1 in 5 adults have a diagnosable mental illness

ACCORDING TO THE NATIONAL ALLIANCE ON MENTAL ILLNESS.
Hope in a time of sadness

Connections key to weathering emotional turmoil

KATHERINE CLAYTON
Managing Editor

"I'm worthless."

The thoughts would start swirling around her in mind.

"There's no point of me being on earth."

One after another.

It wouldn't be better if I hadn't been born.

It was a cycle of negative thoughts that just wouldn't stop.

"I wouldn't mind if I were to die right now."

Elizabeth Scholl, junior medical laboratory science major, vividly remembers the thoughts that plagued her during her darkest days.

Scholl's journey with mental illness began during her junior year of high school. She re-called taking harder classes and becoming over-whelmed.

Her depressed moods would typically be the worst on Fridays when she was home alone.

"I just couldn't deal with myself," Scholl said. The locus of pain would also be accompanied by thoughts of worthlessness.

She began counseling and started taking antide-pressants.

A collegian at South Dakota State University, and her freshman year went by with- out any issues. However, her depression began and her depressed moods returned after she decided to stop taking her medication with- out her doctor's permission.

She began to have panic attacks due to be- ing heavily involved in clubs and organizations and taking 18 credits during her sopho-more year.

I felt so pressured to be involved in a lot of things and that just led me to a breaking point," Scholl said.

She remembers thinking, "I can't focus. I can't get this done. Oh my, I'm even more scared now. I can't focus even more now."

During the panic attacks, Scholl said that she would feel "crappy" have no interest in eating and sometimes dry or throw up.

"I'm not in control of my body," Scholl said.

"I'm just shaking and just thinking the entire time. I just want to get out of this right now. I don't want to feel this right now."

Since her sophomore year, Scholl has visited the Student Health Clinic and received medica-tion and counseling for her anxiety and state of mental health.

"It's not something that they need to hide."

Elizabeth Scholl

Her junior year has been going "pretty well," Scholl said. There are times when she still has low days, especially when the weather is gloomy.

"In society, we don't tend to talk about mental health — that even if you haven't gone through it, you can help someone if they are go-ing through it," said Meghan Perry, senior phar-macy major and director of marketing for Lost & Found.

"Even though you can't see mental health and mental illness... it is a real issue and con-cern amongst everybody," Sherard said.

Ultimately, Scholl encouraged students who have friends struggling with mental illness or large amounts of stress to be there for them.

"I keep thinking to myself, 'I need people realize that it's not a bad thing to get help, and it's not some-thing that they need to hide.'"
Absentee voting offers alternative method for college students casting ballots in 2016 election

I An LACK Reporter

Election officials hope absentee voting is the answer to South Dakota's small Millennial voter turnout.

According to the U.S. Election Assistance Commission, more than half of all voting Americans are 50 years old or older. This is especially true in presidential elections. But absentee voting is available to providing many voters, especially college students, with a way to ensure their vote is cast in November.

Samantha Puetzer, junior ag- ricultural communications major, used absentee voting in the 2014 general election. She plans to vote this way again but doesn’t think many college students are aware of this voting ability.

“Most of us have just turned 18 and are only thinking about how easy it is to become involved,” Puetzer said. “I don’t think we could’ve had a more impressive speaker than Barry Dunn… I think his push for inclusivity and what he has done in the first months as president and his involvement with students. Helms spoke on behalf of the university’s student body and remarked on Dunn’s involvement with students’ interests. According to Parks, the first camp was located in the lower level of The Union until a new "Outdoor Programs" office was opened. LAURA BUTTERBRODT

The new "Outdoor Programs" offices will be available to students and are much lower rates than would be available to students at other universities. Prices for the trips depend on the distance and how long the trip will be. The gear rental prices range from $1 to $10 a day, depending on the item. Prices for the camping trips and off-campus adventures range from $20 to $100 for the entire trip.

LAURA BUTTERBRODT

The program began at the beginning of the semester and the adventure trips program has generated students interest. According to Parks, the first camp and climb trip not only sold out, but also had a waiting list.

Continued to A4
Students learn about the future of news with social media minor

DIANE DYKES

Paraphernalia, Ingestion, Marijuana, Poss. of Drug Paraphernalia, Ingestion.

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Mental health awareness is in the most relevant issues facing us to-day. One in five adults have a diagnosable mental illness, according to the National Alliance on Mental Illness.

Sit in The Union and watch students walk by. As professors walk by. Watch community members, friends and strangers walk by. One in five.

They’re dealing with stress and anxiety and depression. People struggle with it, and we can’t avoid the issue that is present in our community.

