

18th powwow keeps Native traditions alive

By Ethan Capitano
& Justina Geosits
THE DAILY COLLEGIAN

While the rest of State College was celebrating State Patty's Day, students like Kayla and Shelby Cwalina were dancing at the 18th annual Penn State Powwow in the C3 Sports complex.

According to programs from the event, "dancers and drum groups from American Indian reservations and communities across the United States and Canada travel hundreds, some thousands, of miles to State College of one of the finest powwows in or outside of Indian Country."

The event also raised awareness for Native American veterans, nonbinary support and environmentalism.

"I've been doing this for as long as I can remember. I'm 20 years old, and I can't even tell you when I started coming here," Kayla, a third-year studying criminology and rehabilitation and human services, said. "It's a lot of family, a lot of community — this is our culture."

According to Shelby, powwows are "second nature" to her and her sister.

For Kayla, participating in the Penn State Powwow is important because it's "a lot about education" and "for generations, our culture as a whole and our people as a whole have been silenced."

"Coming out and seeing it for yourself is the best way to learn (and) asking questions ... that's amazing," Kayla said. "Some people don't do that when they come and they just kind of keep their preconceived notions and you're not gonna learn that way."

The sense of community is also important to the Cwalina sisters.

"When I (first) went on campus, I was like, 'There's no native people here.' I'm like, 'What am I gonna do?' So I got into IPSA (Indigenous Peoples' Student Association) and we kind of built our own community," Kayla said. "We have about 34 people. That's it. We have 12 people who show up because self-identifying is hard."

According to Kayla, "blood quantum levels," or the "amount of tribal affiliation in a person's

ancestry," causes "problems within (their) community" regarding acceptance; however, the powwow accepts all, especially during intertribal dancing.

"That's when everybody can come out. Spectators, singers, dancers — everybody," Kayla said.

Although Raven Shackelford said she was apprehensive when her grandfather, one of the dancers, Mansfield Moore, tried to get her to join him during the dance, she said she felt a sense of peace and connection being at the event.

"It's just really wholesome to see all the different colors, skin and dress and the different types of cultures is really heartwarming," Shackelford said. "I wish we had this more often."

Shackelford traveled from Philadelphia to watch her grandfather perform, and her grandmother traveled from Ohio.

As more people were brought out onto the floor to dance, not in traditional regalia, Adira Fidler said every tribe at the event was there to teach and guide anyone willing to learn.

"A lot of us have friends, family and significant others who aren't Native, we still like to include them in our culture — it's all about inclusivity," Fidler, a dancer with ancestral ties to the Lenape people, said.

"The more that we share it, the more of a chance it has to thrive," she said.

For Fidler, the dances and traditional regalia worn at the powwow bring an additional sense of unity for anyone and everyone involved.

"It's interesting. I do the old style jingle, but you can tell different dance styles based on what everyone's wearing — you learn more about our culture and tradition through what you see here," she said.

From her perspective, everything about the powwow is community driven. The regalia is only one part of how connected each and every person, "Native or not," is.

According to Fidler, "the clothing builds community."



Jackson Ranger/Colegian

Drummers play in a drum circle as dancers circle the arena for the 17th Penn State Powwow on April 22, 2023 in State College, Pa.



Chris Eutsler/Colegian

The Armillary Sphere frames Old Main on Feb. 26. On campus, many students find it challenging to balance their diet and receive necessary nutrition.

Professionals discuss student nutrition needs

By Jadzia Santiago
THE DAILY COLLEGIAN

With busy schedules and new environments, proper nutrition and a balanced diet look different for every college student and may come with some challenges.

Penn State professionals shared how these students can work toward their nutrition needs, as well as help themselves and others overcome obstacles to it.

Kelly Hoffheins, a registered dietitian with Penn State's Health Promotion and Wellness, said her job entails helping students find a "balanced approach" to their nutrition.

According to Hoffheins, some of her responsibilities include one-on-one meetings with students and hosting nutrition-related workshops.

For most people, Hoffheins said she recommends an approach called "intuitive eating," which is based on relying on "internal cues" rather than "external cues" regarding when and what to eat.

This involves listening to hunger and fullness cues and having a healthy relationship with exercise for the purpose of "feeling good" rather than controlling the size or shape of one's body, according to Hoffheins.

In general, Hoffheins said she recommends that students eat regular meals, avoid going long periods of time without food and try to make sure their plate in-

cludes necessary nutrients like carbohydrates, protein and fiber.

However, Hoffheins also said intuitive eating is not universal, and one's approach to nutrition "depends on each individual."

For example, those in early active eating disorder recovery and those experiencing stress or anxiety that affects their appetite may have other nutrition needs, as their hunger and fullness cues may be skewed.

"There are people that just really don't feel like (intuitive eating is) a good fit for them, and that's OK, too," Hoffheins said. "It's not the only way, but we do think it's a very healthy, balanced approach, if we're all in agreement for that individual."

When it comes to nutrition in general, Hoffheins said there's a number of challenges college students may face, including the transition to college, stress, mental or physical health challenges and food insecurity.

According to Linlin Fan, Ph.D., food insecurity is a "big problem" in the United States.

"I think the latest number is that 12% of Americans are food insecure," Fan, an assistant professor of agricultural economics at Penn State, said.

Fan said many factors can affect college students' nutrition, including affordability and transportation costs.

"Some students may not have cars lined up or take a bus to shop around, and (they) may not want to carry a lot of perishable products," Fan said. "(They) may want to buy some of the storable goods,

and oftentimes the storable goods are not as healthy as the more fresh and less processed food."

Additionally, some may face difficulties choosing the most nutritious foods due to lack of nutrition education.

Fan said community resources can be helpful to these students, and their peers can serve as one of these resources. Students can volunteer at food pantries and help educate their peers on how to choose high-quality foods.

Additionally, Erin Raupers said there are campus resources to support students working on getting proper nutrition, such as Healthy Eating and Living Support, Health Promotion and Wellness' peer education programs and the Lion's Pantry.

According to Raupers, the assistant director of Health Promotion and Wellness, the Lion's Pantry is a resource that "could use more assistance" in the form of donations, as the Pantry and its "CUB" Pantries "get a lot of visitors."

