

## Generation health

How wellness takes shape in Chapman students' lives

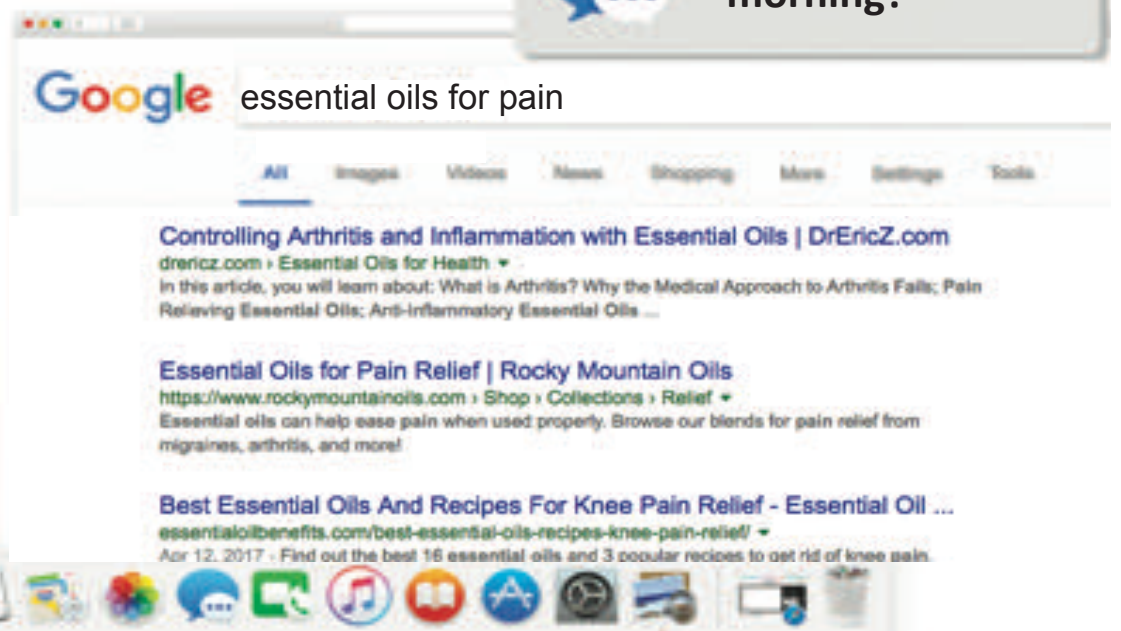
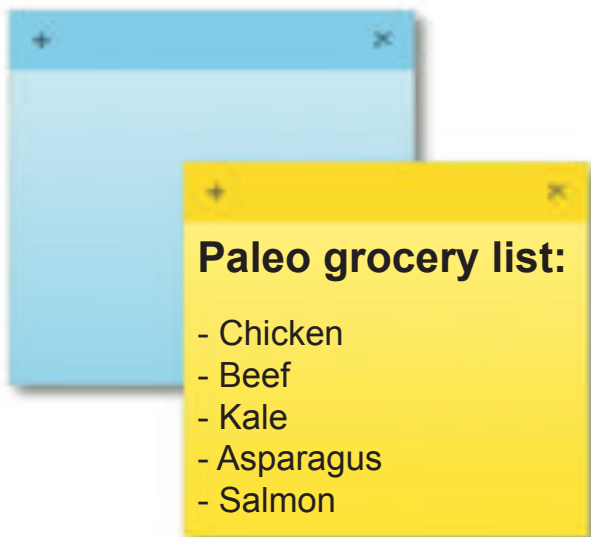
*Special issue, pages 5-11*



**Reminder:**  
Make gynecology appointment



**SoulCycle in the morning?**



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# ‘It didn’t feel like real life’

## Students caught in Las Vegas shooting share stories

Sabrina Santoro | News Editor

What was supposed to be a night of country music and dancing quickly turned into chaos and horror. First, it sounded like firecrackers. Then, there was confusion. Some fell to the ground, while others sprinted as fast as they could – anywhere they could.

For some Chapman students and alumni who attended the Route 91 Harvest festival Oct. 1, being in the middle of the largest mass shooting in modern U.S. history was a nightmare.

It was every man for himself, said junior public relations and advertising major Frieda Freeman, who attended the concert.

“We ran into this woman who I thought at first was helping us. She said ‘Come over here! What are you doing? Get down!’ Then I realized that she wasn’t trying to help,” Freeman said. “She wanted to use us as shields.”

58 people were killed and nearly 500 were injured when a shooter unleashed gunfire from the 32nd floor of the Mandalay Bay Resort and Casino shortly after 10 p.m. One of the injured included first-year Chapman law student Ariel Romero, who was shot in the face and is recovering from jaw surgery, Dean of Students Jerry Price told *The Panther* Oct. 8.

Freeman and her sister Leah, a ’15 Chapman alumna, were lucky to escape the middle of the concert venue unscathed, Freeman said.

“I knew right away that it was gunshots. I looked at my sister and we just started running. We were getting separated because people were so frantic, so we grabbed each other’s hands and just ran as fast as we could,” Freeman said. “I’ve never run so fast in my entire life.”

Myles Nelson, a ’15 alumnus who was near the middle of the music festival’s venue, said that after the third round of gunshots, he and his friends jumped over crowd-control barriers and didn’t stop running until they reached their hotel, Desert Rose Resort, which was about half a mile away from the concert. Some people were still on the ground, and some were trying to find places to hide, Nelson said.

“We just didn’t know what was going to happen the next second,” Nelson said. “You were running, but you weren’t sure if you were running in the right direction or into more trouble. I didn’t know (if I was) gonna make it another step before I got shot, (if I was) gonna get shot. I was just running.”

It was hard to tell what to do during the gunfire, Freeman said. Running away was pure instinct.

“We didn’t know who to trust, who to listen to, where to go. We didn’t know if other people were in on it,” Freeman said. “That was the hardest part. We didn’t know if anywhere we were going to go would be safe.”

Madi Moynihan, a senior theatre major who was at the concert with her family and friends, was on the left side of the venue, opposite of where shots were fired, during the concert.

“It was complete chaos and the whole venue was surrounded by this tall chain-link fence and there was only one exit at the back of the venue,” Moynihan said. “People were trying to hop the fence, which was probably eight feet tall.”

Moynihan said her mom broke her foot when another concertgoer, who was trying to help, pushed her.

“Someone just launched her over

to help but she wasn’t ready to make an eight-foot landing in wedges,” Moynihan said.

Nelson said he and his friends had originally planned to stay in Las Vegas until the afternoon of Oct. 2, but ended up leaving early that morning instead.

“We weren’t gonna leave until lunchtime, or whenever we’d wake up from a three-day binge of drinking and music, and leave at our own pace,” Nelson said.

But after the shooting, he and his friends wanted to leave as soon as police said it was safe, around 1:30 a.m., but didn’t think they could safely make the drive back to Orange County, Nelson said.

“We (couldn’t) consciously drive at that moment in time so we (couldn’t) go anywhere. It was not an easy decision,” Nelson said. “We did not want to be in Vegas for a second longer than we had to be because it was so terrifying.”

Nelson said witnessing something as tragic as a mass shooting has provided him with new understandings.

“Remember that the tragedy affected real people,” Nelson said. “It’s a very big, very national, very widespread tragedy and don’t forget that those were real people who were running, and who were being shot at and who are most likely going to have some form of (post-traumatic stress disorder) or trauma. People who are going to walk out at the mall and not feel safe. Just remember these were real people.”

Freeman said returning to school after the weekend and adjusting back to normal day-to-day life has been difficult.

“Before I went to the concert, I was so worried about what I was going to wear there and what we were going to do once we got to Vegas and all that stuff,” Freeman said. “Right now, all that stuff just seems unimportant.”

Freeman said she felt her professors at Chapman haven’t been understanding of what happened and said that one lacked “compassion” when she left a class early to see a counselor.

“I am trying to process everything, yet I have to worry about my education over my well-being,” Freeman said. “I haven’t even had the chance to just hug my parents, because I am more worried about staying at school and not getting behind. Instead of dealing with this in a healthy way, I’m going to different Chapman offices just asking for help.”

Moynihan said Oct. 4 was her first full day back to classes after the shooting.

“Emotionally, it was hard,” Moynihan said. “I’m taking a Holocaust history class and they played a video that had a bunch of gunshots in it and that was really hard and I almost had to walk out of class.”

Freeman said she never expected to experience anything like what she did in Las Vegas Oct. 1.

“It felt like we were in a dream. It didn’t feel like real life,” Freeman said. “You see all this stuff, you hear it on the news, you hear all these tragedies and you think about how terrible it is, but you just never think it will happen to you.”

*Kate Hoover contributed to this report.*

*Turn to page 12 to read an editorial about the aftermath of the shooting and mental health.*

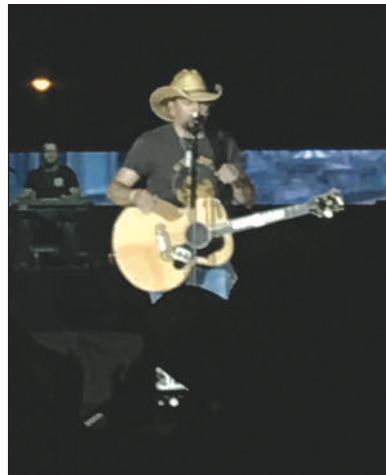


Photo courtesy of Myles Nelson



Photo courtesy of Frieda Freeman

Left: Myles Nelson, a 15 Chapman alumnus, captured Jason Aldean’s final song before the shooting began Oct. 1. Right: Junior public relations and advertising major Frieda Freeman, right, attended the Route 91 Harvest festival with her sister, left. A shooter unleashed gunfire from the Mandalay Bay Resort and Casino, pictured behind the sisters.



Photo courtesy of Madi Moynihan

From left: ’16 alumna Lily Rice, senior theatre major Madi Moynihan, Sarah Rosenthal and Claire Jacobson, front, attended the Route 91 Harvest festival in Las Vegas Oct. 1.

Moynihan was toward the left of the concert venue when the shooting began. She ran to the Tropicana and then MGM Grand.

Nelson was in the middle of the concert venue when the shooting began. He ran to the Desert Rose Resort, where he was staying.



Paddock unleashed gunfire from the 32nd floor of the Mandalay Bay Resort and Casino during the last set of the Route 91 Harvest festival.

Freeman was in the middle of the concert venue when the shooting started. She ran to a motel near the McCarran International Airport.

- Madi Moynihan
- Myles Nelson
- Stephen Paddock
- Frieda Freeman

Graphic by EMMA STESSMAN **Art Director**  
SABRINA SANTORO **News Editor**



# Questions cut short as Title IX critic speaks on campus

Lou Vanhecke | Staff Writer

Students crossed their arms and whispered among themselves as author and professor Laura Kipnis, known for her stance that Title IX has too much power on college campuses, spoke on campus Oct. 4.

