofia Miranda
THE DAILY COLLEGIAN

De Chile a State College.

While most enter the sport of swimming out of love, Eduardo Cisternas started out of necessity.

“It all started with my mom,” Cisternas said. “When I was a kid, I was one of the only guys that didn’t know how to swim from my school ... Honestly, it was not a passion ... It was just for security. Like, ‘Just learn to swim, it’s gonna help you later.’”

The junior started swimming classes in a regular swimming school. However, as Cisternas grew, he went from baseline classes to a professional swimming club. There, he developed his skills every race, and before he knew it, was competing for the Chilean National Team.

As a 15-year-old at the 2019 South American Youth Championships, Cisternas won the gold medal in three modalities: 200 free, 400 free and 1500 free.

At the Winter National Championship three months later, Cisternas won gold six times, including three wins in the butterfly.

At 17 years old, Cisternas set the national record in the 1500 free, followed by winning gold in the 200 free at the 2021 South American Youth Championship.

That same year, the La Reina, Chile, native was the youngest swimmer on the Chilean National Team to go to the 2020 Tokyo Olympic Games. Cisternas described the process of being selected to represent his home



Courtesy of Walt Middleton/Penn State Athletics

The Penn State men's swimming and diving team competes at the 2023 Big Ten Championships hosted at the University of Michigan.

country as a beautiful experience.

“It was COVID at that moment, so the preparation for Tokyo was really difficult. South American countries were really restricted,” Cisternas said. “I stopped swimming for six months before the Olympics. It was really tough, but at the same time, it was an amazing experience. Japan is my favorite country in the world, I love that place.”

The swimmer started his journey at Penn State during the 2022-23 season. Cisternas said he needed a scholarship to enroll in a university in the United States, so he looked at a lot of different programs and sought the advice of multiple coaches before

choosing the Nittany Lions.

“Penn State treated me really well. I was searching the location through Google, and it looked beautiful. The academics are really good,” Cisternas said. “Another friend, Mariano (Lazzerini), had already signed here, so I had to sign.”

Cisternas’ connection with Lazzerini is notable. The Chilean swimmers are roommates and have been competing together since 2022.

“When I can speak Chilean Spanish with someone, it feels different. There’s no comparison to that. You can develop and you can express yourself in a certain way, in the ‘pure way,’” Cisternas said.

“Sometimes when I’m speaking English, I can get confused and I don’t know some words, but when I speak in the Chilean Spanish, it’s amazing”

During his freshman year, Cisternas set the record for fastest 500 free at McCoy Natatorium and set the Nittany Lions’ record for 1000 free with a time of 8:56.63. As a sophomore, he recorded a career-best time of 15:02.89 in the 1650 free.

“I like this team. Especially in the men’s program, we have a lot of internationals,” Cisternas said. “I think the mix of cultures is awesome. You always learn something new.”

Earlier this year, Cisternas

competed in his second Olympic Games, this time in Paris. He competed in his specialty, the 400 free, gathering second place in his heat and breaking his previous national record with a 3:51.29 finish.

“It was way better (compared to Tokyo) since there was no COVID. I was mentally and physically prepared for Paris,” Cisternas said. “I felt confident on what I was gonna do. I spent a month training in Chile before the Olympic Games, so that was a boost.”

In the Nittany Lions’ season opener last Friday, the junior gathered his first win in the 500 free. He also finished in second place in the 200 free.

“I’m always grateful for Penn State. They’ve given me so many opportunities. I do my best, always, because Penn State deserves that,” Cisternas said. “So racing and winning, it’s always a pleasure.”

The Chilean is “pretty confident” entering this season, praising the new coaching staff for their role in his development. The Penn State swim team is now in the hands of head coach Hollie Bonewit-Cron, who has 16 years of coaching experience.

“I think the new coaching staff is amazing,” Cisternas said. “(The) last two years, it’s been nice, but I feel like this new coaching staff, it’s gonna be insane, and everyone’s gonna improve, (myself) included. So I’m really excited.”

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Get wRECKed

By Isaiah Maldonado
THE DAILY COLLEGIAN

No. 3 Penn State made quick work of No. 11 Oregon in a 3-0 sweep on Friday, improving to 14-1 as one of the nation’s top teams.

Apart from a talented group, one aspect that’s made Penn State so tough to face is the Rec Hall crowd. The fans create a hostile environment that energizes the blue and white and demoralizes the competition.

The entire crowd plays a role, but the fans that galvanized the rest of the audience and set the tone for the match are the members of the Penn State student section, better known as the wRECKing Crew.

From the giant ace of spades cards that students parade through the air whenever a Penn State player prepares to serve, to the “P-S-U” chant that aligns with each pass and attack attempt from the Nittany Lions, the wRECKing Crew knows how to hype up the arena.

“I think our energy is fantastic, and we come out and we support our girls,” Lyle Greiss II, a senior majoring in plant sciences, said.

It doesn’t matter who the Nittany Lions face off against, the wRECKing Crew has total confidence in the team to get it done.

“I’m excited, it’s going to be a lot of fun tonight,” Jaren Rhem, a second-year majoring in aerospace engineering, said prior to Friday’s “Wear White” match

against Oregon. “We’re going to win, and the girls will come out strong today.”

