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**Suicide Warning Signs (continued):**

- Acting impulsively or recklessly.
- Losing interest in most activities.
- Experiencing a change in sleeping habits.
- Experiencing a change in eating habits.
- Losing interest in most activities.
- Performing poorly at work or in school.
- Giving away prized possessions.
- Writing a will.
- Feeling excessive guilt or shame.

Always take suicidal comments very seriously. Remember that you need to call 911 or your local emergency number immediately for anyone who is at a high risk for suicide. Do not hesitate.

Try not to act shocked. The person is already highly distressed, and if you are shocked by what is said, the person will become more distressed. Stay calm, and talk with him or her in a matter-of-fact manner, but get help immediately. If the person is at a high risk for suicide, call 911. Do not try to handle the situation by yourself.



## October Aggie of the Month

By Eric Reed, Faculty Advisor

Erik Williams of Dannebrog, Neb., has been named Aggie of the Month for October 2010.

Williams is president of the NCTA Student Senate and an active member in several other organizations, including Collegiate FFA and 4-H, Business Club, Phi Theta Kappa Honor Society and Collegiate Cattlemen. Williams is a second-year student majoring in Agriculture Production Systems with an emphasis in Animal Science and a minor in Agribusiness Management.

“Erik is one of those students you love to have in class. He listens, engages with the material and enlivens discussions with insightful



Erik Williams. Photo by Eric Reed

questions and comments,” said Eric Reed, NCTA assistant professor. “He’s friendly to everyone and works to involve other students in events and causes that are important to them and the community.”

Williams helped put together the first NCTA Aggie Week in the spring of 2010 and helped to organize a second Aggie Week Oct. 11 – 14. Aggie Week is similar to homecoming week at other colleges and universities.

Britni Freiboth, Director of Housing and Student Activities said, “Erik has shown true initiative with his responsibilities

as Student Senate President. He not only cares about increasing student involvement but also community involvement. He is an NCTA leader of today and, I am confident, a world leader of tomorrow. I cannot wait to see what life has in store for him.”

## CALENDAR OF EVENTS:

### November 2010

- 8 David Coleman: The Dating Doctor in the Barn @ 7:00pm
- 12 STVMA Movie Night @ 6:00pm
- 16 Student Senate Meeting in Ag Hall @ 12:00pm
- 30 Fred Winters- Comedy Hypnotist in Barn @ 6:30pm

### December 2010

- 1 NCTA Bonfire @ 9:00pm
- 1 Wild Game Feed in Barn @ 5:00pm
- 3 NEFU Convention
- 4 Horse Show Team Fun Show in LTC @ 8:00am
- 10 STVMA Movie Night @ 6:00pm

### January 2010

- 20 100 Beef Cow Seminar @ 1:00pm

### February 2010

- 24 Escape Artist: Daniel Martin in Barn @ 6:00pm



# AGGIE UP!

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Nebraska College of Technical Agriculture

## College Student Suicide

Suicide is the second leading cause of death for college students, and students at NCTA are just as at risk as students at other colleges and universities.

The No. 1 cause of college student suicides (and all suicides) is untreated depression.

Going to college can be a difficult transition period in which students may feel lost, lonely, confused, anxious, inadequate and stressed. These problems may lead to depression. Again, untreated depression is the main cause of suicide.

Studies indicate that college students who are suicidal are quiet, reserved, depressed, and socially isolated, and thus it is up to all of us to try to identify the suicide warning signs and get help for them.

A survey indicates that one in five college students believe that their depression level is higher than it should be, yet only 6 percent say that they would seek help.

So, if a depressed or suicidal student is withdrawn and is reluctant to get treatment, what will happen?

The student may die by suicide.

So if you see someone that needs help, reach out. Ask how they are doing. Be open. Be honest. Get help for them. And follow up.

If you are trying to help someone who is depressed, you can call 1-800-SUICIDE or go to your school health facility and

ask for assistance.

It should be noted that some people who die by suicide do not show any suicide warning signs.

But about 75 percent of those who die by suicide do exhibit some suicide warning signs, so we need to be aware of what the suicide warning signs are and try to spot them in people. If we do see someone exhibiting suicide warning signs, we need to do everything that we can to help them.

If you or someone you know exhibits several of the suicide warning signs, immediate action is required, so please read the information below and take action.

Always take suicide warning signs seriously.

### Suicide Warning Signs:

- Appearing depressed or sad most of the time. (Remember, untreated depression is the number one cause for suicide.)
- Talking or writing about death or suicide.
- Withdrawing from family and friends.
- Feeling hopeless.
- Feeling helpless.
- Feeling strong anger or rage.
- Feeling trapped -- like there is no way out of a situation.
- Experiencing dramatic mood changes.
- Abusing drugs or alcohol.
- Exhibiting a change in personality.

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### Inside this Issue:

- College Suicide
- Chris Carter
- Things I Think
- Power of Music
- FFA Award
- Aggie of the Month

### Aggie Up! Staff:

- Tiffany Taylor Editor
- Lauren Hospodka Staff
- Eric Reed Faculty Advisor

# Christopher Carter: Mentalist

On Tuesday, October 5, Christopher Carter messed with the minds of Nebraska College of Technical Agriculture's students. Carter astonished the audience with a variety of different mind tricks and illusions. His act consisted of reading students' minds, bending spoons, illuminating light bulbs and controlling others' thoughts. Many of the students were amazed that Carter could tell them what they were thinking. People from the Curtis community also attended this free event. Carter was a huge crowd pleaser, and students look forward to him returning to the campus.