“When it comes to sexual culture, the definition is changing,” Kipnis said during her talk. “This definition comes with hazards, and these hazards come with expansion of regulation. Administrators are going along with a new way of framing consent, and Title IX is expanding the criminalization of the accused.”

About 40 people attended the event, which was open to the public.

Kipnis is known for having two Title IX cases filed against her, supporting a colleague who engaged in sexual misconduct with two graduate students at Northwestern University and for taking a controversial stance on sexual assault in her publications.

Kipnis’s main argument was that “there is no distinct definition of what sexual assault means,” and that actions now considered to be sexual assault under Title IX are too broad.

Kipnis also argued that women should be taking a role in their own protection and decision-making process and should be more self-aware of their actions.

At the event, Kipnis discussed her book, “Unwanted Advances: Sexual Paranoia Comes to Campus,” and her experience with being accused of exploitation by a student under Title IX.

Lisa Leitz, the chair of the peace studies program, spoke after Kipnis and shared her experience with sexual assault and her concerns about Kipnis’s writings.

“I was failed by my undergraduate (school’s) procedure of sexual assault.



Controversial speaker Laura Kipnis spoke at Chapman Oct. 4.

I proudly wear the label of survivor which I have to say, I was sad to see Kipnis denigrate,” Leitz said. “The vast majority of cases that involve Title IX are not against professors, but are those that involve student-on-student complaints.”

Kipnis spoke for about an hour, and Chapman’s Lead Title IX Coordinator DeAnn Yocum Gaffney and Leitz spoke for 10 minutes each in response to Kipnis, which left 10 minutes for a Q&A session.

Of the three people who asked questions, one was a student.

“I came (to the Q&A) with questions and concerns in mind, specifically regarding sexual assault within the LGBTQIA+ community,” said Haley Hopkins, a senior art major who didn’t get to ask a question. “I wanted to ask Kipnis why she doesn’t recognize survivors, and instead calls them victims, and I felt like the students’ time was hijacked.”

Dean of Students Jerry Price said that the panel ended up speaking “more than anticipated” and that he had planned for a longer Q&A ses-



Photos by JACKIE COHEN Photo Editor

About 40 students, faculty and community members came to hear Kipnis talk about Title IX and her take on how it affects the accused.

sion.

When asked how she felt about Title IX’s success in protecting students from student assailants, Kipnis said that she did not have enough information to answer the question. This concerned C.K. Magliola, the director of the women’s studies minor program at Chapman.

“I think it is irresponsible of Kipnis to put out such specific ideas on Title IX and then not answer questions about it,” Magliola told The Panther after the event. “I don’t find her argument applicable to whom Title IX affects.”

Because Kipnis’s personal experience with Title IX has been exclusively with faculty-graduate student relationships, some students at the event expressed frustration with her arguments.

“I think that for someone who has access to Title IX cases like she does, Kipnis cherry-picked examples that hyperbolize the ideas she’s trying to convey,” Hopkins said. “I find that very unethical, and I don’t think she understands the complexity of undergraduate sexual assault on college campuses.”

Meg Moricca, a junior screenwriting major, said she felt that students were not given enough opportunity to voice their concerns at the event.

“I thought the way the three speakers presented their perspectives was well-done, and I respected that there were no attacks on character,” Moricca said. “I just wish more students had been able to be engaged in conversation.”

Go to [thepantheronline.com](http://thepantheronline.com) to watch a video of the event.

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# Looking ahead at the tech in the new Keck Center

Jackie Cohen | Photo Editor

The new Keck Center for Science and Engineering will live up to its name with energy-sustainable technology, solar panels and rainwater filtering. The Schmid College of Science and Technology gave students and parents a glimpse into the technology and appearance of the newly named center, which is expected to open fall 2018.

The open house in Argyros Forum on Oct. 7 displayed mockups of the Keck Center and showed parents and students the materials being used in the building like solar panels.

The building will have windows that use GPS technology to detect where the sun will hit, said Chris Pagel, the director of institutional support. Based on the GPS, the tint of the windows will change to reduce energy usage.

The windows, which will be powered by solar panels, can also detect overcast days and adjust the tinting accordingly. The building will have technology to capture rainwater and filter it for the plants in the building's several patios, Pagel said.

Chapman didn't get the building certified as a "green building" because the permits are expensive, Pagel said.

To be considered green, buildings can receive a Leadership in Energy and Environmental Design rating through the U.S. Green Building Council. Buildings can be rated certified, silver, gold or platinum based on their features. To receive this rating, it would cost Chapman between \$13,465 and \$16,360, depending on whether the university is a member of the U.S. Green Building Council, according to



Photos by JACKIE COHEN Photo Editor

Chris Pagel, director of institutional support, displays the GPS-powered material that will be used for windows in the new center. The GPS will allow the windows to change their tint depending on how bright it is outside.

the council's website. This includes a registration fee, a flat rate and a rate calculated by the square footage of the building.

The labs in the science center will have windows so that people walking by are able to see the work being done inside them.

Pagel said that the building is expected to be completed in June 2018 and that students – both science majors and not – will be able to use the Keck Center on the first day of the fall 2018 semester.



Mia Garcia, a senior health sciences major, looks at the building plans for the Keck Center for Science and Technology at an open house Oct. 7.

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# Letter from the editor



I am not a healthy person.

I don't eat fruits and vegetables (sorry, Mom) and I can't remember the last time I exercised (sorry, Dad), unless you count my increased heart rate after climbing the stairs in Argyros Forum. Except, let's be real, I usually take the elevator. My step count on my iPhone is laughably nonexistent, and I live off macaroni and cheese and burgers. I've even written a column for The Panther about my love for In-N-Out.

Now that I've officially destroyed my credibility, I'll begin my letter from the editor for our special issue on health and wellness.

I thought for a long time about how I was going to write this letter. Who am I to talk about why health is important? What sort of insight could I possibly give on living a healthy lifestyle?

But I am exactly the problem. I am a walking example of "I'm too wrapped up in my busy life to care about my health." People like me are why this health special issue is important, and why, as a staff, we decided to devote almost half of our newspaper to the topic of health this week.

As college students, health can sometimes take the back burner. We have classes, assignments, activities, jobs, friends, romantic relationships, Greek life, bills and other

responsibilities, and it may not be a priority to go to the dentist or get a check-up. It's easier to drive to In-N-Out than cook a balanced meal at home, and it can be way more enticing to lie in bed watching Netflix than drive to the gym and sweat for an hour.

But health is multifaceted, and especially with our generation, it's become so much more than just healthy eating and working out. People go on juice cleanses, they ride stationary bikes in classes, they're obsessed with avocado toast, they cut out animal products, they take kickboxing classes, they do hot yoga, and more. My Facebook feed is littered with ads that promote weight loss: "The only way to lose weight!" "Finally, the diet that works for everyone!"

But there's no "right" way to be healthy (although there definitely is a wrong way, just look at my life). Health isn't black and white, and it's the gray areas that have really expanded in our generation. It takes shape in people's lives in different ways, and that's important to talk about with any person on the "healthy spectrum" - whether you eat vegetables or popcorn for dinner.

- Jamie Altman, editor-in-chief

## Student health resources

**Chapman Health Center**  
714-997-6851

**UnitedHealthcare**  
[www.uhcsr.com](http://www.uhcsr.com)

**Planned Parenthood**  
(714) 922-4100



# Students take responsibility for sexual health

Emiko Kaneoka | Staff Writer

When Nikki Reifler goes to the doctor for a routine checkup, Reifler requests screenings for sexually transmitted infections. Even though the sophomore creative producing major uses protection, he gets tested as part of his responsibility to his sexual partners and himself, he said. Still, not all Chapman students are as proactive about their sexual health.

"Each year at Healthy Panther, I ask the freshmen what they would do if they 'engaged in unsafe sexual behaviors,'" said Rape Crisis Counselor Dani Smith. "One of the top responses is, 'Do nothing and hope for the best.'"

Almost 19 percent of Chapman freshmen would not get tested for STIs or HIV after unprotected sexual activities, according to data from Smith's Healthy Panther sessions for this semester. Reifler understands that sexual health is a part of what makes him "healthy and happy in life," he said he always speaks openly about it with his partners.

"Whether it's a date or someone I'm getting to know, I don't usually feel shy about (asking about their sexual health). You should just own up to it," Reifler said. "It's your responsibility to make sure that it's talked about. It could change your life."

While Reifler is comfortable talking about his sexual health status with his partners, not all students can approach the topic easily. Honest communication is important in sexual relationships, no matter how uncomfortable it may be, said Smith.

"If they are ready to have sex, they need to be ready to talk about sexual health and protection," Smith said. "They also need to talk about consent. It's all rolled into the topic of communication."

Women are often held more responsible to ensure that protection or birth control is readily available, said sopho-

more television writing and production major Livi Dom. It shouldn't be expected for women to be the only responsible parties in relationships, she said.

"If I think something is going to happen, I always have a condom in my purse," Dom said. "But I don't like the idea that it has to be the girl that provides it. It should be a two-way street."

Fifteen- to 24-year-olds account for half of all new sexually transmitted infections, according to the Centers for Disease Control and Prevention. While Dom is always prepared with protection for a potential sexual encounter, people are more prone to contracting STIs or HIV through unsafe sex when alcohol is involved, according to the Centers for Disease Control and Prevention.

"Alcohol can get in the way of safe sex, and condoms are only effective if used correctly from start to finish," Smith said, citing the Centers for Disease Control and Prevention.

Smith also attributes the number of STIs among college-age students to the "hookup" culture.

"With hookups, people don't usually ask about sexual health," Reifler said. "But I think it's very important. You should have some sort of conversation before you start making out with someone random."

Sexually active students should get tested for STIs or HIV at least once a year, Director of Student Health Jacqueline Deats said. Sexual health screenings for HIV, syphilis, gonorrhea and chlamydia are available at the Student Health Center, in addition to condoms and other forms of birth control, like the pill, Depo-Provera injection and NuvaRing, Deats said. Students can use Chapman's Student Health Insurance or their own for treatment. Students need to make an appointment to talk about their sexual history prior to being screened for STIs or HIV, Deats said.



Photo illustration by GRACIE FLEISCHMAN Art Director

Almost 19 percent of Chapman freshmen would not get tested for STIs or HIV after having unprotected sexual activities, according to Dani Smith's Healthy Panther sessions this semester.

"Basically, it's about 'Who put what where?' That is how we dictate what type of testing needs to be done," Deats said. "It's based on their exposures."

Deats encourages students to be proactive about their sexual health — even if there are no obvious symptoms of an STI — to avoid potential long-term effects and increased exposure.

"It's lifelong health. It's their opportunity to make sure they don't have any infections that could jeopardize their fertility," Deats said. "If left untreated, they will continue to infect other individuals and could cause infertility problems."

While Dom does not visit the Student Health Center for screenings, she's gone to Planned Parenthood for routine sexual health check-ups. The

negative stigma of visiting a Planned Parenthood branch or other clinic should be eliminated, since it's just another way to be proactive about sexual health, Dom said.