The wRECKing Crew feeds off the success the Nittany Lions enjoy. They are fired up and bring a new level of energy, knowing the impact they have on every match.

“Seeing them get better and better every game, seeing them destroy every game, is amazing,” Julian Quesada, a second-year majoring in finance and economics, said. “We encourage the team and get in the other players’ heads.”

It may be volleyball that brings the students together, but what unites them is their passion for Penn State — a passion that’s created a fierce but welcoming group that fans can’t wait to return to every week.

“It’s been so much fun. It’s my first year on executive (board), and it’s been a fantastic first year,” Alice Ball, a second-year majoring in biochemistry and molecular biology, said. “It’s so exciting being so close to the players. We feed off their energy and they feed off of ours.”

Some executive board members arrive early to games to ensure that everything is set up perfectly, from the outfits to the white hard hats.

“Some executive board members have been here for five to six hours trying to bring the energy in,” Scott Brandner, a third-year majoring in forensic chemistry, said. “It’s always a great time meeting people, coordinating

things like this. It’s amazing.”

The support the wRECKing Crew receives from the community allows them to fill out the stands, creating a tense environment for the visitors before the match even begins.

“It’s just insane. Look at this already, 20 minutes before the game and we’re already packed at our normal size,” Jack Kester, a fourth-year majoring in computer science, said before the Oregon match. “It’s going to be electric, I’m so excited.”

Coach Katie Schumacher-Cawley commented on Oregon’s play Friday night and attributed its struggles to the environment that the wRECKing Crew created.

“I think it’s hard to play at Rec Hall. You hear players in Big Ten interviews saying that this is one of the hardest places to play,” Schumacher-Cawley said. “The noise might have been too much for them.”

Even Penn State players are aware of the influence that the student section has on their game and their opponents.

“The wRECKing Crew brings the people, they bring the energy and people feed off of it,” Camryn Hannah said. “Their costumes, what they write on the whiteboard, we feed off that energy.”

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Sienna Pinney/Collegian

Tight end Tyler Warren receives a pass at the Penn State football Stripe Out game against UCLA on Oct. 5, 2024

Warren’s wonders

By Lexie Linderman
THE DAILY COLLEGIAN

Penn State has seen its fair share of great tight ends, especially in recent years, but Tyler Warren continues to separate himself from the pack.

Warren, who James Franklin has praised as the “most complete tight end in college football,” broke the program record for most total touchdowns by a tight end with 18 during the Nittany Lions’ win over UCLA on Saturday.

“Just to be in this tight end room, and the legacy that it has as a tight end room, and to be able to do something like that was really cool and special,” Warren said. “It meant a lot to me.”

The previous record was held by current Pittsburgh Steeler Pat Freiermuth, who Warren said sent him a text to congratulate him on the record. “It was nice to hear from him,” Warren said. “I know he’s happy for me and hopefully someday I can shoot a text to one of these guys in this room now, and they’re past me on this list.”

Warren has been doing it all for the Nittany Lions this season — the senior has thrown, caught and rushed for a touchdown, and he’s been an integral part of Andy Kotelnicki’s offense even outside of the end zone, often lining up to take direct snaps.

For Warren, the best part about his versatile role is adding another “wrinkle” to Penn State’s offense and forcing defenses to struggle game-planning for him.

“(Lining up at quarterback) gives us another wrinkle in the offense and another thing that a defense would have to prepare for,” Warren said. “The way that these weeks work, they start getting fast, so just being able to have one more thing they might have to go over in a meeting is going to help us.”

The tight end has been

complimentary of Kotelnicki’s offense and his team’s play throughout the season, especially the way Penn State has spread the wealth. Penn State had eight players record a catch against UCLA, and eight different touchdown scorers earlier in the season against Kent State.

“You can’t just focus on one guy, because we know we have a lot of talent on offense,” Warren said. “So it’s important, spreading the ball around to everybody, to be able to make plays. So I think we’ve done a really good job of that ... For Drew especially, knowing he’s got a bunch of different guys in the offense that he can count on and go to is really big for us.”

As for the tight end room’s role and performance so far, Warren said they’ve been doing their jobs and are “taking steps in the right direction,” but there’s always room for improvement.

Tight ends coach Ty Howle is one of the main reasons Penn State’s tight ends have been such an important part of the offense, according to Warren. The senior said Howle, who played for the Nittany Lions from 2009-2013, “understands” the tight ends.

“He’s got similar experiences to us,” Warren said. “The passion that he brings to the games, and really, every day in the facility is hard not to like ... I love playing for him, being able to have that as the leader of the tight end room is something I take a lot of pride in.”

Warren and the Nittany Lions have their toughest task ahead this weekend, when Penn State travels to California to take on USC, a team Warren expects a challenge from.

“They have a lot of talent on defense,” Warren said. “They’re a talented team in general. I think their defense plays the game in a very good way. They’re physical, they’ve got speed ... So it’s going to be a good game and a good defense we’re going up against.”

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Chris Eutsler/Collegian

Nittany Lions fans celebrate during the Penn State men’s volleyball game against Ohio State inside Rec Hall on Jan. 28, 2024 in University Park, Pa. The Nittany Lions beat the Buckeyes 3-2.

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