For Raupers, she said the key for students supporting each other one-on-one is to "listen" to one another. Additionally, she said she tries to make it clear that there's no instant solution to proper nutrition.

"There's not necessarily a secret to (nutrition)," Raupers said. "It's going to be a lifelong commitment and journey of intuitive and mindful eating, making decisions (and) giving yourself grace."

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Black Penn State students discuss adjusting to campus

By Reece Coren
THE DAILY COLLEGIAN

The adjustment from high school to college is often difficult for many first-year students. Ivori Hailstalk, Penn State NAACP secretary and the president of Ambitions Performance Company, said her transition to Penn State required a learning process.

Hailstalk, a fourth-year studying biobehavioral health, said she grew up in Philadelphia and went to a predominantly Black all-girls public high school.

"I was used to just being around Black people," Hailstalk said. "I grew up around Black people."

When she first came to campus in 2020, Hailstalk said State College provided a different type of education.

"I learned not to dumb myself down," she said. "If you're in a group project, and no one's listening to your opinion, just do what you need to do. Make sure your voice is heard, even if no one's listening."

Overwhelmed by transitioning to a school with over 40,000 undergraduate students, Hailstalk said she had to go out of her way at Penn State to find her people.

"That's when I started getting myself more into the Black community," Hailstalk said.

Black Caucus President Jordan Price's job is to "analyze what it is that the community needs and give feedback."

Price, a third-year studying telecommunications and media industries, said her organization is the "umbrella organization for all Black undergraduate organizations on campus."

"There needs to be a little bit more connection with our umbrella organizations, so that they're working together," Price said. "We see a lot of similar events that happen within the community that is an opportunity to put two organizations together and make it a bigger or better-funded event — something a little bit more powerful."

The caucus provided Price with crucial support during her first year on campus. As someone who's often one of the only Black students in her classes, she said Black students and organizations need "opportunities to take up space."

According to Price, the Black Caucus hosts weekly discus-

sions known as Sankofas that provide an opportunity for students to foster community while having thought-provoking conversations.

She said the Black Caucus serves as a "first stop" for Black students trying to find community at Penn State and connects them with people who can help them feel more at home.

"If you take up space, continue to be who you are and take advantage of every opportunity, you have the cheat code," Price said. "Just continue to be great."

As a Black Penn State student, Price said she has felt overburdened to speak for all Black people.

"Sometimes, I sit back and let people who are not of color give their opinions before I say anything because I don't want them looking to me for the correct (or) politically correct answers," Price said. "I need people to see

it for themselves."

She said Black students "don't always have to be the first person to speak up" and instead encouraged others to try calling out racism and offer support.

Price encouraged white students interested in supporting and learning more about Black culture to do research out of their own volition, rather than out of fear of being canceled.

"The more conversations that happen, the more progressive we can be as a community,"

Jordan Price
Black Caucus President

Price said.

As a Black student at Penn State, Hailstalk said she's relied on the support of friends in her most trying times.

She advised incoming Black students to be themselves and "be where you want to be."

"Be around people who bring out the best in you," Hailstalk said. "Be around people who

want to motivate you and see you do better."

Price, in turn, encouraged incoming Black students to "use every single opportunity that's here."

"Take up space, use your talents (and) make this school yours," she said. "Your experience is going to be based off the time and effort you put into it."

Hailstalk agreed, encouraging them to explore events hosted by Black organizations on campus, like the Ashe Awards hosted by the Black Caucus and the NAACP's Block Party.

"We need to find more ways to immerse Black students," Hailstalk said. "Let's do more things throughout the whole year, not just during Black History Month."

Adl Balogun, the president and a founder of the School of Visual Arts Black Indigenous and People of Color, said his organization aims to provide career opportunities to diverse artists all year long.

Continue reading here:



‘LIFT EACH OTHER UP’

Luxurious Lionesses act as ‘a mini sisterhood’ highlighting Black culture through majorette dance

By **Reece Coren**
THE DAILY COLLEGIAN

After coming across an Instagram post last spring, Kristin Anavette Swaby said she learned a unique space for Black dancers was coming to Penn State. “I always watched majorette dancing growing up,” Swaby, a fourth-year studying telecommunications and media industries, said. “I just knew I had to try out.” The Luxurious Lionesses, Penn State’s first all-Black women’s majorette dance team, blends jazz and hip-hop to uphold the culture of majorette dance. Swaby said it’s nice when the team comes together to “listen to music everyone likes” and learn dances that help them feel “confident and ladylike.” “It’s really fun to just be with a bunch of my peers who look, talk and dress like me (and) understand where I’m coming from,” Swaby said. “Before I had the Lionesses, I felt like (I had) to conform to what Penn State had to offer.” While putting the pieces together during the beginning of her second year on campus, Al-ece Morgan, the president of the Lionesses, said she was hesitant about the feedback the team would receive among Penn State students. “You go to a predominantly white institution and expect to

build your own community, but for me, going to Penn State, I didn’t really have a community,” Morgan, a third-year studying sociology, said. “Being a Black woman seeing all these white faces, I didn’t feel like I belonged.” Morgan said she set out to create a team of Black women who not only celebrated each other’s identities but also “saw each other as human beings.” “Fast forward, we had tryouts,” Morgan said. “Seventy girls came ... and we chose 30.” And with that, the Lionesses were formed. Reina Eugene said she’d never done majorette dancing before the Luxurious Lionesses. She said the team has helped her step out of her comfort zone. “I remember seeing all the girls trying out, and I was like, ‘Oh my God, they’re all amazing,’” Eugene, a fourth-year studying psychology, said. “I felt like we all were supporting each other, even though we knew not all of us were going to make the team.” She said having the space to cheer on other Black women has been crucial. “Throughout the years, I’ve (become) used to being in spaces that are predominantly white,” Eugene said. “I yearned for a space where I would feel comfortable, and people would accept my culture.” As a Haitian immigrant, Eu-

gene said the Lionesses provided her with that safe space. Eugene said she’s never had the ability to share her food and culture as much as she does now. “I came to Penn State during COVID-19 in 2020,” she said. “Most of the people in the dorms were white. It was hard for me to surround myself with other Black people at Penn State.” Alex Medder also said the Lionesses provided her a space where she doesn’t have to constantly feel singled out. Medder, a fourth-year studying biology, said her classes are “about 90% white, 10% people of color.” “I’ve seen and heard things that it’s like, ‘Why would you even say that?’” Medder said. “Once I got here, I realized I have to be patient with everyone.” Medder encouraged Penn State students interested in creating a more welcoming environment to call out racist behavior and speak up for Black people, even when they’re not around. Before Jordyn Belcher learned about the Lionesses, she said community was hard to find. “It’s kind of odd,” Belcher, a first-year studying hospital-ity management, said. “I know (Black people) are here, but I never see anybody.” Belcher said being the only Black person around can be nerve-wracking, often leaving her feeling like she has to hide



