Coming together to end mental illness stigmas

By Mekia Corring
The Daily Collegian

Penn State University and Ohio State University will compete twice this week: once during football games this Saturday, and once online all week trying to end the stigma that comes with mental illness.

As Penn State and Ohio State are set to play each other on the field Oct. 28, National Alliance on Mental Illness at Ohio State reached out to the Penn State Chapter of Active Minds in the spirit of some friendly competition to see which school could get the most of its campus to sign pledges to end mental health stigmas.

Active Minds will be tabling in the HUB Rotenber Center from Thursday from 11 a.m. to 4 p.m. at Penn State. Pennsylvania students are involved by filling out the pledge form and sharing it with other students. The campaign began Monday and will continue until game day.

“We are working to end this stigma, especially on college campuses, where several different mental health issues have been found to be very prevalent. Despite the prevalence on college campuses, many colleges lack resources and funding for mental health,” she said.

The past two days have gone well so far,” President of Active Minds, Taylor Kline said.

“We have shared the link on Penn State Active Minds social media sites, many personal Facebook pages and many personal groups we are a part of. We will be graduating students, and hopefully, this will help us get more people in pledge, as well as spread the word.

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Participants that recorded sound effects received the video paired with the audio for a People’s Productions.

A People’s Production: Strangers come together to create a genre-bending film

By Jordan Kalinowski
The Daily Collegian

Identical twin sisters and co-founders of the non-profit organization Beauty Redefined, Lexie and Lindsey Kite spoke about body positivity Tuesday, Oct. 25 in Freeman Auditorium. The sisters began their lecture by telling their story. They had received messages about their hygiene and diet from their body image together.

Lindsey was a competitive swimmer in her early years, but now is a high school student that still swims, and learned a lot about body image together.

“Women are more than bodies...When we see each other, we can be more.”

Lexie Kite
Co-Founder of Beauty Redefined

On one end of the spectrum was the class clown — safety James Franklin has ever had in his locker room — linebacker Jason Cabinda. In between them is one of the class clown — safety Haidas Kline (senior- psychology) — the first voice at player meet-ups, and right now they are biased by a few but that they are going to change that.

“Despite the prevalence on college campuses, many colleges lack resources and funding for mental health.”

Taylor Kline
President of Active Minds

Despite the competition, the main goal of the two schools is to bring more awareness to mental health and the stigma that surrounds it in every college campus.

“It is a pledge to end the stigma surrounding mental health on Penn State and Ohio State’s campuses. It is important because mental health cur

unrealistically fit and flawless. This is used to make celebrities look thinner than it actually was. Women are more than bodies...When we see each other, we can be more.”

Lexie Kite
Co-Founder of Beauty Redefined

Finally, the sisters discussed the differences between how men and women are represented in media. They showed videos, and often times have extremely thin, pore-free faces and lack color, gray hairs. Lexie Kite then began discussing objectification and the ways in which it impacts culture. The practices of boys and men were one source of objectification. Lexie explained how many boys are brought up to see women as objects for the enjoyment, and how this results in behaviors like cat-calling. Objectification, when con

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The recycling challenge standings as of Oct. 18 in terms of how much each hall in Stuckeman Halls and the Stuckeman Family Building recycled.

Groups that are a part of these efforts include Residence Life and Campus Dining.

Each dorm’s success is gauged by the amount of recycling bags and compost bags it has in comparison to the amount of trash bags that go to landfill.

Put simply, it’s the number of trash bags subtracted by the number of recycling bags.

In coming years, the group aims to work toward increasing its presence across campus by starting projects and having events in additional residence halls.

“The program needed to expand and, with the addition of adding kids who were older than freshmen, we realized that it was really beneficial,” Rothrock said.

“I think candy corn being brought into various desserts and drinks is fun,” Luse said.
Domestic violence doesn't seem to get as much attention as it deserves, but it's crucial we start having these conversations and be more educated about this issue.

**OPINION**

**Brian Cunningham**

**Editor in Chief**

We have to have more informed conversations about this issue. Yes, we know that domestic violence does exist, but it's a complicated issue that's easy to overlook or not fully understand. With Penn State's campus, domestic violence deserves more conversations and discussions. Many of us are uninformed or unaware of the signs of domestic violence gets swept under the rug or is only looked at if someone gets dealt with a abuse from a domestic violence. However, it's time for us to raise more awareness about this issue. We need to understand the topics involved in abuse, so it's not in our comfort zone to deal with. We need to do more and make sure to analyze or understand what is going on.

For many times, the ones being abused do not know they are being abused or afraid of what they'll be like. It is time for us to have conversations about this issue and educate ourselves. We need to understand the topics involved in abuse or we will be afraid to talk about it. So please, if you have the chance, go to “Light the Night” this Thursday, learn about the resources that Penn State provides for students in abusive relationships and do not be afraid to have conversations about this issue.
WOMEN’S VOLLEYBALL

Penn State fencers produce at Olympic Trials

By Mylissa Lui

Penn State’s NCAA season hasn’t yet started, but some members are already landing head-turning results.

At the Olympic Trials, from Oct. 12 to 14 in a group of fencers from around the United States and California, for the first time in history, Pennsylvania State University had two competitors enter the NAC.

In the weekend’s Division I Fencing saber class, a trio of Nittany Lionesses swept the podium. Senior team captain Andrew Metryka ranked first in the senior NAC, while junior Kavi Metryka placed third in the junior NAC, and graduate student Emi Hults placed third in the junior NAC.