Other unique entertainers coming to the campus this academic year are David Coleman, Fred Winters, and Daniel Martin. Coleman is a Dating Doctor and has been named the National Collegiate Speaker of the Year an astounding twelve times. Winters is a comedy hypnotist who has performed over 2,000 shows and entertained over 500,000 people. Martin is an escape artist who has high energy, blend of insane magic, and exhilarating escapes.



Photos of Christopher Carter and students performing in the Barn at NCTA. Photos by Tiffany Taylor.

*Do you have a story idea for Aggie Up? Tell the Editor, Tiffany Taylor, by writing to tiffytaylor25@gmail.com.*

## Things I think

By Kevin Martin

1. Sleeping in class is plain rude. Plus, you're paying to sleep?
2. Most of us complain way too much. Watch the world news and realize what you have.
3. October is awesome.
4. Cats are psycho. Watch one for 10 minutes. Really.
5. Parents that do everything for their kids don't understand how much they are harming them.
6. Students on this campus are really nice when you say "hi" to them. That's cool.
7. We should buy a friend for the big tortoise in the vet hospital. He has to be lonely.
8. Vet Techs are stressed out too much. Balance people, balance.
9. I want to run the big digger thing on the construction site.
10. I need to start cutting firewood. I don't want to.

## Making A Decision

Questions to Ask Yourself When Making a Decision

- Would I want my friends and family to know I made this decision?
- Will this decision do anyone harm? Will it harm me?
- How will this decision impact me and others in the long term?
- How would I feel if this decision was broadcast on the news or showed up in the paper?
- Am I proud of this decision?



Winners of the Fall 2010 NCTA intramural flag football championship. The winning team earned a trip to Lincoln to participate in the Regional Flag Football Tournament. Flag football is one of several activities taking place this semester for students. Photo by Britni Freiboth.

# Students Receive American FFA Degree

By Lauren Hospodka

Six University of Nebraska-Nebraska College of Technical Agriculture students were selected to receive the American FFA Degree in Indianapolis, Ind., in October.

The recipients include the following students from these high school FFA chapters: Lisa Niedermeyer, Johnson County Central; Aly Peters, McCool Jct. ; Hannah Birt, York; Logan Bechtel, Heartland; and Erik Williams, Centura. Only a small percentage of students win the award each year.

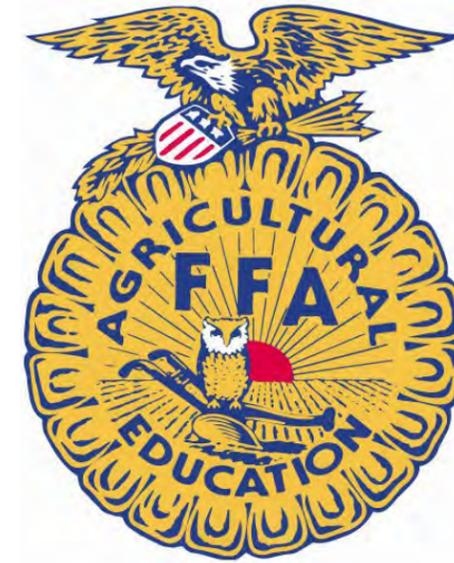
To receive the American FFA Degree, members first have to earn the chapter and state FFA degree. Recipients are selected by a review board that considers each applicant's community service hours, leadership activities, and high school scholastic record.

NCTA professor Jo Bek said, "Such a small percentage of students get this award nationwide that our students are competitive leaders who will be successful in the agriculture field."

NCTA Student Senate President Erik Williams is one of 187 students from Nebraska selected to receive the American degree. Williams is a seven year member of FFA and a former FFA Chapter Officer for two years. He showed cattle and was involved in the FFA Supervised Agricultural Experience (SAE), Career Development Events (CDE) and Leadership Skills Events (LSE), which count toward receiving the American degree. Williams said getting the award is an honor.

The National FFA Convention, one of the largest annual student conventions in the country, was held October 20-23. At least 55,000 FFA members and guests were expected to attend. As with every national FFA convention, members took part in general sessions that included speakers, competitive events and volunteer activities.

NCTA is proud to have this many students win this very high honor. Congratulations.



## The Power of Music

By Tiffany Taylor

Music is a part of everyday life. Whether you're in a restaurant, vehicle, store or classroom, music is all around. Music can affect people in many different ways, making some happy or relaxed after a hard, stressful day. Some people use music as a way to escape the real world and to process what is going on. Others just love to listen to it because it makes them happy and energized.

Music also does wonders when it comes to stress. Listening to music can relieve stress by physically relaxing our bodies and distracting our minds from the cares of the day. On

the other hand, loud, fast music with a strong beat can bother some of us.



Students swing dance at an NCTA dance in October. Photo by Tiffany Taylor

Listening to music also has a mental effect. It is so strong at times that lyrics from a song can keep running through our minds despite our efforts to forget them.

Music can also affect us emotionally. Certain songs can make people sad, happy, scared or angry. This really shows in movies. The music in movies is what causes us to get emotional. Music can spark thoughts and cause people to react. Music is powerful and can help people be more carefree and happy. So next time you feel stressed or upset turn to the power of music.