The Collegian, want to bring attention to this with our specific focus on mental health at South Dakota State University. This edition falls on Mental Illness Awareness Week with World Mental Health Day on October 10. College is one of the most important places to address mental health awareness and mental illness. Stress about school, the transition to independence, relationships, work and the future constantly weigh on a student’s mind. The stress can start small and then build. But we can’t let that stress grow.

We, at The Collegian, encourage people to understand mental illness and mental health awareness. We encourage them to take steps to support people who struggle with mental illness.

We encourage university officials and others to address mental health awareness seriously. The stigma around mental illness is still prevalent. In a recent National Alliance on Mental Illness survey, only one in five adults agree that it’s OK to talk about mental illness. Perceptions are still negative at times. But strides are being made to better address the issue.

Efforts are being made at SDSU to expand Counseling Services. The Common Read this year, “Boy Meets Depression,” focuses on depression and helps facilitate discussions about mental illness.

But there is still more to be done.

Counseling Services deserves more funding, space and staff. There are about 1,200 students to every on-campus counselor. Even using the “one in five” statistic, that’s 300 students who may all be dealing with mental illness for only one counselor.

At the beginning of the year, there are more students coming to Counseling Services because they’re facing transitional change. This year may be even more students coming because the Common Read allows them to recognize themselves in the text. There are some of us, at The Collegian, who can recall wanting to meet with a counselor to talk about stress or other pressing issues, but had to wait and schedule an appointment weeks out in a time where students will call and are disappointed because although they’re feeling and feeling isn’t necessarily an emergency, they still want to talk about it.

Even for students who might not necessarily have depression or other mental illnesses, it’s important for them to be able to talk to Counseling Services given them that opportunity to think through their thoughts. They learn how to talk about mental illness and it helps them realize that it’s OK to not always be happy. They learn it’s OK to feel emotions.

Counseling Services at SDSU are becoming more understanding about mental health awareness as well. Some professors may tell their students that they have a mental health day if they’re too stressed with the weight of either obligations or worries. They will put away your atten-


dion and concern and try to help in whatever way keeps students healthy.

This type of attention and ef-

fort is exactly what we need at SDSU. Mental illness shouldn’t be stigmatized and people who have mental illness shouldn’t be expected to conceal it.

One in five.
We need to stop misconceptions around mental illness

Ironically, people don’t think much about what goes on in their brains. When someone hours another person’s depression, anxiety, bipolar disorder or any number of mental illnesses, the common trend is to assume the person in question is logic, but has it worthless moral existence, and even some situations where mental illnesses manifest, there is a chemical imbalance in their body. However, the lack of an imbalance doesn’t allow them to feel things “normally” and sometimes requires help.

While I have never been diagnosed with a mental illness, I know many people with at least one. It’s a lot more common than you'd think, and it’s caused by a lot of different things. Or even caused by anything at all. Sometimes it just happens. I have nothing but admiration for those who function in their day-to-day lives as best they can, even when their own mind is trying its hardest to make things difficult as imperceptibly. I strive to be one of these people. I believe I am well-rounded talking about mental illnesses and women who have struggled and are still struggling with mental illness. It is of this. I think more people need to be made to see this. Helping others can change around these issues and knowing how empathy can be asked to seek help for them.

All too often I hear the word bipolar thrown around, usually in reference to someone wearing “crazy” or when their mood switch. Quickly. I know I have even been guilty of this in the past, but I stopped it immediately once I met someone personally who has a fairly secrete types of bipolar disorder. Sometimes, I find myself wondering if some people live through their episodes and during times when she’s depressed. The best way to understand the disorder for it, but I am not ever going to fight against that. I cannot even see the reasons why you believe you are. You are more than perfect.”

Rachel Antleford is a nutrition & dietetics major at SDSU and can be reached at rachel.astleford@jacks.sdstate.edu.

ALEX BOGER
Columnist
College is commonly considered one of the most stressful undertakings a person can pursue. Classes are rigorous. The homework is time consuming. The exams are nerve-racking. Yet college students are expected to perform at a high level while also maintaining a social life, participating in extracurricular activities and paying for their education.

Naturally those conditions lead to high stress levels and a deep-seated anxiety about grades and money. While some students make it through college just fine, some drop out because of the pressure and many more need some form of counseling during their college career.

During my undergraduate degree, I was in the former category. I didn’t have a particularly hard time with most of my classes, and I was able to get my bachelor’s degree with only a few mental travelling spots.

I was there for my friends—I was also wrong. When I started my graduate degree, my own stress levels and anxiety went through the roof.