"It's not fully normalized to be aware and be proactive about sexual health," Dom said. "It's still in the shadows, and I think it needs to be normalized to get yourself checked."

Reifler agrees that students should not be too "embarrassed" to get tested or to communicate with their partners about their sexual health.

"It's just better to know your status and have discussions with people to find out if they're aware of their sexual health, so you don't have to stress," he said.

## Potential health care repeal wouldn't affect Chapman insurance

Lou Vanhecke | Staff Writer

When Elizabeth Hymes experienced a fever, body aches and the inability to sleep because of a bad reaction to antibiotics last week, she was rushed to the emergency room. More than \$1,000 later, she left relieved that she didn't have to worry about the stability of her health care, an aspect of her life that had been recently called into question.

"I was so grateful I had health insurance through Chapman, because \$1,200 of expenses were covered," said Hymes, a sophomore television writing and production major. "My previous health insurance provider is in jeopardy because of the Affordable Care Act potentially being repealed. I now don't have that worry."

Chapman students receive health insurance coverage in different ways, and some students say those ways can come with concerns, especially with the potential repeal of the Affordable Care Act without having been replaced by Congress.

However, Rebecca Schlafer, the director of Student Business Services, said that the insurance provided by Chapman would not be affected by a repeal, because the existing policy gets re-established every six months.

"I am from the East Coast, and it was really important to my parents that I have stable health care since I'm so far away from any family," Hymes said. "I had insurance through my dad's small business. When the Affordable Care Act was possibly going to be repealed, (the insurance company) could have



Illustrated by Gaby Fantone

suffered. My parents didn't want me to take any chances, so I now have UnitedHealthcare through (Chapman)."

Health insurance is an important aspect of wellness to students, as it provides necessary health needs spanning from physical and mental health care to counseling, said Dean of Students Jerry Price. The topic of health care is not complicated but is nuanced and can significantly affect students, Price said.

Schlafer said that Chapman students typically receive health insurance through one of two sources: United Healthcare provided by Chapman University, or health insurance provided by their parents.

"(If the Affordable Care Act gets repealed), we would evaluate the insurance provided and look at the future decisions to see if there's anything we would need to do on a legal basis to help the insurance process," Schlafer

said.

Students who use their parents' health insurance plan also have concerns about the potential repeal of the Affordable Care Act.

Griffie Albaugh, a junior history major, said that she has experienced problems with her mental, physical and emotional health.

"I am on my mom's health insurance, which is provided by the Huntington City School District since my mom is a teacher," Albaugh said. "Because of the Affordable Care Act, I will have health insurance through my mom until I'm 26, but with jobs not giving full health benefits to new employees, I'm concerned about how I will have health insurance in the future."

Albaugh said that health insurance allows her to take care of herself holistically.

"Although we don't require students to have health insurance through Chapman, the health and wellness of our students is very important to their success," Price said. "It is also important to note that even if a student doesn't have health insurance through Chapman, they still have full access to Student Health Services."

Student Health Services offers services for first aid, acute illness and checkups. These services are available to all full-time undergraduate students.



# 'A balancing act': Students live with chronic health conditions

**Haley Stern** | Contributing Writer

On the outside, Tiffany Theodore juggles many commitments as a Chapman student: rehearsing for three upcoming dance shows, studying for 17.5 units, participating in sorority activities and welcoming freshmen as an orientation leader.

At the same time, the junior dance performance major manages an invisible but prevalent part of her life: Crohn's disease. The condition causes inflammation in the digestive tract, according to the Centers for Disease Control and Prevention, and Theodore said that navigating college and Crohn's is like a balancing act.

Theodore, like some other Chapman students, lives with a chronic disease, which is an illness that is not contagious, has a long duration and generally progresses slowly, according to the World Health Organization, an organization that publishes health statistics. In 2012, about half of the adults in the U.S. had one or more chronic health conditions – such as heart disease, cancer or diabetes – according to the Centers for Disease Control and Prevention.

"You wouldn't know I had an illness by looking at me, but the things I go through behind the scenes are what makes my disease," Theodore said. "It just gave me a different perspective on life."

Jason McAlexander, director of disability services, said that there are about 100 students registered with a medical disability at Chapman.

In addition to taking 12 pills a day and receiving biweekly vaccinations, Theodore said that in order to effectively manage her health, she has to manage her stress, because being overly stressed can lead to a flare-up of symptoms.

"(I'm) trying to make my life as a student work at the same time as the disease," Theodore said. "I have to keep my stress low. I don't procrastinate; when something is assigned, I just go

ahead and start working on it."

Sophomore creative producing major Mia Fortunato has migraines, which is a headache disorder characterized by moderate to severe headaches that are recurrent and often lifelong, according to the World Health Organization.

"Whenever I have a migraine, it's really hard to get out of bed. The only thing that really takes it away is sleep," Fortunato said. "Whenever I do have a migraine, I can't do schoolwork, so it's just hard balancing my time."

Fortunato said she filed for disability services this semester, a process that includes sending documentation to disability services and scheduling an appointment, where students and faculty agree on reasonable accommodations, according to disability services.

McAlexander said that the biggest challenge students with chronic medical conditions face is attending class when they have a flare-up of symptoms. In these instances, flexibility with class attendance is the primary accommodation disability services provides, as well as make-up exams, McAlexander said.

"It's just giving legitimacy to them having bad days," McAlexander said, adding that for students with chronic conditions, these accommodations serve as an alternative to a doctor's note. "They can't get to class, but they're not going to the hospital."

While accommodations can add flexibility, there are limits, McAlexander said. It is important for students to build relationships with their professors and stand up for their needs when necessary, he said.

"Advocating for yourself in the appropriate way is a skill," McAlexander said. "The accommodation creates a safety net that the student can lean on when needed, and then the student plays the role of communicating with the professor and working it out."

Fortunato believes that students who need help should always ask for it. "It doesn't mean that you're not

capable of doing things, you just do it in a different way," Fortunato said. "I will get the job done, I just might take a little extra time to do it."

When a student has a chronic health condition, it is important to plan ahead for possible flare-ups, while also preventing situations that might trigger them, McAlexander said. He added that taking proactive measures, like time management and taking meditation, can help.

"Know yourself and know how your medical condition can be aggravated," McAlexander said. "Don't get into an environment that is going to aggravate that symptom. Stress makes everything worse."

Kailyn Stewart, a sophomore creative producing major, has Ehlers-Danlos syndrome, a condition that affects the connective tissues that support the skin, bones and blood vessels, according to the U.S. National Library of Medicine.

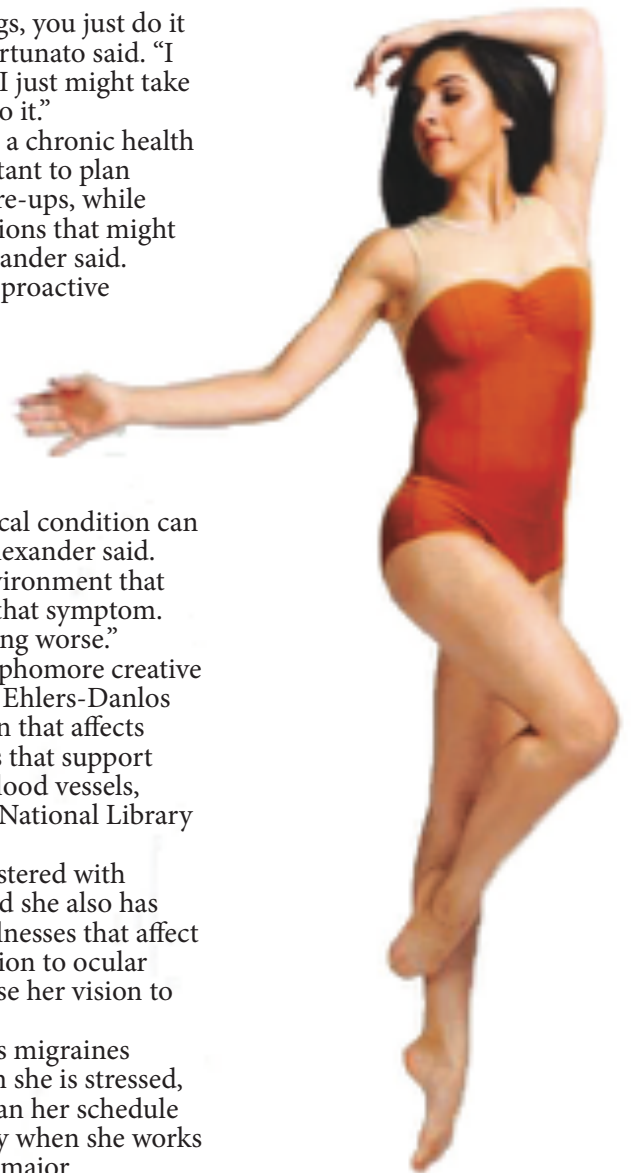
Stewart, who is registered with disability services, said she also has three other chronic illnesses that affect her daily life, in addition to ocular migraines, which cause her vision to go blurry.

Stewart said she gets migraines more frequently when she is stressed, and that she has to plan her schedule accordingly, especially when she works on movie sets for her major.

"I have to space out film sets or I have to make sure I'm on a film set on a week where I don't have a ton of homework," Stewart said, adding that college has allowed her to have more flexibility with her routine.

Stewart finds that people have difficulty understanding "invisible" illnesses, she said, and she sometimes wears a brace when she is not feeling well as a visual clue for others.

"Even when you tell people, and you're open and honest and you explain it to them, they can't quite



Courtesy of Tiffany Theodore

Junior dance performance major Tiffany Theodore major has Crohn's disease, which generally progresses slowly.

get their head around chronic pain," Stewart said.

Go to [thepantheronline.com](http://thepantheronline.com) to read the full story.

## Technology's impact on health: the good and bad

**Maggie Mayer** | Senior Writer

While sophomore digital arts major Josh Baca spends large portions of his day glued to the glow of a computer in the Digital Media Arts Center, he can't help but wonder what it's doing to his health.

"I stare at a screen all day and it gets really tiring," Baca said. "I'm sitting at an animation desk for so long, so I'm scared my posture is going to be horrible."

About 92 percent of 18- to 29-year-olds in the U.S. own smartphones, and Americans spend an average of 10 hours and 39 minutes a day consuming media, which includes the use of smartphones, television and computers, according to data and measurement company Nielsen Holdings. It's because of their love affair with pocket-sized screens that young people can be prone to health problems that their grandparents never had to worry about, according to the study. Baca said he is concerned about his health because, as an aspiring animator, he's always on the computer.

Sophie Janicke, a communication studies professor researches the positive impacts that technology can have on people, like the ability to learn compassion. She said that when people consume more positive media, Instagram accounts inspiring content, it can



Illustrated by Sofia Randel

make people more altruistic. But can also hurt their communication skills, Janicke said.