If last weekend was any indication, Penn State fencing is in a good place. "Any competition is good," Wes Glon said. "Any competition is a plus for them. It's a change. It's a way to start the season. It's an opportunity."

Penn State’s fencers have been improving, which is why they're producing results.

"If they fence like they did in Anaheim, then there’s no reason why they shouldn’t be at very, very top of the NCAAs," Glon said.

The win was Metryka’s first gold medal at a senior NAC competition, a milestone which had been eluding him after multiple second and third-place finishes.

"It was definitely an important day for me in my career," Metryka said. "Riding gold was really something. I’m really proud of it."

The Nittany Lions from all six weapons were represented.

Senior team captain Andrew Metryka was also looking to win his first NAC title after previous three previous times finishing at the same point. Although he left to Blackhawk Community College in February, he said the outcome was still positive way to start the season.

"I started off actually kind of slow," Metryka said. "But after that it went really well. I was fortunate to run into my teammates."

The implications of the NAC events in December affect more than just the pair of sabreurs. In addition to them, in total, seven other Penn State fencers placed second and third in their respective categories.

Although they didn’t all have the same noteworthy finishes as Metryka and Metryka, each fencer knew they could continue to keep improving and likely help their team.

"Currently, we’re going through a really big season in terms of competition," Glon said. "It’s been a really good season for us.?. The chemistry is really good right now. We’re seamlessly playing alongside each other."

Fencing in competitions like the NAC allows these fencers to experience accelerated growth for their development. "It's a really important time for the fencers when they will face when the NCAA championships in December," he added.

Fencing in competition means that fencers must be able to make quick decisions to face 15-inch boxes in a height-confined environment, as NCAA fencing entrants only 5-inch boxes are used in the NCAAs championships.

"More than anything, it gives them experience and it gives them the mental approach of how they want to go out and win," Glon said.

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HAPPY BIRTHDAY to Wednesday, Oct. 25, 2017

Rhymes with Orange

by Hilary Price

Non Sequitur

by Wiley

Lynda Weinman

Yes, it is of the utmost importance in the simplest of circumstances. You must, at all costs, insist on your right to make a decision. You cannot simply let someone else make it for you. It is your right, your duty, to make your own choice. No one can make it for you. It is your responsibility to make your own decision. You cannot let anyone else make it for you.

At first, you may feel a bit of anxiety. It is natural to feel anxious when faced with a decision. But you must not let it paralyze you. You must take action. You cannot wait for someone else to make the decision for you. You must make the decision yourself. It is your responsibility to make the decision. No one else can make it for you.

The first step is to make a list of all the possible options. Then, consider the pros and cons of each option. You must weigh the options carefully. You cannot simply make a decision based on emotion. You must think logically. You must analyze the options carefully. You must make the decision based on reason.

After you have made your decision, you must stick to it. You cannot change your mind because you are afraid of the consequences. You must be firm. You cannot let anyone else change your mind for you. You must stick to your decision. You must be committed.

Finally, you must take action. You cannot just sit there and do nothing. You must take action. You must put your decision into action. You cannot let it remain just a decision. You must make it happen. You must take action.

Throughout this process, you must be honest with yourself. You must be truthful with yourself. You must face the reality of the situation. You cannot be false with yourself. You cannot lie to yourself. You must be truthful with yourself.

If you do this, you will be able to make a decision. You will be able to make a decision that is in your best interest. You will be able to make a decision that is right for you. You will be able to make a decision that is good for you. You will be able to make a decision that is for the best.
The Daily Collegian

SPORTS

Last regular season test ahead

By Thomas Schlarp

THE DAILY COLLEGIAN

Only one final game stands between Penn State and the start of postseason play.

Despite the Nittany Lions being all but a lock for next week’s Big Ten Tournament, coach Erica Dambach and her team are not about to overlook their final opponent Wisconsin.

“Wednesday is a big test for us playing against Wisconsin,” Dambach said. “It’s not an easy place to play. This group needs to put [play-off thoughts] aside and just play right now.”

Following a 2-2 draw against Purdue on Jeffrey Field Friday night, Penn State all but assured a second place finish in the Big Ten conference behind Ohio State, so long as the Buckeyes do not lose to a below-.500 Indiana team today.

Wisconsin currently sits in sixth on the conference table and could vault up to the top four with a win against Penn State, securing a home game for the first game of the conference tournament.

The Badgers will test the tough Penn State back line with the Big Ten’s third leading scorer, Dani Rhodes, who has scored 10 goals this season. Rhodes will be paired with freshman forward Lauren Rice whose three goals and three assists help set the pace for the Wisconsin offense.

“They are pretty confident in their system,” Dambach said. “They have two players up top that are playing well together and chipping in a lot of assists. That is another factor that is playing well right now.”

Penn State has played in three straight overtime games with two going the full 110 minutes. This weekend marked the first time all season that the team didn’t have a Saturday or Sunday game, providing the team with needed rest.

“The five-day break mentally was huge,” goalkeeper Rose Chandler said. “That mental break, especially at this point in the season, is massive for us. I know that everyone is going to be really buzzing physically and mentally. I’m just excited.”

The Nittany Lions continue to struggle to find the back of the net, scoring just three goals in their last three games.

To read full story, visit collegian.psu.edu.

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