My new graduate major was more difficult than anything I had done at the undergraduate level. I was paying more for rent than I ever had before. I was in a graduate-type-stressed state, while also continuing research and working for my advisor.

For the first time in my life, I was the one who needed the help. And I had no clue as to how. Around this time my closest friends sat me down and told me they could tell I was under a lot of stress, and they thought I should go to counseling. I, at first, thought I didn’t have enough problems to go to counseling, but they convinced me to go to one session and see how it went.

My counselor helped me more than I can say. The main form of my counseling sessions were a series of crying mechanisms designed to help me help myself—when I am having a hard time—I use these as the so-called self-care practices.

Self-care is an important part of mental (and physical) health. When we are stressed and anxious, our body is telling us something. Learning to listen and react to our body is a valuable skill everyone should learn. These healthy living habits can support mental health through college, as well as during your life after college.

These practices include improving time management skills, engaging in exercise, learning to meditate and even things as simple as getting a good night’s sleep.

For more information on these self-care practices or if you need help with stress, anxiety or any other mental issues, contact South Dakota State Counseling Services. Counseling is a free service offered to students and helps many students succeed and live a less stressful life each year.

Alex Boger is an agriculture & bioystems engineering graduate student at SDSU and can be reached at alex.boger@jacks.sdstate.edu.

KENDRA HINTON
Columnist
We need to stop misconceptions around mental illness.

We can reach acceptance over mental health issues and get everyone help. We can reach acceptance over mental health issues and get everyone help. Let’s start talking about it and keep raising awareness.

Kendra Hinton is an English major at SDSU and can be reached at kendra.hinton@jacks.sdstate.edu.

RACHEL ANTELFORD
Columnist
I don’t have to know your name, your age, your ethnic background or your background to know you’ve had damages. I don’t have to know your name, your age, your ethnic background or your background to know you’ve had damages. I don’t know why you’re here. This is why you’re here. This is why you’re here. I am not here to judge you. I am not here to judge you. I am not here to judge you. I am not here to judge you.

The belief can lead to mental illnesses and can cause you to harm yourself. It can cause you to buy drugs or shut up and stay alive. It can cause you to buy drugs or shut up and stay alive. It can cause you to buy drugs or shut up and stay alive. Think about it. If everyone was perfectly happy with their bodies, would there be any health-related products being sold? Yes! That’s why you’re here. This is why you’re here. I am not here to judge you. I am not here to judge you. I am not here to judge you.

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Tapping into Brookings’ top brews

SELENA YAKABE
Lifestyles Editor

Editor’s note: This week the “Five of” feature was moved with some of the best locally-brewed craft beers.

There are a lot of bars with craft beers in town, so to narrow it down, I decided to focus on the bars that are super, extra local. As most people have probably already guessed, Wooden Legs Brewing Company was my destination.

First, I wanted to preface this with the fact that I am definitely not a beer connoisseur, and I basically have no idea what I’m talking about when it comes to different tastes. Don’t get me wrong, I love my beer, but I am not a professional beer taste-tester (though that would be awesome). In the spirit of trying to be a taste-tester though, I attempted to also determine what the beers smelled like.

Let me put a little more emphasis on that — I attempted.

So, instead of leaving this article to be filled solely by my witty remarks, I sat down with Derek Schmidt, an assistant brewer at Wooden Legs, to learn a little bit more about the brews currently on tap and what makes them special.

I also want to note that there probably wasn’t a particularly huge overwhelming craft beer scene here, but there is. Just find the right beer.

Wooden Legs has about 30 different brews on tap, which is a large number in Brookings, and it’s not like the area has a ton of bars that isn’t bad.

1. Shandy, 5.8% alcohol

A great way to get started for those that are interested in beer because it’s not just a cold, refreshing drink, but it’s also an interesting beer because it’s not your standard IPA or pale ale. It’s called that because we made that beer and then used six different kinds of hops. The one on the menu is just the base beer that we’ve used as a base to go into.

Unfortunately, we are out of tax varieties, but they can still get the base variety. It’s a simple pale ale. It’s probably not going to be in the format of the project, it’s just a nice solid base. The clean flavor translates well with other ingredients, just a little drinkable pale ale, no special ingredients.

What we did was make it out of 2.5 ratio of tea to beer, so we would make about five gallons of a certain tea, put it in a keg and blend beer right around and blend it and it would be tea beer.

My take: Before I talked with Schmidt, I didn’t realize there wasn’t any tea in there at the time, so we was pretty confused when the beer tasted a lot more like drinking water to me than anything. According to their handy-dandy hand-dyed hanging up behind the bar, it’s 5.5 percent, but it doesn’t taste like beer to me at all. It doesn’t even really have a smell, but I don’t really have a sense of smell, so, there’s that.