"The phone is always present," she said. "In some ways, we're losing the ability to have meaningful conversations and sustain them without getting bored."

Because people are often texting or scrolling through social media while talking to another person, they can lose one-on-one connections, Janicke said.

As a result of all this screen time, people can develop an array of phys-

ical and mental problems.

One example is "tech neck," which is neck and back problems associated with the forward tilt of the head when staring down at a screen, and "texting thumb," which is arthritis or

tendon pain associated with strain on the hands from typing on a phone.

Katarina Trifunovic, a sophomore communication studies major, said she already experiences pain in her hands and wrists.

"I'm getting arthritis in my thumbs from texting so much," she said. "Sometimes, when I'm texting and I pause, I'm still holding my phone and my thumbs will shake."

Another condition is computer vision syndrome, also called digital eye strain, which results from eye prob-

lems that people experience because of the time they spend focusing on a screen, according to the American Optometric Association. Common symptoms include headaches, blurry vision and eyestrain.

Addiction to mobile phones has also been proven to affect mental health. A study done by researchers at the University of Illinois in 2016 found that depression and anxiety in college-age people is directly linked to screen time, and that young people use their devices as coping mechanisms. Research also showed that this age group is more comfortable having conversations over text than they are face-to-face.

Trifunovic said that she'd rather have conversations in person and she doesn't think technology will change that, but she still feels the need to communicate with her phone.

Janicke said there is hope for the device-consumed world.

"It's all about how we can use the tools and how we can use them to the best of our abilities," she said. "Content matters with how we see the world."



# Eating disorders: It's not always about weight

Jade Boren | Assistant Features Editor

When Simone Gabrielli would force herself to throw up, her parents told her, "It's fine, just make sure to clean the toilet after." She was 12.

Gabrielli said her "terrible time at home" hurt her self-worth. Her parents knew what was happening, but did not send Gabrielli to therapy. She punished herself by not eating all day, then regurgitated cereal and other foods she would eat after school. Her bulimia nervosa did not stop when she started at Chapman in 2014.

"It's never just about 'I want to be skinny,'" said the senior public relations and advertising major. "It's just a matter of not liking yourself enough, or needing to cope with 'other things.'"

On Chapman's campus, you might not always notice a student who has spiraled into an eating disorder, said Kelly Souza, clinical director of the Monte Nido Eating Disorder Center of Newport Beach. Even individuals with eating disorders of "normal" weight will die if they continue purging, bingeing and starving, she said. Among all mental illnesses, eating disorders take the most lives, according to a 2012 study, "Epidemiology of eating disorders: Incidence, prevalence and mortality rates."

"Some of the sickest people I've encountered are of average if not above average weight," said Souza, a licensed psychologist. "One of the biggest (misconceptions) is that you can look at somebody and tell that they have an eating disorder."

Morgan Sielski, a Chapman '17 alumna, struggled with anorexia nervosa starting in elementary school. She noticed eating disorders most when she lived on campus, and said that the Chapman dorms were "swarmed" with eating disorders. She said the issue is easily dismissed because no one wants to talk about it.

Health providers queried about their health only 6 percent of those with eating disorders in 2011, according to the National Eating Disorders Association.

Sielski said doctors gave her immediate attention because she was in the small percentage of individuals with eating disorder who are "scary thin." But those who do not fit the "image person of anorexia" will still die if they do not stop their eating disorder habits, Souza said.

Sielski underwent treatment at the Malibu branch of Monte Nido twice.

Andrea Hollowell, the regional outreach manager of Monte Nido & Affiliates, said that Monte Nido has seen some Chapman student clients. But Souza said most individuals with eating disorders have to withdraw from school due to the high-intensity level of treatment. Sielski took a break from Chapman between 2014 and 2016.

Eating disorders are rarely about the food. This serves as the basis for disordered eating, which is different from eating disorders, said Courtney Toya, a registered dietitian at Monte Nido.

Disordered eating is an unhealthy relationship with food, Toya said, which diets that cut out specific food groups can trigger. Fad movements like the paleo diet, Whole30 and Atkins diet encourage a "This is what I'm supposed to be eating" mentality, Toya said.

Dieting is just one root of eating disorders. Of traditional dieters, 35 percent become pathological dieters, and 20-25 percent of those move into eating disorders, according to the



CATIE KOVELMAN Staff Photographer

Students often use eating disorders as a coping mechanism.

National Eating Disorders Association.

But those with eating disorders take diets further: they stop eating, or they throw up everything they eat. One Monte Nido patient binges and purges 10 times a day, Souza said.

"There's a sense of 'I can do what the general population cannot do,'" Souza said.

Souza recalled the measures patients have taken to feel that sense of accomplishment. One took 12 laxatives in one day. Another was bed-ridden after not eating for seven days. And many, rain or shine, seven times a day, will run miles or hit the gym—some even on crutches.

But the team at Monte Nido wants people to know that this is not a vanity disorder.

"It's not a vanity thing. It's not that they think they're too good. Polar opposite, actually," Souza said.

The reason someone makes the jump from "normal dieting" to a life-endangering eating disorder can go far beyond dieting.

The transition is often rooted in trauma, according to Souza — and that is just one layer.

"A lot of times, we really see it's rooted in trauma or in depression, or other things that are going on that's manifested in the body or the food," Souza said. "But it's very seldom that we find a single - layer simple case of an eating disorder."

## A coping mechanism, not vanity

Like Gabrielli, Sielski's eating disorder surfaced at a young age. As an elementary school student, Sielski said she was counting calories to control a life she felt she had no control over.

Her anorexia nervosa escalated in college when it became an outlet for memories of her trauma.

Sielski would self-harm and over-exercise, but anorexia nervosa was also a way to cope with the post-traumatic stress disorder that she developed after an incident. Sielski declined to elaborate on the incident

entree. This triggers the "bad part" of the brain for a person with an eating disorder, Gabrielli said.

Megan Duff, a primary therapist at the center, is a Chapman '14 alumna. On top of her obsessive Googling of calories in the foods she ate at Randall Dining Commons her freshman year, she worried her condition would have blown into a full-on eating disorder with the addition of labels.

"It's terrible for people who are recovering if they want to eat pizza or pasta, and they see the calories in it and think, 'Oh I could never do that,'" said Gabrielli. "That sets them up for restricting or bingeing or something terrible like that."

Gabrielli explained that "restricting" means to restrict calories. When she would restrict, she would keep her daily calorie intake in the 500-800 range.

Often, eating disorder behaviors are the only way people susceptible to eating disorders know how to deal with stress, which can be amplified in college, Toya said.

"Going into a new environment in college and trying to achieve your dreams, it's stressful already. And if you think about the ways society tells you to cope, it's 'Go drink with your friends, ignore it, numb out,'" Toya said. "With someone with an eating disorder, you're pretty much encouraging them to go back to their disorder and begin these behaviors to cope."

## Body positivity - not the approach to take

Telling someone with an eating disorder that he or she looks "healthy" is a "buzz" word because it can slow down the recovery process, Toya said.

"Never use that word," Souza said. "To them, healthy translates as fat."

That can be a struggle for a culture that increasingly celebrates body positivity, especially on social media.

The Newport Beach Monte Nido team pointed out that seemingly harmless compliments like "You look so good" result in two reactions: it slows recovery and encourages the eating disorder mentality.

"'You look so great' just reinforces that what I've been doing is working," Toya said, mimicking what someone with an eating disorder would say. "So if I've skipped all of my meals and snacks today and (people) tell me I look great, then great, I'll just keep doing that."

While Sielski did not want her friends' help at the time, she wished they would have addressed her anorexia by saying things such as "Hey are you feeling OK?" or "I'm concerned about your weight." Instead, they envied her, she said.

"My biggest annoyance was when people would say 'Wow, I wish I had your self-control with food,'" Sielski said.

While the Monte Nido team agreed that the body-positivity movement can help create a culture that is accepting of all body sizes, which can liberate women in the long run, the specialists don't want to talk about the body at all.

"The body changes and evolves," said Hanan Elshennawy, the primary therapist at Newport Beach's Monte Nido. "You want to put your value into something that will never change, and that's your soul."

## The signs of eating disorders

- Food rituals, for example, eating only a particular food or food group, such as condiments, excessive chewing, not allowing foods to touch.
- Withdrawal from usual friends and activities.
- Discomfort eating around others.
- Binge eating, including the disappearance of large amounts of food in short periods of time or lots of empty wrappers and containers indicating consumption of large amounts of food.
- Stomach cramps, other non-specific gastrointestinal complaints (constipation, acid reflux, etc.)
- Difficulty concentrating

Source: National Eating Disorders Association

due to privacy.

"I wanted to die after that, and my anorexia was one way to do that," Sielski said. "The less I weighed, the closer I got to disappearing and dying."

For Gabrielli, her self-worth took a new hit when she began college.

The classrooms were not the biggest on-campus nightmare for Gabrielli - it was the Randall Dining Commons. The cafeteria overwhelmed Gabrielli. It was one of the reasons she left Chapman in 2015 before returning her sophomore year in spring 2016.

"I just did not know how to deal with the dining hall," Gabrielli said. "Every time I went, I would binge and throw up and it was horrible. It was hell, no one talked about it."

Gabrielli said that all the choices at the cafeteria overwhelmed her.

"You know you can't choose something unhealthy because that's bad, but you want to because all your friends are having it," Gabrielli said. "You're not sure what's safe to eat and it's just very scary and stressful."

The specialists in the Monte Nido treatment room groaned when Chapman's cafeteria was brought up. They hated that Sodexo recently started labeling cafeteria foods with the number of calories in every



# From the bench: How injured athletes stay in shape

Natalie van Winden | Senior Writer

An athlete's health is his or her lifeline. Every bone, organ and muscle must be working together in perfect harmony to allow athletes to perform the best of their ability. There are measures athletes can take to prevent injuries and to stay in mental and physical shape, even while riding the bench, said Pam Gibbons, director of athletic training and sports medicine.

"There were times I wasn't sure if I'd ever be able to run or play, but that was because I became short-sighted and was impatient," said junior football player Andrew Walker, who sustained a season-ending injury last year.

Walker tore his lisfranc ligament and dislocated the first tarsometatarsal ligament in his left foot during the first practice of his sophomore year.

"At first, I couldn't do anything because I couldn't get off the bed for three weeks, but as soon as I was able to do anything, I was back in the weight room doing the weight program our team has for upper body," Walker said. "For my lower body, I was busy doing physical therapy with Pam Gibbons every single day."

Gibbons said that during the fall season, the athletic trainer's office is filled with student athletes trying to recover from ankle, shoulder and knee injuries.

"It runs across the board," Gibbons said. "If we have someone who gets injured, not only are we worried about doing specific rehabilitation for that injury, but also, we've got to think long-term about when they are going to return to play. And if we can maintain their fitness level, during



JACKIE COHEN Photo Editor

Jordyn Bradbury, a sophomore soccer player, tore her ACL during the 2016-2017 season. To recover from her injury, she had to strengthen her leg through physical therapy.

that injury recovery, then their return to play happens faster."