Jackson Ranger/Collegian

The Luxurious Lionesses dance on stage during the 52nd THON at the Bryce Jordan Center on Saturday, Feb. 17, 2024.

her identity, but the Lionesses enabled her to express herself at Penn State. “I go into practice, and I can speak freely to everybody,” Belcher said. “There’s no nerves, there’s nobody who’s going to make me feel stupid — it’s really inviting.” Like Eugene and Medder, Belcher said she feels the Lionesses provide her with a safe space on campus. “I really love those girls,” Belcher said. “We’re all sisters, and I feel like I belong.” Like Medder, she encouraged white Penn State students to follow the lead of their Black peers and step out of their comfort zones. “At a PWI, I feel like everybody feels a little bit uneasy,” Belcher said. “Be a little bit more inviting to people of color because they’re probably nervous being in spaces where you can look around and see it’s just mostly white people.” Morgan said the Lionesses could help infuse Black culture into University Park if they were invited to perform at athletics events, like football and basketball games. Although most of the women don’t have majorette dancing experience, Morgan said they joined because of their passion for dance and for a community where they could be seen and heard.

Swaby said the Lionesses highlight Black culture. “It’s like a mini sisterhood,” Swaby said. “We’re able to lift each other up and be involved in each other’s lives because we’re all on the same dance team.” Morgan said the team participates in extensive practices to ensure they know their routines. The team practices from 6-8 p.m. Mondays, 10 p.m. to midnight Thursdays, 5-7 p.m. Fridays and condition on Saturdays. Although some don’t accept the Lionesses, Morgan said that will only fuel her drive to spread more awareness about the team and historically black college culture. She advised incoming Black Penn State students to “follow your dreams and do what you have to do to achieve them.” “No matter what your journey looks like, don’t let that deter you from your purpose,” Morgan said. “Just because we are surrounded by a lot of white faces and may feel like outsiders doesn’t mean we’re not capable of achieving what we want.”

Editor’s Note: One of The Daily Collegian’s current news editors, Mercedes Hamilton, is a part of Luxurious Lionesses. She did not have any part in writing or editing this story.

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Jackson Ranger/Collegian

The Luxurious Lionesses strike a pose on stage during the 52nd THON at the Bryce Jordan Center on Feb. 17 in University Park, Pa.

Food Chemistry Club makes edible science experiment

By **Kathleen McGill**
THE DAILY COLLEGIAN

Mix 1 part butter, 2 parts sugar and a dash of vanilla, and sweet American buttercream is made. Mix 1 part science, 2 parts baking and a dash of fun, and Penn State’s Food Chemistry Club is created. Maddy Feeney, president of the food chemistry club, described baking as “something fun” she does with her family and friends. Now, she shares her passion with anyone who’s interested in expanding their baking skills or is “just curious” to learn more about the science behind food. “I think it’s fun that it’s basically a science experiment that you can eat,” Feeney, a fourth-year studying food science, said. “I always felt like I was learning something while baking, and then I got a sweet treat after, which is even better” Meetings take place every three weeks in Whitmore Kitchen, located in Whitmore Lab, and sometimes virtual challenges are offered on Instagram. Baking is the primary focus, even though there were a few cooking experiments with queso and hummus. The club also experimented with ways to accommodate for dietary restrictions, one example being their glow-in-the-dark gel experiment with tonic water, in which they used gelatin and agar-based gel for those who don’t eat pork. In one experiment, the club made pretzels to learn about the Maillard reaction, a browning reaction of reducing sugars and proteins. In another experiment, they used freeze-dried raspberries and butterfly pea flour for natural icing dyes. The treasurer of the club, Mal-lory Michalko, explained how different levels of pH can affect color in baking. “(Butterfly pea flour has) become sort of a fun food ingredient to use because it’s naturally sort of a purple, but it actually chang-

es to pink if it’s exposed to a low pH,” Michalko, a fourth-year studying food science said. “You can add a little lemonade and a little butterfly pea flour, and it actually makes a natural pink lemonade.” A member of the club, Kennedy Brown, recalled her favorite experiment was when a group accidentally added too much salt to sunflower butter cookie dough, and the cookies turned green. Michalko explained sunflower seeds are high in chlorophyll, which created green-colored cookies after sitting overnight. However, the increase of salt caused the cookies to change color immediately. “Even though the cookies didn’t turn out very well, it was actually very cool that that happened, and it led to a more interesting discussion,” Michalko said. Brown, a third-year studying biological engineering, said she appreciated “getting to have fun in the kitchen” while living in a dorm. Brown also enjoyed learning “all the intricate details of food.” “In engineering, a lot of people tend to look at the more grand things, like how we get to the moon,” Brown said. “I want to learn how everything around me works, and food is such a big aspect of our lives.” Corrie Porter, the social chair of the club, liked how “easy going” the club is. “It’s a slope on the smaller side, so I like that it’s easier to talk to everybody, and it just feels more homely,” Porter, a third-year studying biology, said. “If you’re just interested in baking, don’t be scared of the chemistry,” Feeney said. “We’re just trying to have a good time, and if you wanna learn a little something, we’d love to teach you.”

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Joel Haas/Collegian

Attendees gather for pictures during the Ukrainian Memorial Gathering on Feb. 24 at the Allen Street Gates in State College, Pa.