2. St. Isidore: Belge Sour 3.7% alcohol

What Schmidt had to say: This has to be the flagship beer. We brew it more and sell more of it than any other beer.

We use some corn in there more than anything and very rarely. It’s a good gateway beer for domestic beer drinkers because it has a familiar taste — sort of light, not obvious or upfront about flavor and there’s not too much hops so there’s not too much bitterness either. It has a bit of sweetness mostly due to the corn. We don’t add any other flavors. My idea is it kind of tastes like honey and smoky and like it, too. It even has the color of honey. There might not be honey in this beer, but that’s what it tastes like to me. The way it was also one of my favorite, but I hear it’s most people’s favorites, as I’m not very original in my thinking.

My take: It’s basically White Hair Needled in a beer.

3. Shandy, 5.8% alcohol

What Schmidt had to say: That is basically White Hair Needled in a beer.

My take: It’s an interesting, light, perfect beer with some something with a sweet kick. It’s the perfect pale beer.

4. The beer is basically white hair needled in a beer very light for people with who don’t like the taste of alcohol. So, you can serve it with something with a sweet kick. It’s nice, but it’s really smooth.

Some people like their vodka, tequila or other hard alcohols but this is probably one of the best. People could serve it with your comfort zone and try a new brand to see what you like. If you can find a good beer, those people can enjoy a great craft beer around town on any bar, they just aren’t as quick as local.

It definitely seems like it would be good for people who aren’t a huge fan of the taste of alcohol, so it’s a perfect way to introduce people who aren’t a huge fan of the taste of alcohol.

5. St. Ives Local Fresh Hop Pale Ale: 5% alcohol

What Schmidt had to say: It’s a very interesting one that we make. It’s our local, amber and pale ale, are out of a yearly thing at the pub.

It’s a hop beer where we take actual hops flowers and beer, fresh, straight from a vine, and add them after the beer has been sitting in the fermenter for a week. Usually it uses hop in pellet form because you basically have some sort of hops from, at most, a week to use the hops in a beer when fresh… with fresh you get lots of unique flavors, bitterness and grey sticky notes to local varietals. It’s unique because it only gets for one-time a year.

My take: It’s a whisical beer, so you may see it only ones times or you may see it once a year. I like it. Some people say, it’s sort of tasted like pickles you pair them with beer, or maybe that was just the fresh hops coming out, which is kind of funny because they don’t really smell or taste like pickles.

There is a very large possibility that the taste buds I had started going a little numb at this point. But this one would probably be my second favorite. There was also an amber version of this #2 local pale ale.

My take: You can use hops and try to do other things with them. It keeps students occupied, and helps them with their personal reasons for getting involved on campus, and for Wooden Legs, it’s a really good way to reach out and helping people feel welcomed.

Getting involved on campus has its benefits and drawbacks. Students have their own reasons for getting involved on campuses, and for Wooden Legs, it’s a really good way to reach out and helping people feel welcomed.

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Jack's Weekly Horoscopes

Aries
In regards to Hoho Dough, you may be juggling too many balls. This could also be this way for you and a budding relationship with a fellow Jackrabbit. If it is easy—don't squall all your carrots trying to get more.

Taurus
You might think you either need to give all your attention to help out a Jackrabbit or the cabbages patch to be really productive. This is a compromise—there are carrots to be eaten.

Gemini
Under that charming face of fur, you might be hiding far more than just a hidden agenda. You might also be using your way to the top as a protection and disguise, but you don't want to off-put other rabbits. Just be honest.

Cancer
If you try to convince someone too hard that your cabbages are better, you might end up footloose and comfortless. But don't go with the first bargain you find. Try to form on being on your best behavior. Don't let other rabbits toss you around.

Leo
Be so honest this week, Jackrabbit, because you may find that not all opportunities to travel are in the rabbit patches. Also, try to conceptualize that new leaves to decorate your rabbit den, but don't let other rabbits toss you around. Your busy week might need you to be collaborating on with a fellow Jackrabbit. Even if something simple, like growing carrots can be over-complicated if you make it. Maybe try a spontaneous approach instead.

Virgo
You might be looking for new leaves for your rabbit den, or you don't go with the first choice. Try to be self-aware and don't go with the first choice. You might be able to find more carrots and if you're careful, you may be persistent with your search.

Libra
Try to open your mind and imagine yourself in another world. The farther you are hopping, the more you will come your way and the farther you can possibly go. But don't go with the first choice. You might be looking for new leaves for your rabbit den, but don't let other rabbits toss you around. The farther you are hopping, the more you will come your way and the farther you can possibly go. But don't go with the first choice.