Sophomore women's soccer player Jordyn Bradbury tore her ACL last season, and as a result, she sat out for 10 months, and just sustained a concussion last week from repeated headers to an over-inflated ball, she said.

To stay healthy while injured, Bradbury said she tries to do as much physical therapy as she's allowed. Depending on the severity of the injury, certain exercises may be restricted.

"It's important to keep in shape to speed up the recovery process and make the transition from being out, to being able to play as smooth as possible," said Bradbury. "It is critical to make sure you stay as fit as possible in order to benefit your body and your team when you come back."

There can be a sense of guilt

associated with injuries for dedicated athletes, Gibbons said, which make it harder for them to sit out.

"It was the worst pain I've ever experienced physically, but it really is a mental battle," Walker said. "It's always your attitude that determines what you do. You either come in with a positive attitude knowing you're going to get better every day, or you have a negative attitude and lose all motivation."

Walker relied on his friends and family to motivate him through the long recovery process.

"I didn't always have a positive attitude, and it was very difficult for me to keep my head up, but my best friends and family always kept me up," he said. "We all love the sport and always keep each other in check to make sure we can play together, my teammates would always pick me up from my house and drive me to

school, help me with my homework, help me lift, help me with whatever I was dealing with."

Gibbons said the recovery time needed for athletes to safely return to competition is not always quick, and it can vary. Gibbons said that to determine whether a player is ready to play again, trainers will assess whether they are pain-free, have full range of motion and strength and if they are functional.

"It depends on the injury, it depends on the player, it depends on the sport, it depends on the position," Gibbons said. "We're always thinking about how we can best reduce the chance of another injury."

Fully recovering from an injury doesn't stop when the trainer gives a player the OK. In some cases, the player must regain confidence and retrain themselves on things that were once second nature.

"I have to have orthotics in my shoes and cleats and get special tape on my arch, since now I basically have a flat foot," Walker said. "But it doesn't stop me and it's not bad enough to stop anything. (Coming back) was amazing, like I found something that I had lost for a long time."

Bradbury said she had to put in extra time and work to recover her fitness and skills that she had lost during her time out from the ACL tear. Once she returned, Bradbury said she felt a mix of emotions.

"You are super excited to be back pursuing your passion and playing the sport you love, however, it can be frustrating because you have to work extra hard and still be careful about your precious injury," Bradbury said. "It's definitely a lot of hard work, determination, persistence and resilience."

## The alternative to medicine:

*From electrical currents to essential oils, students share tips for natural healing*

Emma Reith | Staff Writer

To alleviate stress and relax, sophomore screen acting major Deanna Faour doesn't turn to traditional methods. Instead, she scans her body with a biofeedback machine.

This measures the "electrical impedance," or the reaction of the bodily organs to alternating electrical currents, she said.

"From there, I know what my body needs, and sometimes what it needs is a lot simpler and more natural than medication," said Faour, a sophomore screen acting major.

Faour is one of many students at Chapman who have turned to alternative forms of medicine to cure their ailments. There has been a 17 percent increase in 12- to 20-year-olds who use alternative medicines - such as peppermint tea, essential oils and naturopathy, which focuses on natural and holistic healing procedures, according to a 2016 medical journal.

"Some products I consume that aren't medication actually have an effect on the way I feel emotionally and mentally, beyond just physically," Faour said. "I really think that's an approach more people should take to medicine and to getting a healthy lifestyle."

Faour sees a naturopathic doctor to help with her stress, but sophomore business administration major Kelsey Adams uses natural medicine.

"Because of my gluten intolerance, I do a lot with 'natural medicine,' you

could say, to help myself out," Adams said. "When I eat gluten, I mostly just have a huge digestion problem, so I have to drink a lot of tea to help settle my stomach."

She drinks ginger tea because it helps reduce her inflammatory response to gluten, Adams said.

"I've also definitely done weirder things to help with my gluten intolerance," Adams said. "I've taken activated charcoal (coal, wood or other substances that have been exposed to high temperatures), after eating something with gluten, which I read you're supposed to do."

Adams, though a self-proclaimed advocate for natural medicine, is still skeptical of the actual legitimacy of her homeopathic remedies.

"I think (taking activated charcoal) worked decently, but since I don't have a full-blown allergy and I don't get internal damage from eating gluten, I can't speak about how useful doing these things actually is," she said.

However, Faour believes natural medicine is a better alternative source for most people's health and well-being.

"(Naturopathy) really can help for everything, but since I have an abundance of stress, that is what I get helped with, and for other people, it could be anything," Faour said. "That's what's cool about naturopathy, is that it's a way of acknowledging how mind and body are connected."

Faour takes several supplements, like fish oil to increase omega-3's, a natural



JACKIE COHEN Photo Editor

Some students use alternative methods like essential oils to cure their illnesses.

medication called L-theanine, which is an amino acid found in green tea that activates calming neurotransmitters, and lavender oil extract to reduce stress.

L-theanine, historically used as a relaxing agent, was found as effective in aiding anxiety as standard anti-anxiety medications, like benzodiazepine anxiolytic and alprazolam, according to a 2004 medical journal.

Sophomore political science major Maddy Buss uses essential oils, like lavender and eucalyptus, to help her stress and anxiety, as well as to cure some minor physical illnesses, she said.

"I know they have the ability, sometimes, to actually cure infections, or wounds, but I've never used it for that," Buss said. "I mostly use them to help me calm down. Eucalyptus and lavender oil specifically help me when I am congested or have a cough, and it's not bad enough that I have to take medicine."

*Go to [thepantheronline.com](http://thepantheronline.com) to read the full story.*



# Finding communities outside of the gym

Tyler Miller | Staff Writer

When Samantha Dressel started practicing aikido — a Japanese form of martial arts that uses locks, holds, throws, and the opponent's own movements — it was to avoid the traditional physical education class.

"My college had a gym requirement, and I absolutely hated high school gym," said Dressel, who is a Chapman English professor. "I thought to myself, 'What can I deal with for 10 weeks? Martial arts sounds not awful,' and I ended up getting really into it."

Now, Dressel teaches classes in aikido, offering an alternative form of exercise that people can find outside of the gym. At Chapman, some students have found that through atypical ways of working out, they are able to stay in shape by participating in activities they enjoy, while also joining a community of people with similar interests.

Dressel said she challenges herself by trying to improve every time she practices. This can be as simple as entering the dojo in a bad mood and leaving in a better one.

Through aikido, which is also a form of self-defense, Dressel said she is able to achieve a state of mental and physical health that she could not find at the gym.

"It keeps me fit," Dressel said. "But it also keeps me mentally balanced in the way that it is physically training me to respond to conflict. It is also training me to mentally respond."

To maintain her training, Dressel leans on the community aspect that aikido provides. Dressel is motivated by people she practices both with and against, which is an element she said



ZOE JENSEN Video Editor

Willa Rydall, a sophomore film production major, climbs the Doti-Struppa Rock Wall.

isolated gym workouts often lack.

"You can't practice aikido alone, it is very much a community activity," Dressel said. "On days that I don't feel like going, I always know people are counting on me to be there, and so if I'm not there, it is affecting a larger community."

Travis Yoguez, a sophomore business administration major, practices hot yoga. This form of yoga causes your pulse rate and metabolism to increase, which allows blood vessels to become more flexible and calories to burn more rapidly, he said. Yoguez used to run and occasionally lift weights until he tried Yoga Sculpt, which combines free weight lifting and core power yoga poses, he decided to quit when he was

a freshman.

"We do cardio, weightlifting, core and stretching combined into one workout," Yoguez said. "It's everything that you need to do in a workout, but what would take three hours, you can do within an hour."

For Yoguez, Yoga Sculpted offered something that the gym could not: familiar faces.

"At first, it was more so I'm doing it to benefit myself," Yoguez said. "But once you start going to more classes and recognizing the same faces and seeing the same instructors, it makes it a community thing, and you trying your best also makes others try their best."

Willa Rydall, a sophomore film

production major, traded in the gym for the Doti-Struppa Rock Wall, located in the basement of the Sandhu Residence and Conference Center.

"When I'm rock climbing, I have people that I exercise with and it's something that I enjoy doing every day," Rydall said. "If you're going to the gym, it can be an isolated activity, which is great for alone time, but it's cool that I have a community of people I can exercise with."

Rydall, who has been rock climbing since high school, gets a complete workout from solving a "problem," which is what climbers call the process of scaling up a particular route up a rock wall or cliff.

"You're using almost every muscle in your body, depending on the climb," Rydall said. "Each 'problem' involves tons of different moves, so basically, each time you climb a route, you're doing a complete workout combined into one."

For Rydall, the benefits of rock climbing are not only physical. "With rock climbing specifically, you can get over a lot of fears, like being out of control or being up high," Rydall said. "It also strengthens your mind in terms of critical thinking and being able to solve the problem."

Ultimately, Rydall returns back to the rock wall for the love of the sport.

"I'm motivated to come because I enjoy it, as opposed to going to the gym. I don't enjoy going to the gym as much," Rydall said.

## ADVERTISEMENT



Photo courtesy of Sandbox Fitness

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# Food is the new medicine

## How some students change their lives with food

Leslie Song | Staff Writer

Nicole Bistram has always tried to maintain a healthy diet by eating organic and mostly raw foods. However, it wasn't until she tested for food allergies before her freshman year that Bistram learned she wasn't being careful enough, as the test showed that she was allergic to dairy, eggs, gluten, almonds and pineapple.

Bistram, a senior business marketing major, decided to go on a monthlong juice fast to clean out the toxins in her body. Like her, many students have decided to try diets that either restrict or eliminate certain food groups for the sake of their health and well-being.

For Bistram, taking care of her health is a priority. In order to live a good life, taking care of her body was the first step, and the results were "unbelievable," she said.

"I've always had really dry skin but after that, my skin was perfect," Bistram said. "I just felt so much better and (the diet) boosted my immune system by a ton."

Every day for a month, Bistram drank a gallon of homemade, organic pressed juice, and she didn't consume any solid food or other liquids.

"I think that caring for your body is one of the most important things. You're stuck with this body for the rest of your life, so if you want to live well, I suggest you take care of it," Bistram said.

Aside from the benefits, Bistram acknowledges that there were also inconveniences while on the juice fast. Challenges included the time and effort that went into making the juices every day, making sure that her juice supply was accessible at all times and the fact that she wasn't able to exercise during the duration of the cleanse due to the lower caloric intake. But, she said the pros outweighed the cons.

Bistram finds that going on a juice cleanse is more effective for her during longer periods of time, and is best to begin when her immune system isn't working properly or when something in her body doesn't feel right.

But not all professionals agree with Bistram and others who give up solid food for multiple meals. Denise Canellos, a food science professor and certified nutritionist, advises against juice cleanses or drinking juice in place of solid food.