Penn State Ukranian Society organizes memorial

By **Elbia Vidal Castillo**
THE DAILY COLLEGIAN

Two years after the start of the Russia-Ukraine war, the Penn State Ukrainian Society organized a memorial gathering on Saturday outside of the Allen Street Gates. “With this event we are trying to provide knowledge and support to all the Ukrainians who live in State College and Pennsylvania,” Yevhenii Ostroverkhov, the treasurer of Penn State’s Ukrainian Society, said. In addition to organizing and promoting the gathering, members of the organization displayed signs that showed support for Ukraine and honored the memory of those affected by the war. “It’s important to remind the people that we exist — we want to tell the American public to remember us and that their support is deeply appreciated,” Ostroverkhov, a third-year studying business, said. Among these signs were tributes to college students who lost their lives during the war. “Imagine 40,000 people standing here in State College and one day you notice that one is missing and then 10, then 100 and then the number keeps growing — this is exactly what Ukraine is having to go through

today,” Igor Latsanyh, president of Penn State’s Ukrainian Society and one of the two event organizers, said. Throughout the event attendees and organizers took the initiative to speak about the ongoing war, underscoring its significance and the importance of showing support for Ukraine. The second event organizer, Svitlana Budzhak-Jones, made a speech for the attendees, highlighting the gravity of the situation and the need for solidarity. She educated attendees about the war and spoke about the a special event hosted by the United Nations called, “Stolen Voices,” which was created to help children in Ukraine. “Some Ukrainian children have been displaced to Russia to later sent to special reeducation camps where they are forced to go through military training to become war soldiers — this is a terrible story,” Budzhak-Jones, founder of the Sister’s Sister, said. After explaining what’s currently happening in the war, the national anthems of both Ukraine and the United States were sung as a form of “solidarity and respect” for both countries. Among the signs displayed at the gathering, some promoted donations to support humanitar-

ian efforts. One of these fundraising campaigns is called Sister’s Sister, dedicated to aiding those affected by the conflict in Ukraine. “85% of the money signed by congress or donated by corporations doesn’t go directly to the families affected, so we show people where their money is and we also donate food, medical equipment, and anything they would need,” Budzhak-Jones said. Budzhak-Jones said the best way to help is to hold events similar to the memorial gathering and to reach out to the representatives of State College and Washington D.C. about what organizations and different committees are doing about the war. Catherine Wanner, Penn State professor of history and religious studies, told her students to join the memorial gathering to “contribute with the cause” and learn more about “what’s going on with the world.” “We live here, and it’s important to care about what’s going on in the United States, but it’s really important to be interested and engaged and even fascinated by other parts of the world and to care about the people there,” Wanner said. “Everyone has the power to change the situation.”

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46 HOURS LATER...



Natalie Simone, left, and Jovana Marzella, right, walk through the human tunnel and enter the BJC before THON. “I remember walking in, and it all kind of hit me at once when I got in there and the stands slowly, slowly started filling up,” Simone said.



Natalie Simone performs on stage with Penn State Dance Alliance. “It’s really people right up next to the stage ... cheering you on,” Simone said.



Natalie Simone reads a letter from supporters during THON. “I can relive those memories by rereading that,” Simone said of the letters.



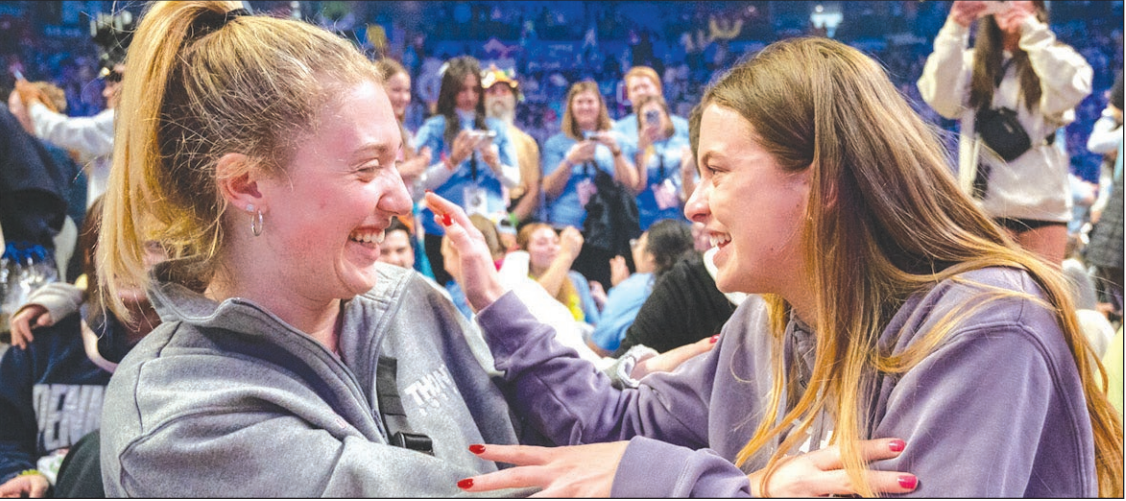
A pile of letters sits on the floor by the dancers feet after mail call. “(Reading my letter) kept me out of my bad moment on Sunday morning ... but my feet were really hurting,” Marzella said.



Brendan Conroy carries Natalie Simone on his back. He visited every hour and “reminded (her) what and who (she) was dancing for,” she said.



Natalie Simone, left, and Jovana Marzella, right, watch the Celebration of Life video during the final four hours of THON.



Natalie Simone, left, and Jovana Marzella, right, sit at the end of THON. “I was so proud of (Natalie), so proud of my friends, so proud of the school,” Marzella said.



Natalie Simone, left, and Jovana Marzella, right, celebrate the THON 2024 total. “(People) just don’t know how impactful (the money) is, seriously, \$1 is so much,” Simone said.