Scorpio
You might be feeling a little shy and wanting to keep things hidden. Change doesn't necessarily mean hopping. Change could be that you found yourself with too much carrots to scarab in where you are hopping.

Sagittarius
You might be feeling a little shy and wanting to keep things hidden. Change doesn't necessarily mean hopping. Change could be that you found yourself with too much carrots to scarab in where you are hopping.

Capricorn
You might be feeling a little shy and wanting to keep things hidden. Change doesn't necessarily mean hopping. Change could be that you found yourself with too much carrots to scarab in where you are hopping.

Aquarius
The farther you are hopping, the more you will come your way and the farther you can possibly go. But don't go with the first choice. You might be looking for new leaves for your rabbit den, but don't let other rabbits toss you around. Your busy week might need you to be collaborating on with a fellow Jackrabbit. Even if something simple, like growing carrots can be over-complicated if you make it. Maybe try a spontaneous approach instead.

Pisces
Cabbage and carrot patches are at your fingertips, but now you have to decide which ones you will choose. You may be doubting your ability to hop that far, but you have to have confidence in your hopping abilities.
The Common Read aims to raise awareness of mental illness

UMAIDA KOCH
Reporter

This year’s Common Read breaks away from the traditional narratives of hero characters whose work and ideas change the world.

Kevin Youngquist, director of Counseling Services, said that this year’s Common Read Committee recognized a stigma surrounding mental health not just at South Dakota State University, but in society overall. Committee members have been interested in raising awareness of and empathy toward mental health.

Shelly Bayer, assistant director at the Center for the Enhancement of Teaching and Learning and one of the Common Read Committee members, especially wanted to open dialogue about a mental health-focused book.

“I feel like on a national level (mental health) is a great concern on our campuses—not just SDSU but campuses as a whole,” Bayer said. “In our society, there’s been a lot of conversations about mental illness and ways to promote stronger mental well-being. It just felt like the timing was right to take on this type of topic.”

The Common Read began in 2009 after a university looked to improve specific areas of student engagement based on feedback from the National Survey of Student Engagement. It was implemented as a part of the university’s 5-year strategic plan, according to Youngquist, and was designed “to raise the level of academic challenge at SDSU; enhance awareness of diverse perspectives; increase faculty and student interaction and encouragement; and promote searching and engaging experiences in both inside and outside the classroom.”

Book nominations are open and submitted by the public, faculty, staff and students to join the Common Read Committee to help select a book. The committee made selections from a narrowed-down pool of titles and ultimately votes on the upcoming Common Read book.

Bayer said it’s OK to talk about mental illness to seek help if they’re struggling and that SDSU is a supportive environment.

“We’re always thinking about how the students will relate, and the students’ perspectives,” Bayer said.

Due to the authenticity of Breel’s novel, as well as the voice of his teenage narrator, Bayer said the committee felt “Boy Meets Depression” was a relatable book for many SDSU students and that it was written in a way that would engage readers.

“Mental illness is a challenging topic, and the committee expressed concern for how students deal with mental illness and SDSU as well,” Bayer said. “We asked one student, who was working with the mental illness, for his perspective.

“I don’t think we’ve covered this about how we don’t want to make a mistake with it, but he commented, ‘The only mistake you could make is to not do it. And that was what kind of motivated me to be courageous, because it is a rough topic,’” Bayer said.

Amanda Muhler, sophomore electrical engineering major, read “Boy Meets Depression” because she was her teacher’s assistant for Honors 100 and thought she would find something she could relate to. She said the other students read it, she should too.

“I think it has reminded me that everyone has their own struggles in life. I feel, no one is alone in their struggle,” Muhler said. “I actually started doing the counseling services at the Wellness Center that year due to depression and anxiety. I am not sure if it was because of the book or not, but in that I just want to hear the author’s experience with it.”

Bayer is pleased SDSU has the courage to take on the challenge of addressing mental health and illness sooner than later. She believes mental well-being, which is often avoided as a topic in society, is crucial to a person’s overall wellbeing.

“My biggest hope is that it actually creates hope for many people,” Bayer said. “That when they read this they realize they’re not alone—in it, whether it’s a family member, or a friend, or a roommate or maybe themselves, that there’s hope.”

What’s most important to keeping students’ stress at a minimal level is being surrounded by other people, Youngquist said.

“I feel like a lot of mental illness sets in the worst when you’re doing something stressful, but you’re also doing it alone,” Youngquist said. “Just being able to plug in, get connected and let people help you with things.”

