Jennifer in the bathroom, bloodied and everything “crashed” when she was in contents thrown down the center aisle. The simple fact that from the first day I ent than everyone else,” Barton said, “in Julia’s Journey every academic year. Every other student is left to find students during an entire academic campus every day are dealing with their own inner demons. According to Penn State undergraduate reports on her Facebook walls, telling her that they were never her best friend’s mom. She told Welsh that she didn’t tell her parents before the end of the week, she would do it herself. Welsh had no other choice but to tell her parents, the secret she had held for so long. When her parents found out, they pushed her to seek therapy. After three or four different therapists, she settled with one, but wasn’t truly happy with the help she received.

She took herself off her medication and infectious diseases) said. “I thought was a wonderful idea, but wasn’t truly happy realizing that I didn’t like what I was doing the right thing for me.” Barton said. “So, I told her that I didn’t like what she wanted to do and that I would do it myself.” Barton said. “I just couldn’t live carrying around so much burden that she decided to kill herself.

She was put on medication but immediately dealt with one of its common side effects — inability to sleep. Such a debilitating thing,” Barton said. “It’s not that I don’t think it’s a disability. It’s not that I don’t think it’s a disability.” Barton said. “So, I told her that I thought I had been doing the right thing for me.” Barton said. “I thought I had been doing the right thing for me.”

While she says she never found individ-ual therapy particularly helpful, a group mindfulness class through CAPS made a world of difference. “I can be incredibly monumental to your right type of counseling and therapy, it can be incredibly monumental to your right type of counseling and therapy, it can be incredibly monumental to your mental health, how you view the world and how you think about living your life every day.

Ways to help Mental health issues are on the rise for college students, and Penn State is not immune to the Increase. According to the Center for Collegiate Mental Health’s 2018 report, Penn State and 138 other colleges and universities across the nation saw a total of nearly 38,000 more patients in the 2018-19 school year than the previous one. “Penn State follows the national trends for mental health issues,” Katha-ria Staley, assistant director at CAPS, said. CAPS offers multiple types of treat-ment, which have been significantly increased in the past six months, ac-cording to Staley. Perhaps the most well-known is an individual therapy, which is usually given in a first-come, first-served ba-sis, but can be immediately accessed in crisis situa-tions. CAPS also offers over 20 dif-ferent groups and clinics on topics like assertiveness, stress management, and prevention. The new WellTrack app, as well as online therapies allows students to seek help without confrontation and in an environ-ment that is most comfortable to them.

We really wanted to empower stu-dents to be able to seek the kinds of help that works best for them,” Staley said. At Penn State and the other 138 insti-tutions of higher education, “rapid-access” care, such as crisis or on-call services, has increased by 38 percent over the last six years, while service has decreased by 7 percent. Nearly 50 percent of patients had only one visit before dropping out of the program. “We don’t consider it one or the other,” Staley said. “We’re trying to do both.”

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Epidemic

From Page 1.

While they attempt to do both, Slatesky said, “We are a short-term agency and we are very clear with our ability to provide that.” Students in individual counseling are allowed six free sessions and up to three more for a $15 fee.

After that, students must transition to an outpatient provider, and we are very clear about the fact, but these minor issues, many believe, are the reason why they don’t want to be labeled as...bossy...leadership can be labeled as too soft because I’m trying to come across as bold, but at the same time I want people to come to me when they have concerns and feel that they can talk to me about anything. So, it’s a matter of balancing those two sides of the spectrum.”

Ebisu continued by saying she thinks the challenge of finding that balance as a leader is more difficult for females than males. “I think when men get up and make decisions they’re not really questioned. They go in with the boldness of masculinity and their authority is not questioned. I’m worried that I might be questioned and people might not take me as seriously and I want people to take me very seriously.” UPJA, Justice Nick Pufferman

In his experiences working with Ebisu she does show in already doing a good job in finding that balance. To read full story, visit collegian.psu.edu.
Always treat others with respect because of last year’s month to recognize those who thus, it’s important we have a taking. Our university and others are universities decided to make success, Penn State and other words. Student letters should our coverage, editorial decisions are entitled to power, she is the reason men feel as though they have a tendency to exactly men have a tendency to cal capabilities and strength as based arguments, so as to give which men responded to them. Templated a world in which Strength shouldn’t be measured We want to hear from you Originally, it used to only be With the start of Transgender Visibility Month today, it’s important we raise awareness not just this month, but always. Resistance Newsletters Our VIEW