"(Juice drinks are) devoid of fiber. Also, you're not getting enough protein, usually not enough healthy minerals and you're not getting healthy fats either," Canellos said. "If you eliminate a whole group of food, you're eliminating the nutrients that come with that group of food. At the end of the day, you find yourself malnourished."

From the perspective of weight loss, a juice cleanse or any type of diet is not a healthy option unless it includes whole foods and plenty of exercise, Canellos said.

"Losing weight is really hard and often it goes against our biological instincts. Our survival instinct is more for us to hold on to weight and energy than to lose it," Canellos said. "It's easy if you just cut out whole groups of foods because then you don't have to make any decisions, but it never leads to lasting weight loss."



Photo illustration by CATIE KOVELMAN Staff Photographer

Calvin Musquez, a sophomore film production major, drinks vegetable-enriched juice after a workout.

For students like Grant Acker, a senior piano performance major, his diet change was due to a health epiphany following a rare diagnosis.

When he was in middle school, Acker was diagnosed with non-polio enterovirus, a virus that attacks organs in the body, which led to further physical and emotional ailments that left him unhealthy, underweight and bedridden, he said.

After meeting with several doctors, Acker decided that western medicine wasn't alleviating his symptoms. He eventually found a homeopathic doctor and nutritionist, who believes in the body being able to heal itself, and suggested a paleo diet, which cuts out grain, milk, soy, corn, rice, dairy and sugar.

Acker believes that his previous diet was a big contributing factor to his illness. Once he switched to the paleo diet, he was able to go outside and be active within a month.

"I was able to focus better (and) my mind felt clearer. I felt more energy, I felt happier. I was able to get more muscle. With more protein, I was able to get (back) to my normal state much faster," Acker said.

Acker chooses organic options and does not eat processed foods, he said, and this diet requires him to ask a lot of questions and read many labels.

"Normally, I cook most of my stuff, or if anything, I'll bring snacks if people are eating at a place that I can't eat at. Or, if they don't mind, eating at my more expensive restaurants that have wild-caught fish or sushi," Acker said. "Paleo is expensive, but it makes you feel better."

For others, choosing a new diet might be for ethical reasons rather than for physical improvement.

Alana Williams, a senior news and documentary major, has been vegan since seventh grade. She said she was influenced by her mom, but when she learned more about how the production of certain foods can hurt animals and the environment, she strengthened her stance.

"I understood more about the



JACKIE COHEN Photo Editor

Some students turn to diets and food fads to be healthy.

conditions that the animals were in, (and) to me, that's so much more important than eating something that tastes good," she said.

For Williams, the health advantages that come with veganism, such as a boost in energy and a decrease in acne, were added benefits.

Although Williams did not eat much red meat or dairy before becoming vegan, she still noticed some changes after eliminating these food groups, in addition to other animal products.

Williams's biggest struggle with veganism is being diligent when it comes to preparing and eating food, she said. Trying to find vegan-friendly options is another problem.

Williams hopes that in time, more options will appear for vegans. However, the social stigmas around veganism can bring negative reactions, she said.

"I think it's because it's a diet that incorporates morality," Williams said.

Non-vegans can get defensive when it comes to topics surrounding

veganism, and vegans can be assertive when sharing their views, Williams said. However, although Williams feels strongly about animal rights, she tries to remain open-minded when it comes to nutritional advice and trying new things, she said.

Williams eats honey, which is not typical for vegans. She's also tried a type of clarified butter called ghee, and just recently, has been buying eggs from the farmer's market.

As long as the choices have nutritional value and are not harmful to animals, Williams will accept these foods, even if they go against the guidelines for a vegan diet.

"I think people neglect to see that health is it can benefit you on a day-to-day basis. By eating healthily, you'll have a better experience with life and feel more energized and vibrant. I feel happier when I eat better and that I think also helps with self-confidence. It's a self-care thing for me," Williams said.



## My birth control is none of your business



Olivia Harden  
Opinions Editor

On Oct. 6, the Trump administration made moves to roll back on Obama-era policies that require employer health plans to pay for birth control. Employers will now be

able to opt out of paying for birth control and other contraceptive methods on the grounds of “religious and moral objection.”

The news of these policy changes wasn’t shocking to me. Sure, the changes feel archaic, but men in politics wanting autonomy over women’s bodies didn’t end with the Affordable Care Act. Women’s reproductive health has always been a hot topic of public discussion, despite the subject being extremely personal. A woman’s decision about having children or using birth control is really no one else’s business.

Birth control is used for a number of medical reasons outside of preventing pregnancy: reducing or preventing acne, bone thinning, cysts in the breasts and ovaries, endometrial and ovarian cancers, infections in the ovaries, fallopian tubes and uterus, iron deficiency (anemia) and PMS (premenstrual syndrome). The demonization of birth control as this “un-Christian” entity allows politicians to push a narrative that allows businesses to get out of paying for the health of women’s bodies.

The first time I saw a doctor for birth control, I was 13 years old. Maybe that sounds strange, but I wasn’t seeking birth control pills to prevent pregnancy. It was typical for me to throw up the first day of my menstrual cycle. My period was extremely irregular and unpredictable. I was just a kid who was in a lot of pain for five days a month. The doctor prescribed me a combination pill to regulate my cycle. I noticed a total difference after the first month, and I didn’t have to be concerned about my cycle being irregular anymore.

I don’t tell that story often. It’s not the type of thing that tends to come up during dinner conversations, but I do think it’s an important story to share. We have to be willing to have open and candid conversations about our reproductive health. Talking about menstruation has been deemed taboo, despite the fact that 50 percent of the population will have a period at some point in their life. Not all periods are created equal. Before going on birth control, my cramps would be so painful, I would have to leave school early. And maybe I’m wrong, but I have a feeling that if more lawmakers had uteruses, there would be less conversation surrounding what I decide to do with mine.

## EDITORIAL



Illustrated by Gaby Fantone

## After tragedies, put mental health first

The Panther Editorial Board

The deadliest mass shooting in modern American history took place on Oct. 1 at the Route 91 Harvest Festival in Las Vegas. 58 people were killed and close to 500 people were injured when a gunman opened fire on about 22,000 concert attendees.

Hundreds of miles away at Chapman, President Daniele Struppa emailed the Chapman community saying that one student had been injured in the shooting.

“I wish all of us strength as we face this terrible tragedy, and I ask that we all come together as a community to support each other, and to reaffirm the values on which Chapman was founded,” he wrote.

Inside the Fish Interfaith Center Oct. 2, there were candles and a notebook for students to reflect and honor victims. On Oct. 7, the university held a candle-lighting ceremony.

But for the Chapman students who attended the concert, it’s going to take a long time to recover from the trauma of hearing gunshots, seeing dead bodies and running for their lives. Professors need to understand this.

It should not come as a shock that students who have just witnessed a massive tragedy will need to take time off from school. When junior public relations and advertising major Freida Freeman, who attended the concert with her older sister, left class to visit a counselor, she said her professor lacked “compassion.”

A few days earlier, she had been in the middle of a crime scene, where a woman was yelling at her to use her as a human shield. Freeman told The Panther that she hadn’t even had time to hug her parents. But somehow, she is expected to sit through class. A professor disallowing a student to seek help after experiencing this kind of trauma is unacceptable.

This week, The Panther decided to devote our issue to the topic of health, because as a staff, we agree

that health deserves to be a priority in students’ lives - and that includes mental health. The status of a student’s mental health has to be taken seriously, especially after such a traumatic incident like the one in Las Vegas.

The university needs to be aware that some students may experience post-traumatic stress disorder (PTSD) as a result of the shooting.

“The initial relief to be alive may be followed by distress, fear and anger. Survivors of mass shootings may find it hard to stop thinking about what happened, have trouble sleeping or feel keyed up or on edge,” according to the U.S. Department of Veteran Affairs.

The effects of traumatic stress are not only emotional and cognitive, but can also be physical.

Traumatic stress victims often experience symptoms like fatigue, exhaustion, cardiovascular strain and even increased physical pain. But students should never have to get to the point where their mental health is so impacted that their physical health starts to decline. Even students who weren’t physically there may be feeling the after effects of a national tragedy, especially if they had friends or family who were in Las Vegas during the shooting.

After the presidential election last fall, many professors canceled class, the idea being that some students would need time to cope with the idea that Donald Trump would be president. One professor even screened the final inning of the World Series in class to cheer students up. Students who have experienced a mass shooting need to be extended the same courtesy, especially if they are missing class for something as crucial as visiting a counselor to talk about their trauma.

Mental health needs to be a priority. While only one Chapman student was physically injured during the shooting, others have emotional scars that need just as much attention and care.

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Have a question, comment or idea? Contact us at [thepanthernewspaper@gmail.com](mailto:thepanthernewspaper@gmail.com).



## Entering my 20s: Why does my body suddenly hurt?



Kennedy Whittingham, senior television writing and production major

When I tore my ACL for the second time in April, it still didn't faze me that I wasn't invincible. Much like the claim that mothers forget the pain of childbirth, I had forgotten almost the entire recovery process that I went through seven years prior, and even told people that I was excited to get back to working out, as if it wasn't going to be a difficult recovery. I went through a very busy and active April and May, powering through a torn knee without really thinking about the damage or recovery. I thought that even if I messed it up more, I'd be getting it fixed anyway, so what could be so bad? It wasn't until the day of my surgery that I started to get nervous. I had put the pain out of

my mind so religiously that I had forgotten I was going through a whole ordeal, and the recovery was not going to be easy. On the other hand, I'm in my 20s. Nothing could get me down, right?

I started having dreams a few weeks leading up to my surgery. I would always be running from something or exerting a lot of physical effort to prevent bad things from happening. It wasn't until a few days before the surgery that someone asked if my dreams meant I was afraid of not being able to escape something. I'd never thought about it before. In my mind, in any event that happened, I would be strong enough to survive. I would kick down doors, endure any pain and easily escape obstacles that came my way - I did run track, after all. I'd spent my entire life believing that any disaster or apocalypse-type situation would simply be a test of my physical strength, but my dreams were telling me to run while I still could.

A few weeks after I'd gotten acquainted with my large leg brace, the news of the hurricanes in Texas and Florida broke. Jumping to the worst conclusions, I started thinking about how I was more vulnerable than ever. I saw elderly people trying to flee, and I sympathized with them on a new level. I started thinking about the early 20s mindset, and how we still think nothing can hurt us - but our body is just beginning to tell us otherwise. Things I could do previously just

because I wanted to were now out of the question. The idea of getting from the Lastinger Parking Structure to the other side of campus became almost too much, never mind the thought of not being able to use the elevator in the event of an earthquake or other natural disaster. Though I'd been through it before, the pain in my knee and the obnoxious cast reminded me of the inevitable: My body will never be as young as I will forever think it is.

Yes, it's early to be thinking about the qualms of old age, but looking back, many of the things I could do during my first year of college aren't even conceivable anymore. As a young person, it's hard to think that, one day, it might take every ounce of strength to just get out of bed, and it's important to recognize when we take our agility for granted. My second reconstructed knee has taught me to appreciate taking the stairs, running to class and even taking a tumble without worrying about seriously injuring myself.