But stress isn’t just focused on balancing a life. A serious problem at SDSU is for students to work through adjustment issues. This can include the transition for freshmen, adapting to more rigorous course loads for sophomores and juniors and trying to balance school and extra-curricular activities and plans for future careers.

Nationally, each grade level has about a 20 percent drop of counseling services offered on different campuses. At SDSU, 48 percent of students take advantage of counseling services.

Nichols expects the increase in students utilizing Counseling Services at SDSU to continue in coming years. She said that while SDSU has the need to be ready to respond to that need.

The Wellness Center is charged to provide services, which will give Counseling Services students and counselors to work with.

Resources are limited for mental health, Scouller said.

“The bottom line, we don’t have enough resources—we don’t have enough money,” Scouller said.

Youngquist said that underclassmen in college stress first three years are the most important for students to know their limits.

“We’re doing something that requires a lot of money and a lot of effort and it’s hard to do it if you don’t have the right resources,” Scouller said. “It’s debilitatingly stressful sometimes.”

Brady Wolff, head of the Department of Psychology, said family history can play into their mental health.

“If a student’s family has a history of mental illness, he or she is more likely to develop a mental health condition with the increased stress of college life, and it will eventually manifest itself,” Wolff said.

According to Wolff, there are many ways to help relieve some of the stress, anxiety and depression that can get in the way.

Students can start managing stress by creating a to-do list, hanging out with friends and listening to relaxing music.

“Being able to talk enough to talk to community assistants, a counselor or family and friends can help you find a way out of a crisis,” Wolff said.

Kathryn Smith, fifth-year senior food science major, said management helps her to say relaxed.

“Organizing everything that I have planned to do during the week (helps),” Smith said. “Also being able to talk to professors helped a lot as well.”

Nichols said anxiety and depression are not only mental health on the body, but they can also have a physical impact on students.

Anxiety can cause headaches, nausea, anxiety attacks and suicide complaints.

Somatic complaints are those that have no medical explanation. The complained of ailments may be real to the person affected, but physically there is no evidence.

Depression can cause headaches, mood changes, inability to experience joy and sexual dysfunctions.

Nichols also said anxiety and depression can impact class attendance, affect concentration and the ability to focus on schoolwork or anything else of importance.

Anxiety can impact class attendance and can portray itself as procrastination. Anxiety also can cause a student to complete homework or study.

Depression can impact sleep which can later manifest itself as an attendance issue. Depression can take on that motivation to the point where it just “drowns you,” Nicho said.

Talking to someone is one of the most effective ways to relieve anxiety and depression. However, there are a few steps students can take by themselves that may help.

NAMI mentioned yoga, meditation or exercising in general can be ways to help relieve built-up emotions.

Although students may not be experiencing these difficulties, they could be in a position to help a friend or someone who looks like they are experiencing emotional distress, according to NAMI.

Speaking up and letting the student know perhaps about them could help get them help.
This page honors the people whose lives ended too soon because of suicide.

Every day your loved ones think about you. Your smile. Your laugh. The struggles you had. The person you were.
Yes, you are gone, and you are missed dearly. You will never be forgotten.

We promise.
At the annual Military Appreciation game on Oct. 1, 75 American flags, each military branch's flag and the POW/MIA flag were flown along the top of the east side of the Dana J. Dykhouse stadium. Kane Louscher was one of several players to carry American flags onto the field.

The South Dakota State Jackrabbits football team will face off against the Southern Illinois Salukis in Carbondale, Illinois, for the first meeting between the two opponents since 2013.

On paper this matchup proves to be a high-scoring affair as both teams have potent offenses. SDSU, who is ranked No. 12 in the Football Championship Subdivision in scoring per game, averaging 45 points. Southern Illinois is fourth in scoring in the MVFC, with an average of 32.8. Both teams have defenses that have seen some troubles this year as both are giving up 29.8 points per game.

The Jacks (2-2, 1-0) are coming off a 52-14 win over the Western Illinois Fighting Leathernecks. The victory was especially due to the help of the defense, who allowed only 159 passing yards and a net of 183 rushing yards. Entering that game, the defense was a major concern for the Jacks, but they answered critics with their stellar performance.

“The Jacks carried us off the field,” Head Coach John Stiegelmeier said.

The Salukis (2-2, 0-1) are coming off a 42-21 road loss to the University of Northern Iowa Panthers. In this game they turned the ball over three times and gave up 398 yards of offense.

The SDSU defense is led by sophomore linebacker Christian Rozeboom, who returned an interception for a touchdown last time out, and senior linebacker Jesse Bobbit.

The SDSU offense will be well off if they can manage to buy Christion as much time as they did against Western Illinois.