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All states must adopt safe storage laws of firearms

Michigan residents are now required by Public Act 17 to securely store firearms if it is known or should be known that a “minor is, or is likely to be, present on the premises,” effective Feb. 13. The law is a crucial acknowledgement of the responsibility that comes with gun ownership, especially when those 18 and younger are involved. The legal consequences set by the act are stringent, reflecting the potential harm that can arise from leaving firearms accessible to children. In Michigan, violation of such law is punishable by imprisonment from 93 days to 15 years, or a fine from \$500 up to \$10,000, or



Seelig

both, depending on what results from the open firearm being in the vicinity of the minor. Michigan marks the 21st state to have a law permitting criminal charges against people who fail to securely store a firearm when in the presence of a minor. However, the divergence in these laws among states highlights the importance of a unified approach to addressing this issue on a national level. The distinction between the laws is seen in what results from the firearm being in the vicinity of the minor — some only permit criminal charges if the gun is fired while others charge even if the gun wasn’t fired or if it didn’t harm anyone. Yet, this ambiguity still poses a reactive rather than proactive approach to protecting minors. All states should consider, or

should be federally enforced, to enact comprehensive safe storage laws, establishing a consistent framework to protect children from preventable accidents and tragedies. Just a day after the new law was enacted in Michigan, a tragic incident, involving a 2-year-old who accidentally shot herself in the head with her father’s revolver, occurred. This underscores the urgent and imperative need to securely store firearms. The unfortunate cycle of gun violence shows itself in this case. The Michigan law was enacted on the one-year anniversary of the shooting at Michigan State University, and the day before, the 2-year-old girl ended her life. In the aftermath of this incident, Michael Tolbert, the girl’s father, was the first person to be

charged under the state’s new law. Tolbert faced nine felony charges including single counts of first-degree child abuse and violation of Michigan’s gun storage law. This incident parallels yet another case of a firearm being available to a minor, as Jennifer Crumbley was charged with involuntary manslaughter on Feb. 6 after her 15-year-old son killed four students and injured seven more at Oxford High School in 2021. Crumbley was the first parent in the United States to be held responsible for a child carrying out a mass shooting. This groundbreaking decision holds parents accountable for the actions of their children when they fail to prevent access to firearms. It signals a shift toward recognizing the role of

gun owners in safeguarding their weapons to prevent tragic outcomes. While Michigan’s proactive stance is commendable, other states must follow suit and adopt similar measures. Uniformity in safe storage laws across the nation would reinforce the commitment the U.S. should have in protecting children from avoidable harm. While debates regarding the First Amendment continue to unravel, enforcing safe storage laws does not violate any constitutional rights and helps ensure the safety of the country’s most vulnerable citizens.

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Cartoons by Kathleen McGill

MY VIEW | JOEL HAAS

Court storming is integral to college athletics

Multiple recent events have drawn into question the long-held practice of field/court storming, one of the greatest traditions in collegiate athletics. Sports storming needs to remain an integral part of these sports, and here’s why. As far as the on-field product, college teams will never be able to compete with professional leagues from a performance perspective, yet many college events still draw massive audiences, both in-person and on television. One of the main appeals of college sports is the pageantry, tradition and — for lack of a better word — fun. Rivalries, stadium atmospheres, rabid fan bases and intriguing history help differentiate the amateur level and create a unique appeal that draws in millions annually; stormings are just an example of one of the fun traditions employed at the collegiate level. Court stormings have occurred for decades and are major events to commemorate an impressive victory, typically over a highly favored opponent. As a fan, one of the greatest experiences one can have is storming a court or field, due to the rarity of these occurrences and the thrill they provide.



Haas



Kate Hildebrand/Collegian

Fans stormed the court after the Penn State men’s basketball game against Wisconsin. Court storms add thrill to a team’s victory, Haas said. In 2004, the SEC implemented a \$50,000 fine to universities for storming a field or court, which increased for each ensuing incident. In 2023, that fine was doubled to \$100,000. This year, incidents in which Iowa phenom Caitlin Clark and Duke star Kyle Filipowski were injured after colliding with fans have caused some to call for an end to storming for the safety of athletes. For starters, the Clark incident was extremely avoidable — an Ohio State fan was jogging toward the logo in the middle of the court where fans typically congregate, when Clark sprinted into her, collided, and then

forward to shove the fan down. Getting injured after simultaneously tripping and pushing a fan down removes his credibility to speak on the incident, considering he caused the collision. In both instances, it seems the athletes were being sore losers and looked to shift the attention after a disappointing loss. There is no reason why millions of fans across the country should be punished for these occurrences by missing out on opportunities for experiences they’ll cherish for the rest of their lives. Accidents happen, but if both parties are being smart (players not running across the middle of the court and initiating contact and fans avoiding these players), these incidents are entirely avoidable and storming should continue to bring memorable moments to fans nationwide. Adding extra security at major events and training athletes and coaches on the dangers of field/court storming can help alleviate future instances, and using common sense can also go a long way. Joel Haas is a junior majoring in digital and print journalism and is a football reporter for The Daily Collegian. Email him at jrh6558@psu.edu or follow him on X at @Joel_Haas1.

DAILY COLLEGIAN

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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.

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New culture in Happy Valley

By Andrew Deal
THE DAILY COLLEGIAN

Penn State coach Mike Gambino recently took over the program after coaching 13 seasons at his alma mater, Boston College. He led the Eagles to 291 wins, which ranks second in program history.

BASEBALL

Despite being from the northeast and coaching his alma mater's team, there was something about Penn State that the Garrison, New York, native found enticing.

"You're on this campus, you're in this town. This place is unbelievable. ... I believe in this university that with the right level of investment and involvement, this program could be really special," Gambino said during Penn State's media day.

He later noted his love for Boston College but emphasized how big this program can be with the resources that Penn State has to offer.

Gambino took over as the Nittany Lions' head coach on July 3, 2023, after former head coach Rob Cooper stepped down following his 10th season at the helm.

"(Gambino's) been that father figure for us with the new staff coming in. He's putting the program in the right direction from where it has been," pitcher Travis Luensmann said.

Gambino played for the Eagles from 1997-2000, starting 166 games in the middle infield, before playing two seasons in the Boston Red Sox minor league system.

Before coaching for Boston College, he was a special assistant coach for the Red Sox and worked in the MLB Scout Development Program.

He went back to the college game and had stints at Boston College and Virginia Tech as a recruiting coach and an assistant before taking over as the head coach of his alma mater.