Quickness and agility are pretty crucial to our society, and though it pains me to say, a huge part of getting older is acknowledging getting older.

Part of health in your early 20s is appreciating what your body can do, but also recognizing new limits and how to treat yourself right, so that when the time comes, you can easily outrun any natural disaster or zombie.

## Being healthy with a little help from my friends



Kaleo Chang, sophomore strategic and corporate communications and political science major

Taking care of yourself is hard... like, really hard. Just the other night, I thought I could "adult" and cook myself a healthy dinner using fresh ingredients and, as many chefs would suggest, "a whole lot of love!" The meal ended with my cooked food and, just to spice things up, several burns and two cuts on my hand. I know, right - I'm thriving.

After I finished cleaning up and pulling myself together, I realized it was 9 p.m. and I hadn't even begun my homework. So, like the responsible individual my parents raised, I immediately opened Snapchat to let the world know of my grave cooking mistake. Before I knew it, it was 10:30 p.m. Great. For some odd reason, time moved quickly while I did my homework, as I

read pages I had no clue about, wrote responses I had no interest in and, of course, cried stress tears. I finally made it to bed and just a few hours later, my alarm went off, signaling the beginning of a new day.

What a joy.

Is it just me, or is it nearly impossible to live a balanced, healthy life? I get it, health is important and if you're not healthy, well, I've heard that you die. Still, this "healthy lifestyle" is really hard. There are many aspects of health that we deal with on a daily basis: physical, mental, emotional, social, nutritional, academic, financial, to name a few. How is it even feasible for us to address each of these health concerns every day? If I prioritize my nutritional and academic health, well, my mental health is going down the drain because I'm not sleeping that night. If I prioritize my social health, my emotional health is in a good state, but my academic or career health will definitely bother me the next day. And as a student trying to watch his spending... my financial health is slipping just a little. So what do I do?

What I've found to be successful is lying down and accepting defeat. Yet somehow, through each of my experiences with this, I'm never down and defeated for too long. These people around us, often referred to as friends, are there to pick us up, help us out, boost our health and ensure we're good to go. We just need to realize that they'll be there when we need them.

The night before cooking mess, I realized I had forgotten my milk in the refrigerator section of Ralphs. My friends immediately offered up their milk so that I could cook that night. However, another one of my friends decided we should get sushi instead, so we did. The next day, I attempted to cook, and you already know how that went, but the next morning, my friends offered me Band-

**“ We're not single-handedly responsible for our own health, because we have so many people looking out for us. ”**

Aids, Neosporin and emotional support.

We're not single-handedly responsible for our own health, because we have so many people looking out for us. Our biggest downfall is that we hold ourselves to be strong and independent all the time when really, that's impossible. But it's not something to sweat about. We're all surrounded by some pretty awesome people, so rest easily knowing we're not caring for our health alone... and thank goodness for that.

### Staff Column:

## Skinny doesn't always mean healthy



Lorig Yaghsejian, features editor

I am 5 feet 2 inches and 94 pounds. I wear an A-cup bra size and size double zero jeans that are still loose at the hip.

When people look at me, they make a couple assumptions about me: I must eat healthily and exercise, and that I like the way I look. In reality, I eat popcorn for dinner, my definition of exercise

is doing 10 squats and checking the mirror to see if anything actually improved "back there," and I feel like I look like a toothpick.

I am the least healthy person I know. To me, healthy eating means organic macaroni and cheese. I can't remember the last time I ate vegetables and I have never had a salad (like, ever). I get sick about eight to 10 times a year (I'm even sick right now), I'm anemic and ironically, my

last blood test showed I had higher levels of bad cholesterol than good cholesterol. I also don't get enough sleep or drink enough water, so I'm really the opposite of the poster child for health.

My parents have been telling me since middle school that one day, my metabolism is going to slow down and all the junk food and high-fat, sodium-filled meals I eat every day will catch up with me.

**“ No one has the right to discuss anyone's weight no matter what size he or she is. It's a private matter. ”**

But I'm still waiting for that day.

My mom is a firm believer in eating healthy, and it still shocks her how little I care about my health. No one else in my family has my body type and they don't understand how I look this way when I eat so much more and so much worse than all of them. I'm Armenian and the majority of Armenians typically have a curvier body shape.

My friends always tell me how lucky I am that I

don't have to worry about gaining weight, but as the saying goes, you always want what you can't have. I would much rather gain weight and look less like a toothpick and more like a developed woman.

Many people feels like they have a right to comment on my size because they are discussing how small I am rather than how large. I have heard comments ranging from "You look like a 12-year-old boy" to "You look anorexic," which never sits well with me.

It's disgusting that people believe it's appropriate to say these things to anyone. In reality, no one has the right to discuss anyone's weight no matter what size he or she is. It's a private matter. People assume that since I'm skinny, that I am OK with how I look, but that is not the case. I still struggle with the fact that I don't - and never will - look like the Kardashians with a small waist and a large behind.

People think I have no right to feel insecure about my body because I'm skinny. But in reality, everyone has a right to feel insecure - or, on the other hand, confident - no matter what size they are. As strange as that might sound, it's my own right to feel negatively or positively about myself.

Although everyone should strive to make themselves feel more positive about their body, other people should not make remarks regarding their size and make it worse for them.



## Women's volleyball: no room for doubt



Jacob Hutchinson  
Sports Editor

The women's volleyball team has not been playing well recently – the team has lost three straight games and has not won a conference game since its five-set thriller against Claremont-Mudd-Scripps Sept. 23.

The team's season has, as head coach Mary Cahill put it after Chapman's 3-2 loss to Occidental College Oct. 3, "been weird."

"We've beat the top teams and lost to teams that are right in line with us," Cahill said. "We know we are good. We need to play like it."

Cahill is right – this team has great talent, coaching and the added motivation of barely missing out on making the playoffs last season. That's why it's surprising to hear team members say things like they "underestimated (their) abilities" Sept. 24 and "panicked" Sept. 30.

Teams often play out their season with streaks. Chapman had a string of wins to start the season before its recent run of losses. Confidence is fickle and can evaporate as quickly as it emerges, but to lose confidence so quickly after beating a tough team like Claremont-Mudd-Scripps is confusing.

While Chapman's loss to the University of La Verne the following game Sept. 26 is disappointing, it's not surprising. It was an away game against the No. 14 nationally ranked team in Division III. But losing to Pomona-Pitzer at home, without even forcing a fifth set, is concerning.

Chapman won the second set of that game 25-9. They are clearly the better team on paper. As Cahill said after that game, "I don't know why (the confidence did not carry over from the second set). They've been playing volleyball since they were 12 years old, they shouldn't be panicking at this time."

There were also signs of timidity early in Chapman's last conference win, against the then-No. 7 nationally ranked Claremont-Mudd-Scripps. They dropped the first two sets and looked like they would drop the third. But late in that third set, something clicked. It was instant.

Senior middle blocker Abby Smith put away a kill that tied the set and suddenly, Chapman became a relentless force. The team rattled off nine straight points to win the set and showed the sort of energy that made it seem like a loss was life or death. After fighting back from seven match points in the final set and winning, the crowd erupted into a frenzy not often heard in a Division III gym.

I'm not saying the team has lost that energy. I haven't been to every game, so I haven't seen every point that's been played. But in the past two games, the team has lost in two matches that went all five sets.

After that game against Claremont-Mudd-Scripps, the team echoed a mantra of never losing set five due to their endurance. "Whenever we go to set five, we always win," said junior outside hitter Lindsey Johnson.

That's gone. Chapman can't rely on being able to outlast other teams. So what's its new identity?

This isn't a warning to say that the Chapman volleyball players are amid an unsolvable crisis. They're in a playoff spot, as they should be. But they need to stop underselling themselves. By their own assessment, they underestimated themselves in the match against Claremont-Mudd-Scripps.

This team has the talent to take down any team in the conference, and Chapman knows that. But it seems like when players get in a hole, they tend to doubt themselves. And for a team this good, there shouldn't be any doubt.

## Football scores 31 first-half points in homecoming rout

Naidine Conde | Web Editor

Chapman's football team kicked off this year's homecoming game against Whittier College with a trick play that made a packed home crowd of 3344 people at Wilson Field erupt. A fake run play saw the ball handed back to senior quarterback Ricky Bautista, who found senior wide receiver Jacob Isabel wide open downfield for a 62-yard pass play and touchdown 41 seconds into the game.

Head coach Bob Owens said the team always designs a big play especially for homecoming – and that play was it.

"It was something we have drawn up all week and it worked just like coach (Owens) drew it up," Bautista said. "We ran it like 10 times this week in practice."

This play set the tone for the rest of the Oct. 7 game. Isabel credited Bautista – who threw for 320 yards and four touchdowns in the 42-25 win – for the connection.

"Ricky (Bautista) put it right on the money and the alignment held up," Isabel said. "He is amazing, probably one of the hardest workers on the team. (He's) always in the coach's office watching film. We know Ricky is going to make every throw if the line gives him time."

Owens echoed Isabel's positive comments about Bautista.

"Ricky (Bautista) is like a coach on the field," Owens said. "(He has) tremendous vision and makes good decisions."

Chapman maintained this success throughout the game, with a pair of interceptions by junior defensive back Marek Spooner-LeDuff leading



JACKIE COHEN Photo Editor

Sophomore defensive back Golan Gingold, No. 16, congratulates junior defensive back Marek Spooner-LeDuff, No. 18, after one of his two first quarter interceptions Oct. 7.

Chapman to a couple touchdowns. "(Turnovers) helped us out a lot," Spooner-LeDuff said. "It just feels great to see that the offense is going down and just driving it in and doing what they need to do when we get the turnover. For them to keep doing it over and over – it just feels outstanding."

Chapman ended the first half leading 31-0, scoring four touchdowns and adding a field goal. Whittier has not won a football game since 2014, making this the 26th straight football game it has lost.

"Whittier is a good football team and we really believe they're going to beat somebody really soon, we just didn't want it to be us," Owens

said.

This is Chapman's second straight win after losing its first two games of the season. The team is undefeated in the conference.

"Football is an ongoing situation where you're constantly making improvements," Owens said.

"Our guys have done a great job eliminating mistakes. Offensively, turnovers and petty mistakes. Defensively, improving on our tackles. We've done all those things and tonight was a great example of us doing the right thing."

Chapman's next game is at home at 7 p.m. Oct. 14 against the University of Redlands.

## Pete the Panther: maintaining the mystery

Kali Hoffman | Staff Writer

Pete the Panther is the face of Chapman. He's seemingly everywhere: at football games, the chili cook-off and even yoga on Memorial Lawn. Still, the identity of the man or woman behind the mask remains a mystery.