The SDSU defense is led by senior Deondre Barnett who has four forced fumbles on the season. Barnett is also seventh in the FCS with four sacks this season.

The SDSU offense is led by redshirt freshman quarterback Taryn Christion, who is coming off a great performance, throwing five touchdowns and 361 yards against Western Illinois. Christion now has 15 passing touchdowns on the season, which is third-most in the FCS. He leads the FCS in quarterback rating with 189.2.

“We just have to be able to defend their passing and attack their base defense,” Stiegelmeier said on the keys to defeating the Salukis.

**GAME NOTES:**
- The all-time series is 3-3 between the two teams.
- SIU won the last meeting in 2013, 27-24.
- SIU has defeated a ranked team in 14 consecutive seasons.
- Both teams are 100 percent in the redzone.
- Williamson and Goedert are tied for first and second in receptions this season with eight and seven respectively.
Golf
The South Dakota State men’s golf team finished ninth out of 22 teams at the Big Sky Intercollegiate in Bangor, Maine.

The tournament was hosted by the University of Maine in Kansas City.

Grand Canyon University won the event.

The Jacks shot a total of 898 in the three-round tournament. Sophomore junior Lynn led all Jackrabbits shooting a low-to-par 218, which was good enough to tie for 12th. Lynn birdied on 12 holes during the tournament. Sophomore Alexander Busteiro tied for 45th, shooting a 220. Sophomore Alejandro de la Fuente tied for 51st and sophomore shooting a 230.

Rounding it out for the Jacks were seniors Grant Smith and Trevor Tobias, who finished 52nd and 54th, respectively. The Jacks would conclude their fall season at the Florida Gulf Coast University Classic in Estero, Florida, Oct. 24 and 25.

Soccer
The Jacks soccer team recorded a season-high 21 shots and allowed a season-low three shots in a 5-0 win against Fort Wayne in their conference opener on Saturday.

The Jacks four-game winning streak is the longest winning streak six straight games during the 2013 season.

After the win, SDSU moved to 6-4-1 overall and 2-0 in conference play. The match lasted more than four hours due to a lightning delay and ended up being the longest game in SDSU history. I was very proud of the team for dealing with the adversity of the lightning delay and getting it done, head coach Larry Wohlgemuth said. “It was a good start to conference play for us, but there is much work yet to be done.”

Sophomore Kyle Nelson scored the lone goal of the match in the 71st minute, and junior Nicole Hatcher got her team-leading sixth assist. Senior Hannah Mikkola scored her team leading second goal of the season.

The Jacks will conclude their fall season at the Gulf Coast University Classic in Estero, Florida, Oct. 24-25.

Cross Country
The SDSU men’s and women’s cross country teams both won the SDSU Classic Saturday at Edgewood Golf Course in Brookings. This was the seventh consecutive win this season.

Senior Joel Reichow won the individual title for the second year in a row on the men’s side. He won the 8,000-meter race, finishing in 25:25.22. He lost his time from last year by 26 minutes and 46 seconds. “We got it out of what we needed to,” said head coach Rod DeHaven. “The next two weeks will be big. We’ll just need to get a nice training block in here and hopefully be ready to race even better into a couple weeks.”

Sophomore Ayub Kasim ran a personal-best with a 25:25.29, finishing eight behind Reichow in second place. Other runners included sophomore Brennan Stuhr who finished in third, senior Trevor Capra in fourth and freshman Chase Carkock Johns in fifth.

SDSU’s Rachel King and Stephanie Brower.

Tennis
The Jackrabbits women’s tennis team captured three championships this past weekend at the Big Sky Invitational in Omaha, Nebraska.

Senior Jasmine Ross did not drop a match this weekend as both singles and doubles tournament with her partner, sophomore Morgan Riddle.

Emily Van Dijk and Maria Bueno.

Athlete of the Week
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Players who exceeded expectations:

MATT RYAN Quarterback Atlanta Falcons

Remember back a few weeks when I ranted about how more people need to be utilizing Matt Ryan because he is playing great this year? Well he is still scoring in less than 40 percent of leagues, and he is by far the #1 scoring fantasy QB this year, putting up 42 points this week.

Need I say more? Ryan is a stud and you need to own him. He notched the Panthers for over 500 yards passing and four touchdowns. He excelled in situations this week—leads you to Matt.

LE'VEON BELL Running Back Pittsburgh Steelers

This was not planned, I swear. Typi- cally, if I just play two players from the same team up, it’s because I am im- pressing the reader or editor by doing it signific- antly the week before. West is up here, following Flacco, simply because he also has the favorable matchup. Owner in 40 percent of leagues, West is coming off a 17-point performance.