When moving from a place after 13 years, there will likely be some adjustments — especially when the move is from Boston to State College.



Jackson Ranger/Colegian

Baseball coach Mike Gambino speaks with reporters during a press conference at the Bryce Jordan Center on July 11, 2023, in University Park, Pa. This season is his first with the Nittany Lions.

"I was used to the Boston city traffic driving to the stadium, and here, the traffic is a tractor towing a cart that is carrying some pigs on it. That was a major adjustment for me," Gambino said.

The adjustments continued with the small-town feel, as his appreciation for State College kept growing when he mentioned his weekly stop at the butcher block with his family.

The next adjustments made are on the field, which Penn State hopes will lead to success.

Gambino led Boston College to a NCAA Regional appearance in 2023 and also had the Eagles in the Super Regionals in 2016.

"They play the game. They don't care about who is on the other side. That's what you would always get when playing Boston College, and that's what we're going to bring here," outfielder Adam Cecere said.

A Pennsylvania native, Cecere returned home to Penn State after playing his entire career at Wake Forest.

Gambino has a recruiting background in both the collegiate and major leagues, and he has already utilized that to bring some transfers back to Pennsylvania while starting his recruiting job for the Pennsylvania players.

"I don't think many people in the country realize how great of a state Pennsylvania is for baseball, this state is one of the top states in the country for high school baseball.

It doesn't just stop at the 12-year-old level with the Little League World Series," Gambino said.

At Boston College, he had five recruiting classes rank in the top 60 in the nation, according to Perfect Game. His first recruiting class with Penn State is currently ranked No. 67 in Perfect Game's 2024 rankings.

Gambino is looking to get back to the NCAA Regionals for the second year in a row — a place Penn State has not been to since 2000.

"I think this team has the

chance to be a postseason team. We want to take a shot at winning the Big Ten Tournament.

We want to host regionals here, we want to talk about Omaha in the College World Series," Gambino said.

Despite looking at it in this sense, he has quickly established that 1-0 mentality that is all too familiar at Penn State.

He wants each game to build off of the last.

Penn State's baseball program hasn't seen the NCAA Regionals in 24 years. However, he has the players and team believing in themselves.

"It's been great," infielder Grant Norris said.

"It is something that has helped the program as a whole. He has brought a new spark and a new confidence in the team and the players."

Norris was another ACC player who brought his talent back to Pennsylvania, where he grew up in Somerset.

Gambino has a history of send-

ing players to the big leagues. Most notably, Michael King, Emmet Sheehan and 2021 ACC Player of the Year Sal Frelick all played at Boston College.

So far, the new head coach has the Nittany Lions off to a 5-2 start and his offense working like a buzzsaw, averaging just over eight runs per game.

Gambino has a vision that he's made clear: bringing a new culture to the program that hasn't been seen before. He wants dogpiles for championships and for Penn State baseball to be a common talking point on campus and in the area.

"I want kids in the big leagues. If they don't want to make it to the big leagues, then I don't want them here," Gambino said. "I want kids that want to come here that want to win, that want to make it to the big leagues, that want to represent Penn State baseball."

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Kate Hildebrand/Colegian

Goalkeeper Sydney Manning warms up at the Penn State women's lacrosse game against Pitt in Panzer Stadium in University Park, Pa. The Nittany Lions beat the Panthers 13-5.

Defensive struggles plague Penn State

By Caroline Riley
THE DAILY COLLEGIAN

On a cold Saturday afternoon in State College, the Tigers pounced on the Nittany Lions after halftime with nine unanswered goals to secure an upset victory.

WOMEN'S LACROSSE

With a huge fourth quarter comeback, Princeton bested No. 22 Penn State 18-13 at Panzer Stadium. Falling to 2-2 on the season, the blue and white had no shortage of offensive opportunities, but defensive woes held the team back.

The game started strong for both sides with back-and-forth play all the way through the third period. Star midfielder Kristin O'Neill had another big day for the Nittany Lions, putting up four goals to improve to 15 on the season. For the Tigers, attacker McKenzie Blake scored a massive five goals to keep Princeton

competitive and eventually victorious against Penn State.

However, the narrative changed in the fourth quarter. The Nittany Lions never scored again.

"We just had a lead and then we just couldn't get back down our attacking end, and if we were able to get it down there, we turned it over," coach Missy Doherty said.

It all boiled down to possession, or lack thereof for Penn State. The team struggled to get opportunities to shoot. Instead, the blue and white committed foul after foul while Princeton poured onto its lead.

The issue is simple, Doherty said, as the Nittany Lions "just didn't get possession at the draw." No matter how easy the problem may seem, if not acted on soon, it could plague Penn State in its increasingly hard schedule.

Looking beyond the field and into the net, freshman goalkeeper Sydney Manning gave up a

career-high 18 goals.

The Malvern, Pennsylvania, native has started in all four games this season over upperclassmen and last year's starter, Ashley Bowan. Manning was pulled at halftime in the season opener but has played every minute since.

Despite coming off her best game of the season against Pitt, posting up a massive .615 save percentage, the freshman was beaten multiple times in goal.

Doherty didn't rule out the possibility of a change in net ahead of a five-game road stretch that includes two ranked teams.

"Today defensively giving up some of those shots inside, [it] was tough to come up with those saves, but you know, it's always something that we're looking at," Doherty said.

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Starocci's future unclear after injury

By Kaleb Boyer
THE DAILY COLLEGIAN

In the Nittany Lions final dual meet of the season, Penn State rolled to a crushing 55-0 victory over Edinboro.

However, the Nittany Lions may have suffered a major casualty in its lineup.

Penn State superstar Carter Staorcci suffered an apparent knee injury against Edinboro's Joey Arnold. Starocci was looking for a pin when his knee got trapped under Arnold's leg.

Starocci picked up backpoints that gave him a 22-5 tech fall win, but he wasn't able to put weight on his right leg after the bout. Trainers and coaching staff had to help the 174-pounder off the mat.

Following the dual, Cael Sanderson didn't have any updates on Starocci's status.

"He was obviously in some pain, and we carried him off as best we could," Sanderson told the media.