Shouldn’t our goal be to persevere determine one’s ability to achieve greatness, but rather for centuries, we we were physically stronger. For

When it comes to strength of women. Women are inherently fighters farther than a man, masculinity as

She offered a variety of fact-based arguments, as is to give the reader insight as to how different a world it would be if everyone feels included, wanted uniqueness and, including trans people. Many people are still uninformed or are still very peripheral toward the transcommunity, which we try to fix. We have a whole month dedicated to them. Furthermore, having the same idea in our minds, people themselves who are who are raising awareness for us physically stronger men, we are not only dealing with masculinity be invalid, but men would no longer be nuanced. Nuwer failed to comment on how the physical capabilities of men are viewed in society and how this perception would change if women were physically stronger. For example, when it comes to help carry or move heavy objects, women were suddenly able to perform such tasks better than a man, masculinity as

If we want to hear from you send us your comments on editorial decisions and the Penn State community.

A recent BIC column contemplated a world in which we were physically stronger than men. The author, Rachel Nuwer, gave examples of women that have succeeded as a result of their career and athleticism, and how their success and achievements have changed the way in which men view women. She offered a variety of fact-based arguments, as is to give the reader insight as to how different a world it would be if everyone feels included, wanted uniqueness and, including trans people. Many people are still uninformed or are still very peripheral toward the transcommunity, which we try to fix. We have a whole month dedicated to them. Furthermore, having the same idea in our minds, people themselves who are who are raising awareness for us physically stronger men, we are not only dealing with masculinity be invalid, but men would no longer be nuanced. Nuwer failed to comment on how the physical capabilities of men are viewed in society and how this perception would change if women were physically stronger. For example, when it comes to help carry or move heavy objects, women were suddenly able to perform such tasks better than a man, masculinity as
After eight games, Penn State footballers received their College Football Playoff Selection Committee votes.

**FOOTBALL**

After suffering a loss to No. 7 Oklahoma last week, the Nittany Lions were ranked No. 7 by the committee in the first College Football Playoff Rankings release of the year on Tuesday.

The Nittany Lions all three spots outside the coveted top-four that the committee gave in the Week 2. Oklahoma's loss came against Iowa State, which was ranked 12th in the first poll from Penn State’s view. But according to the Selection Committee, it has surpassed the three teams in the Committee.

For teams ranked 5 and 7 to head to bowl games, they will and continue to be impor- tant in the eyes of the committee.

Penn State was without its starting quarterback Trace McSorley (9) back Saquon Barkley (26) during the game on Saturday, Oct. 28.

While the Penn State volleyball team邸t to the 2019 Big Ten Conference title and the NCAA Tournament, the team has no plans to rest on its laurels. The No. 4 Nittany Lions are out to prove their dominance once again as they head into the Big Ten regular season.

The Nittany Lions are one of the favorite teams in the conference, and the team is looking to make a statement early on in the season. However, the team is aware of the challenges that lie ahead and is prepared to face them head-on.

**BASKETBALL**

The weekly ranking of the top-25 men’s basketball teams is released on Tuesdays. To view the list, visit collegian.psu.edu.

**FOOTBALL**

#5 Penn State vs. #9 Michigan State

Where: Beaver Stadium

When: Wednesday, Nov. 1.

**PSU No. 7 in College Football Playoff poll**

By Zachary H. Bird THE DAILY COLLEGIAN

Potential paths into the CFP

By Andrew Rubin THE DAILY COLLEGIAN

Penn State is going to need a November of chaos in its College Football Playoff But there that’s a昆山坊 unexpected to take place over the next month. It’s a sport that in full of chaos on an annual basis. It became clear the Nittany Lions were going to need help as soon as Trace McSorley’s fourth-down heave floated over to Juwan Johnson’s hands on the team’s final chances against Ohio State. With that loss, Penn State’s chances of winning the Big Ten were dashed in the single digits and it placed its Playoff fate in the battle of other teams for No. 4.

From a starting point of No. 4, the Nittany Lions are very much in the playoff path if they can manage to win the remaining games of the season. Their path to the Playoff likely to end up as the No. 5 team in the playoff.

The season’s path may be even more complex than it seems. Penn State is expected to end up No. 5 in the final standings, which gives the Lions very little room to move up in the rankings. But if the Lions can manage to win the remaining games of the season, they may be able to sneak into the Playoff as a No. 4 team.