Also, run this up to the second most points to op- posing RBs. That is a great matchup, so we will Play West as a RB1 with major upside.

TERRANCE WEST Running Back Baltimore Ravens

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JULIO JONES Wide Receiver Atlanta Falcons

If you have Jones, congratulations on your victory this week. I am going to as- sume he will be carrying a lot of teams to championships this year.

MIKE NugENT Kicker Cincinnati Bengals

I am going to be completely honest. Whenever I get the chance to feature a kicker, I do. It only happens once a week, blue moon, but I feel the good ones de- serve some recognition.

Nugent made five field goals while also adding an extra point.

This was not an overly exciting perfor- mance, but it was good enough for 10 fantasy points, which was more fanta- sy points than all but one tight end.

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Who to watch for next week:

LEON VELD Running Back Pittsburgh Steelers

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TRENTON ABREGO

A true leader: backup quarterback leads from the sideline

TRENTON ABREGO Sports Reporter

Even though he’s only thrown eight passes this year, senior quarterback Zach Lujan has made a difference for the South Dakota State football team by standing on the sideline.

Lujan started eight games last sea- son, throwing for 1,861 yards and 16 touchdowns. Sophomore quarterback Tyler Christion started the other four games after Lujan went down with an injury.

Lujan had a similar experience in 2014 when they won a championship. "I am just trying to do what Austin [Christion] did for me, giving him [Christion] the wisdom that I’ve learned,” Lujan said.

Christion agreed that their friend- ship has grown stronger.

"I have been more than impressed in how [Lujan has handled it],” Christion said.

Lujan admits it hasn’t been easy making the transition from starter to backup, but he still has a captain du- ty to his best advantage.

"We should be competing, you want to play and compete, but I’m ready to help the team out,” Lujan said.

Lujan admits his on-field time has been limited, but he has improved in how he [Lujan has handled it], he said.

Lujan isn’t satisfied with just being a backup quarterback; he wants to play and compete, but I’m ready to help the team out,” Lujan said.

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The South Dakota State volleyball team went 1-1 this past weekend, ending a 10-game losing streak as they swept the University of Nebraska Omaha Friday night.

The Jacks then fell to the University of South Dakota three sets to none Sunday afternoon, falling to 2-13 overall and 1-2 in Summit League play.

Senior Ashley Beaner led the offense with a match-high 15 kills against Omaha, while freshman Makenzie Hen nen added 10 kills. Sophomore Matthew Munger finished with 33 set assists and 10 digs. Junior Ellie Benson recorded a match-high 24 digs.

The first set had 12 ties and seven lead changes before the Jacks won 25-23. In the second set, the Jacks took an early 10-5 lead, but Omaha came back to tie the game. It was then tied 10 more times until a kill from Hennen ended the set at 25-21. SDSU trailed late in the third set, but scored five consecutive points to come back and win 25-22.

“We’ve had a few really good matches leading up to this, so obviously my hope was that it was only a matter of time before we put it together,” Head Coach Nicole Cirillo said. “Even facing adversity with some timing things that are going on, on the team, we were still able to execute and more importantly fight for the match.”

Beaner also led the attack against USD, finishing with 14 kills and seven digs. Munger recorded her second consecutive double-double with 24 assists and 12 digs.

The Jacks took an early lead in both the first and second sets. USD rallied back to win both of them by the score of 25-19. USD led from the beginning of the third set and closed the game with three consecutive kills to win 25-15 and take the match three sets to none.

“We had a couple of early stuff-ups,” Cirillo said. “About the first five points, we were great and we were putting points away, but not giving USD anything. They were capable. We seemed to be going into cruise control and that’s not a recipe for success. We need to play harder and be more aggressive.”

Beaner leads USD in kills with 146 on the season, followed closely by Ruth Okoye with 120 kills. Senior setter Monique Domme leads the Pioneers in assists with 254.

Defensive front. We fought hard and we fought until about 12 points and then we kicked it into high gear and we didn’t,” Cirillo said. “We couldn’t come up with the answers for their offense at that point. From the neutral standpoint, that is something we are going to continue to work on.”

The Jacks will travel west to take on the University of Denver at 8 p.m. on Friday, Oct. 7 in Denver at Magness Arena. The Pioneers are the two-time defending Summit League regular season and tournament champions.

Denver was voted as the 2016 Summit League preseason favorite and will come into the match 10-5 overall and 2-1 in the Summit League.

Denver leads the all-time series 6-2 and have won six in-a-row against the Jacks. SDSU has been swept in 10 of their 13 losses this season and is 0-3 on the road. Denver is 4-1 at home this year and have swept five teams in their 10 wins.