When asked about the fear of making sure everyone stays healthy in the final matchups of the season, Sanderson said that he always wants his wrestlers to stay happy and healthy, but that it's not always realistic.

"He was just trying to get the pin, and so he kinda put his leg in a compromised position and it just didn't work out," Sanderson on what Starocci could

have done differently.

The bright side is that there is still plenty of time before the post-season for Starocci to get healthy.

On top of that, Starocci is also not a newcomer when it comes to this type of adversity.

"Carter has always been a very quick healer. You know, he won a national title a couple years ago with a broken hand," Sanderson said.

Should the worst come to pass and Starocci is unable to wrestle in the postseason, he would have one additional year of eligibility should he choose to use it. Prior to the season, he seemed to be leaning towards not using that final year.

A three-time NCAA champion, Starocci has solidified himself as an all-time great for the Nittany Lions already. With the injury, it's unclear if he will be able to pursue a fourth title this season.

With the Big Ten Championships coming up in College Park, Maryland on March 9-10, 13 days after the injury.

The NCAA tournament will be March 21-23 in Kansas City, Missouri, which gives Starocci roughly a month of time to recover for an at-large bid should he miss the Big Ten tournament.

Continue reading here



The return of Chad Powers

By Joel Haas
THE DAILY COLLEGIAN

Chad Powers is set to make his return to the big screen, this time with a full series.

According to a story by Variety, Hulu has ordered a series surrounding the fictional character, who was originally played by former New York Giants quarterback Eli Manning on an episode of the docuseries "Eli's Places."

For the original episode,

Manning donned prosthetic makeup and a wig while pretending to try out for Penn State's football team as a quarterback. The video went viral in September 2022, drawing millions of views on social media.

For the new series, Glen Powell will take over the role of Powers, in addition to helping co-write the pilot episode with Michael Waldron and executive producers.

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FINDING THE RHYTHM

Ahead of clash against No. 9 Yale, the Nittany Lions aim to continue their win streak

By Lyle Alenstein
THE DAILY COLLEGIAN

Penn State is firing on all cylinders, coming off of its best game of the season in a 13-3 stomping of Navy last weekend.

MEN'S LACROSSE

The blue and white has been on a rampage lately, recording three straight victories after the tough start to the season following a loss to Colgate.

The squad will return back home to Panzer Stadium after a successful two-game road trip for its toughest test to date in No. 9 Yale.

The past weekend featured a standout performance from goalie Jack Fracyon. The junior recorded 15 saves on an 83% save percentage in the win.

"It provides confidence knowing that you have someone like Jack and go, especially when he's playing the way he did against Navy," coach Jeff Tambroni said. "We recognize that it's gonna require that type of effort."

Fracyon was nominated for Inside Lacrosse's D1 Player of the Week and garnered Lacrosse Reference's Brick Wall Award.

Mens LAX vs Johns Hopkins, Fracyon

The goalie will have his hands full this weekend with the Bull-



Penn State faceoff specialist Chase Mullins (38) reaches for the ball during the men's lacrosse game against Villanova at Panzer Stadium on Feb. 10. The Nittany Lions beat the Wildcats 18-10.

dogs coming to town, as their 2-0 record is powered behind an explosive offensive unit that includes Matt Brandau. The senior attackman tallied seven assists and six goals in the last contest against Colgate.

"I mean, I wish it was just Brandau that we had to concern ourselves with. I mean, Yale can beat you from so many different places," Tambroni said. "So moving out of Navy and into Yale, it's the trend that we would

like to have from our goalie, and hopefully we can continue to keep that momentum going throughout the course of the week as we prepare for them to come to town."

In order to slow down the high-octane of the Bulldogs, the blue and white will need to continue to rely on a strong defensive showing without two of last year's starters, Jack Posey and Kevin Parnham.

The final starter from last

season's group, Alex Ross, has held down the fort and been the biggest standout to Tambroni through the early portion of the season.

"The fact that he's just a sophomore covering every opponent's best player probably leads me to believe at this point, it is probably the one that has equaled or exceeded our expectations," Tambroni said.

Despite the absence of Posey and Parnham, the victory

featured the return of attackman TJ Malone and FOGO Chase Mullins from injury.

Malone potted two assists and a goal, while Mullins went 7-11 from the faceoff circle.

Mullins' performance was a key aspect in the victory, as teammate Colby Baldwin went 2-9 on his attempts.

"I give Chase a lot of credit for being out against Stony Brook, having him working his way back through the week of practice sitting the entire first half," Tambro ni said. "Coming out mentally and physically prepared to go, he did a really nice job of putting us in a position to extend our lead and secure the win."

Yale's victories were dethronings of Colgate and Villanova, both squads that Penn State has faced. Colgate was the Nittany Lions' lone loss, but Yale bested it in convincing fashion.

Despite this, Tambroni and company believe the numbers don't tell the full story.

"In terms of just comparing the scoreboard, I think there are so many different things," Tambroni said. "That's a dangerous game that will probably not get you anywhere near an accurate outcome."

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Seniors' last skate

By Lexie Linderman
THE DAILY COLLEGIAN

In the blink of an eye, Penn State's season at Pegula Ice Arena came to a close Saturday night, and so did the senior class's careers in Hockey Valley.

MEN'S HOCKEY

While they may have lost to No. 6 Wisconsin 3-2 in an overtime heartbreaker, the defeat was the last thing on the Nittany Lions' minds. What mattered most post-defeat to the blue and white was celebrating the 10 players who have dedicated the past four years of their lives to Penn State.

This year's senior class consisted of defenders Christian Berger and Jimmy Dowd Jr, forwards Xander Lamppa, Christian Sarlo, Chase McLane and Tyler Paquette and finally goaltenders Doug Dorr Jr and Liam Souliere. Additionally, Tanner Palocsik and Jacques Bouquot were honored for their year with the program as graduate students.

Saturday's game — and this season as a whole — was a very fitting end to the seniors' time at Pegula. Just like they have all four years, they had to overcome plenty of adversity with both Berger and Lamppa sidelined Saturday and McLane being out for the majority of the season.