There was a shake up at the top of the rankings as Georgia took over the No. 1 spot that had been in the AP Poll since the pre- season. The Crimson Tide were sec- ond in the initial Playoff ranking. Running first the four top teams in the rankings are Fighting Irish are arguably group of teams that have made their mark as a freshman, he garnered recognition and finished fourth on the team in scoring and garnered recognition for his play. As a freshman, he made his mark as a fresh- man in the Big Ten, finishing second on the team in scoring and garnered recognition for his play. As a freshman, he made his mark as a fresh- man in the Big Ten, finishing second on the team in scoring.
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COMICS

Kakuro (Cross Sums)
The rules are easy. Insert a number into the diagonal line in a black square. In the sum of the white squares to the right
of it, and below the diagonal line in the sum of the white
squares in the rows and below it. You may use only the digits
t 1 to 9, and a digit may be used only once in any sequence.

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Bigar’s Stars

HAPPY BIRTHDAY to our Wednes-
day, Nov. 1, 2017

WOODY WOODPECKER
(1941-50)

Proud to be noted for being uncom-
fortable in cold, consuming bugs
for breakfast, and being able to
train a dog through use of a beak
and nose, Woody Woodpecker is
today’s Bigar’s Star.

Find the answers to our puzzles online!
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Pardon My Planet
by Vic Lee

Mikus

Rhymes with Orange
by Hilary Price

Non Sequitur
by Mike Lester

Mike Du Jour
by Wiley

WORD SEARCH

VEYXZUTSLSLRYETXVBE
J LRAUO2ZKAKLPHORN
KDZLKZLXLMWDRBO
TQGICDLBULGEOUDAHAP
WNLKBICOLPHPTALT
UWAN7TFFPWXUYJHAPI
MRNREKSNLRGLOVTFOYN
PPFNCLEQERUBUDN
ECNRN0FOPC5DUC6E
TESOGHEMTFQD5LHN
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ERPLC5N50JKDG5UITAR
ULED5N5OSPFAEWYZK
GMMODEZWARLZIYTU
ITLXGWRFLRLBAAQOYUTA
NUIFIFJRLCMRNVYWPOL
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Lonnie G. Bunch III to speak at Penn State

The founding director of The Smithsonian National Museum of African American History will speak at the Freeman Auditorium

By Natalie DeSouza

The founding director of The Smithsonian National Museum of African American History and Culture, Lonnie G. Bunch III, will speak at 7 p.m. on Nov. 1 in the Freeman Auditorium of the HUB-Robeson Center.

The museum is known for responding to different events in society that have to deal with the aspects of African-American culture in regards to society. During the tragic events in Charlottesville, Virginia, earlier this year, the museum sent a national statement on their official website regarding these incidents, such as “We at the National Museum of African American History and Culture are saddened by the tragic events in Charlottesville, Virginia. Our hearts are with the families of the victims.”

Since Bunch has been director of the museum, he has managed to open seven exhibitions in its gallery and has made a moving gallery that has traveled to various places across the nation.

“Opening a museum is a huge accomplishment,” Zachary Blume (freshman-mechanical engineering) said. “I would take any bit of advice he has.”

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

Band AJJ shares struggles of the road

By Brooke Crouse

Sean Bonnette of the band AJJ engages the crowd during a performance on Oct. 28 at Chronic Town.

In the green room in a hookah bar by the name of Chronic Town where smoke hung on the air, the space smelled sweetly, but with a tinge of cigarette smoke.

Sean Bonnette of AJJ waltzed into the green room with bottled waters in hand after a big performance for students, whose claps still rang out in the now nearly empty venue.

Bonnette, the vocalist and guitarist of a folk punk band from Phoenix Arizona, formerly known as Andrew Jackson Jihad, is no stranger to the hardships of touring. He, his bandmate Ben Gallaty and his third touring crew member are the only members present in the van on the current tour. However, up to seven crew members were present on past tours. All members are and were needed to keep up with van repair efforts.

Bonnette affirmed that van repair is one of the largest problems on tour.

“After an eight hour drive, pulling into a McDonald’s in Kamloops, British Columbia, (Canada) and hearing sounds like something just dropping out of your van (adds to problems on tour), It’s really hard to drive after that,” Bonnette said.

He also explained that moving forward after having vehicle issues depends upon the skill set of the crew that he travels with. Gallaty, the bassist for AJJ, tends to work well with van repair according to Bonnette. He jokingly added, “Always be a member of AAA.”

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