To become Chapman's mascot, whatever student assumes the costume has to hide his or her personal identity so that it doesn't interfere with Pete's image. The athletics department declined to release the identity of the current Pete the Panther to preserve the "school secret." Though the department has some control over whether or not Pete's identity remains secret, it is ultimately up to the student Petes – who tend to have a commitment to continuing the tradition of secrecy.

"My boyfriend was Pete and he tried to keep it a secret," said cheer coach and '14 alumna Emily Hepp. "We dated for three years, and I even had to figure it out myself. On our first date at Disneyland, he kept referring to Pete as his good friend, and eventually, I had to ask, 'Is it you? Are you Pete?'"

Hepp said that even after she found out her boyfriend's secret, he still tried to distance himself from the Pete persona. He would often talk about Pete as if he was a separate person by saying, for example, "I wouldn't do that, but Pete would." Looking back, Hepp admits this behavior was "a little weird," but as the person now in charge of appointing the Petes at Chapman, she understands the mindset.

"I think the Petes themselves are really proud to be Pete," Hepp said.

"In some way, they also want to be able to do whatever they want and not care what people think of them personally. The Pete we have currently is even selective on who we hire as his handler because he doesn't want the secret to get out."

Some Petes are strictly dedicated to maintaining the mystery – but not all of them.

"Oh, I told everyone I was Pete. I still tell everyone," said senior integrated educational studies major and former Pete the Panther Ketzia Abramson. "It's like my No. 1 fun fact."

Students who want to become Pete have to try out and be approved by the cheer team. While Petes are usually work-study students who get paid minimum wage, some students volunteer to be Pete. "They need to be able to move and dance in the suit, but most of all, we look for an energetic and engaging person," Hepp said.

Abramson, who volunteered as Pete her sophomore year, said being Pete was "a blast," but not something she would want to do again.

"Homecoming was such a traumatic experience," Abramson said. "It was five people all sharing one sweaty costume. They clean it, but for a while, you just have to live with the germs."

The costume, which has more than 10 separate pieces, is poorly ventilated and too heavy for one person



JACKIE COHEN Photo Editor

Pete the Panther dances at the home football game Oct. 7.

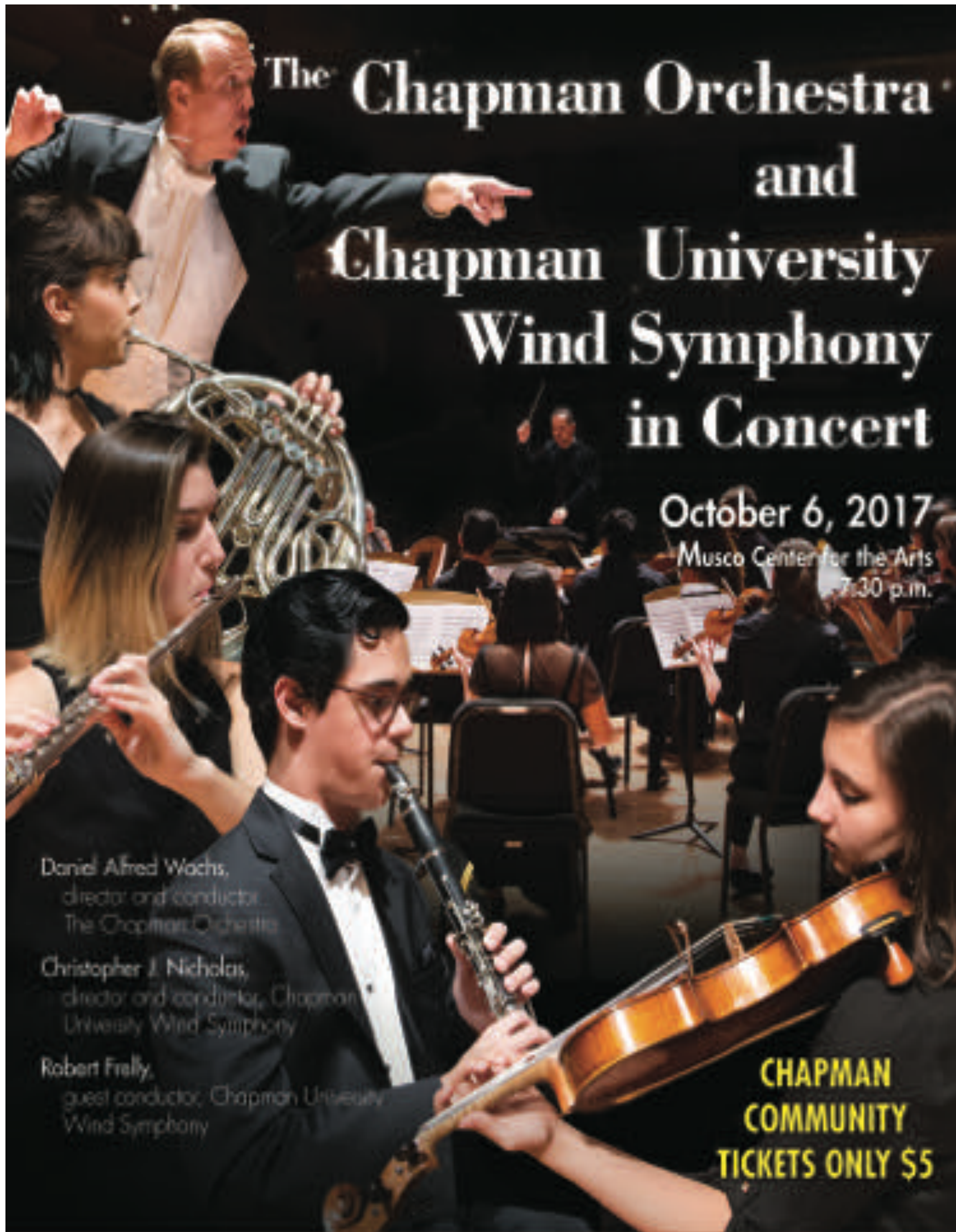
to wear for an extended amount of time. Pete's handlers have a special hand-signal communication system with Pete so the student in the costume can request breaks.

"Movement is definitely limited," Abramson said. "I did a Yoga on the Lawn event as Pete and everyone kept asking me to do fancy poses and I had to say, 'Listen, Pete can do a warrior pose and that's about it.'"

Despite the burden that is the "clown shoes" and "furry overalls" of the Pete costume, Abramson said getting to interact with the community as Pete makes it all worthwhile.

"I've never been a person that is super popular, but you put on that costume and everyone loves you," Abramson said. "They all smile even though underneath, you're really just a sweaty white girl," Abramson said.





# The Chapman Orchestra and Chapman University Wind Symphony in Concert

October 6, 2017  
Musco Center for the Arts  
7:30 p.m.

Daniel Alfred Wachs,  
director and conductor,  
The Chapman Orchestra

Christopher J. Nicholas,  
director and conductor, Chapman  
University Wind Symphony

Robert Freilly,  
guest conductor, Chapman University  
Wind Symphony

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# Kai Howe: from Tokyo to Southern California

## Junior forward a key part of men's soccer's attack in first season

Nishaa Sharma | Staff Writer

Kai Howe didn't expect to move from Japan, let alone play soccer for two different California schools. The junior forward's journey to Chapman began more than 5,000 miles from Orange.

Howe, who has an American father and a Japanese mother, was born in Tokyo, Japan, and spent a majority of his childhood in Bangkok, Thailand. He has been playing soccer since he was in kindergarten.

"We had to move around a lot because of my dad's work, but no matter where we were, soccer was always a part of my life," Howe said.

His parents encouraged him to sign up for soccer when he was younger. Howe realized he loved the sport when he was invited to move to England when he was 12 to play soccer at an academy. Howe's parents weren't ready to let him move at that point, so instead, he played club soccer in Japan.

After receiving offers to play for multiple schools, including Saint Mary's College, he made the decision to move. His parents and younger brother still live Tokyo, but his brother, a senior in high school, plans to play for the Chapman soccer team.

"My mom wanted me to stay in Japan, but my parents knew it's always been a goal of mine to go abroad and play soccer," Howe said. "They're supportive of me playing here and are happy for me, but they want me to come home as much as I can."

Howe transferred from the Division I Saint Mary's College at the beginning of this semester. Despite switching to a Division III school, Howe is happy with the change.

"So far, Chapman has been great," Howe said. "It's a great place to go to school; I really like the guys on the team and we all adjusted well," Howe said.

Howe has started all 13 games for Chapman this season, scoring four goals and adding one assist. He has put more than 30 percent of his shots on target.

Howe isn't the only international student on the soccer team who has made the switch from a Division I school to Chapman. Senior midfielder Elliott Braund, who is from England, transferred at the beginning of his sophomore year from California State University, Fullerton after his coach was fired.

"When a new coach comes, they oftentimes have a completely different way of running things," Braund said. "After that happened, I started looking to transfer and found Chapman."

He found that he was able to focus on his academics more at Chapman than at a Division I school.

"Division I schools are allowed to put more practice time in, which doesn't leave time for much else," Braund said.

Head coach Eddie Carrillo agreed that academics is a primary reason that athletes transfer to Chapman from Division I programs.

"It's not that the Division I schools aren't good academically," Carrillo said. "It's that (transfers) want more time to dedicate to their academics and to have more in their college experience than just playing."

Howe, who is a business administration major, said he is taking advantage of his time at Chapman by exploring the beaches and cities of Southern California in his free time.

"It's crazy, I never thought I would end up where I am today, being able to do what I love in such a great location," Howe said. "I feel really blessed."



“  
It's crazy, I never would have thought I would end up where I am today. I feel really blessed.  
- Junior forward Kai Howe”



Photos by JACKIE COHEN Photo Editor

### SCOREBOARD

#### Men's Soccer

Chapman 2 Occidental 0  
Chapman 2 Caltech 0

#### Women's Soccer

La Verne 3 Chapman 2  
Pomona-Pitzer 4 Chapman 0

#### Football

Chapman 45 Whittier 24

#### Men's Water Polo

Chapman 18 Connecticut Col. 10  
Chapman 15 Fresno Pacific 9  
Navy 16 Chapman 12  
San Jose St. 17 Chapman 14

#### Women's Volleyball

Occidental 3 Chapman 2  
Vanguard 3 Chapman 2

Key: Bold = Chapman, winner listed first

### UPCOMING GAMES

#### Men's Soccer

Oct. 11 vs. Claremont-M-S 4 p.m.  
Oct. 14 @ Whittier 7 p.m.

#### Men's Water Polo

Oct. 11 @ Caltech 7 p.m.  
Oct. 14 Alumni Game 11 a.m.#

#### Football

Oct. 14 vs. Redlands 7 p.m.

#### Women's Soccer

Oct. 11 @ Cal Lutheran 7 p.m.  
Oct. 14 vs. Whittier 11 a.m.

#### Women's Volleyball

Oct. 10 @ Whittier 7 p.m.  
Oct. 13 vs. Cal Lutheran 7 p.m.  
Oct. 14 @ Redlands 2 p.m.

Key: Bold = in-conference game  
#= Unofficial scrimmage