"Obviously they're a very unique class, they came in (during) COVID, and they had a very different experience than everybody else that got assimilated into our culture and the team," Guy Gadowsky said. "The class has had to persevere, that's for sure, and tonight is sort of appropriate. We're without our captain, Chris-

tian Berger, and our two best faceoff guys ... the class just keeps battling through adversity."

Gadowsky referred to the class's first two seasons as Penn State's "low point" as a program but expressed how proud he is of the group's ability to accomplish what they have.

The most notable of the seniors' accomplishments is an NCAA Tournament appearance last season, where the team was just an overtime goal away from the Frozen Four, an accomplishment Gadowsky was sure to bring up when speaking to the crowd at Senior Night.

The veteran coach also made a point to highlight his captain, Berger, who he wholeheartedly praised as an always "team-first" guy and even shared a story about the defenseman cleaning up the team's lounge when he thought he was the only one left in the building.

When it was Berger's turn to give a speech, the St. Louis native was brought to tears as he thanked Penn State's entire staff, his fellow seniors, the rest of the team and his family.

Berger couldn't find enough good things to say about the program and the guys within it, a trend that continued as the seven other seniors present Saturday spoke about their time at Penn State.

Souliere was especially emotional as he recalled his time with the Nittany Lions. The goaltender, whose 1,975 career saves rank third all-time for Penn State, played lights out during Saturday's game, coming up with multiple huge saves during Wisconsin power plays and a strong showing overall.

When reflecting on how Souli-

ere has evolved during his time at Penn State, Gadowsky had nothing but praise for how his goalie has grown into the player he is now.

"When he came in as a freshman ... his starts were few and far between and he learned from every one of them," Gadowsky said. "Last year he turned in one of the best performances we've had here in our short history ... This season was a bit of, just like his whole class, a microcosm of his college career; tough start at the beginning but kept working, kept working ... and I think if tonight's any indication, he's playing some of his best hockey."

While it was an emotional night for the senior class both with the loss and the Senior Night celebration, they could not have expressed more appreciation for the program itself, but also the fans who have filled Pegula to the brim this season. The past three home series have turned in the three highest crowds in the arena's history.

"The crowd tonight was amazing," Paquette said. "It's hard for us, especially losing, but we've had so many great memories here and we're grateful for everything we've been given and had the opportunity to do."

The season at home may be over for the Nittany Lions, but they aren't done altogether just yet. Gadowsky's squad will travel to Ohio State next weekend for two games before the Big Ten tournament, which they have to win if they want an NCAA Tournament appearance.

"We all know we still have a lot to play for," Paquette said. "Unfortunately, we're probably out of a bid spot, so we know we have to win the tournament. We've all been focusing on that as a group and just trying to get better each day. I think we're going to learn a lot from this weekend."

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Guard Ace Baldwin Jr. (1) shoots a free-throw during the Penn State men's basketball game against Illinois on Feb. 21.

MY VIEW | LYLE ALENSTEIN

Basketball should move to Rec Hall for good

It was a monumental week for Penn State, as both the men's and women's teams clashed in Rec Hall for the first time in years.

The arena was built on the foundation of hoops in Happy Valley, as the history and culture of past generations were represented by the squeaks on the court and echoes of the fans' cheers.

The men's team knocked off No. 12 Illinois in its "Return to Rec" due to late-game heroics from Zach Hicks that caused a court storming, while the Lady Lions were bested by one of the hottest teams in the country in No. 2 Ohio State.

Regardless of the results, the contests at Rec Hall showed that the move should be permanent.

"Man, this was old school," men's coach Mike Rhoades said. "This was like 'Check it up, and let's go play in a hot gym,' which is what it's all about, which is a lot of fun."

Penn State isn't known for being a basketball school. The bread and butter in the sports department is fueled by the football team and a dominant wrestling program.

After a year where the men's team outperformed expectations with a run to the Big Ten Tournament Championship and an NCAA Tournament appearance, there was some hope.

Then the buzz for the men's program subsided with coach Micah Shrewsberry heading for Notre Dame, causing turnover with players transferring along with venturing for the NBA.

Then came Rhoades and a new-look roster, so the future was unknown.

However, what wasn't uncertain was the Lady Lions. In her tenure, coach Carolyn Kieger's program has improved every year, and with the help of highly touted transfers, expectations are high.

With this identity the basketball teams are searching for, there's no better time to make the switch to Rec Hall.

"This is a special, historic place, so the energy in here was

insane," guard Leilani Kapinus said Thursday. "It was a pleasure playing."

The issue between the Bryce Jordan Center and Rec Hall is size. The BJC holds over 15,000 people while Rec Hall holds just over 6,500.

The love for the basketball program doesn't fill the BJC. In comparison, Indiana's Assembly Hall holds over 17,000 fans, which is appropriate for a blue blood program.

Rec Hall's smaller environment provides a raucous atmosphere that gets loud and intense much like other notable arenas.

"The first one is Cameron Indoor (Duke's arena), I think the two are very similar," Kieger said. "I've played there multiple times as a player, multiple times as a coach, kind of another iconic building that has so much history, and the fans are right on top of the players."

The energy paid dividends in both games. For the men's team, the fans' volume was off the charts, as it caused Illinois' Coleman Hawkins to miss free throws late in the game, aiding the win.

"I think the crowd definitely helped us a lot tonight," guard Jameel Brown said. "The energy from all the Penn State fans coming out like that, it was definitely great to play in this historical gym, Rec Hall."

A Lady Lions run caused an Ohio State timeout, igniting the building and sparking Kieger to show the most emotion on the sideline all season.

"It's really good to play in a close setting, a more intimate building of such iconic fashion," Kieger said.

This location switch would be a futuristic play, as a move like this is logistically challenging.

A starting point would be to increase the amount of games played at Rec Hall over the next few years.

While this venue change has plenty of hurdles, the environment in Rec Hall is unmatched in comparison to the BJC and would benefit Penn State's basketball culture deeply.



The Nittany Lions stand together before the Penn State men's hockey game against Wisconsin inside the Pegula Ice Arena on Feb. 24. The Badgers beat the Nittany Lions 3-2.