

THE BREAKING POINT

How stress, anxiety and mental illness plague Chapman's campus

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Lawrence Dodge, namesake of Dodge College, dies

Rebecca Glaser | News Editor

Lawrence Dodge, whose \$20 million donation helped build the Dodge College of Film and Media Arts, died Dec. 1, according to a blog post written by University Spokesperson Mary Platt.

However, President Emeritus Jim Doti said that the Lawrence and Kristina Dodge's numerous donations weren't the only contributions that made the film school what it is today – Lawrence Dodge also helped plan the curriculum and chose faculty members.

“(The Dodges) did play a very important role, not only financially, through their philanthropic support, but the help they gave us in laying out a long-term plan for the college, how it would grow and what areas the film school would specialize in,” Doti said.

Doti said that initially, Lawrence Dodge was mostly involved in the strategic planning aspect of the new Dodge College, but as the growth progressed, he expressed interest in backing the project financially, even when costs began to climb.

“It's kind of ironic that he helped us with a plan – and it was a very ambitious one – and the more ambitious he made it, the price tag on the naming (of the school) would increase because we had to accomplish



Lawrence Dodge's \$20 million donation funded the construction of Dodge College of Film and Media Arts, and he also helped plan the school's curriculum and choose faculty members.

more things and we needed more capital to do it,” Doti said.

Pete Weitzner, a broadcast journalism professor at Dodge College, said that Lawrence Dodge's greatest contributions were far more than just monetary and that the way he encouraged students and faculty made him a beloved figure in the community. Weitzner recalled when Lawrence Dodge would occasionally visit his broadcast news courses and offer to take the class out to lunch.

“That was Larry's greatest

contribution,” Weitzner said. “He was, in his way, elevating people, saying, ‘You can be like me, a self-made man.’”

Despite his numerous contributions in the Orange County area, Lawrence Dodge, originally a banker, had a private life that included some personal and financial difficulties, including accusations of violating federal banking regulations in 2009 and a custody battle for triplets carried by Kristina Dodge's pregnancy surrogate, according to a 2013 article by the Orange County Register. Eight

years after the \$20 million donation to Chapman, the Dodges filed for bankruptcy protection.

Aside from the family's struggles, those who knew Lawrence Dodge painted a picture of a man of many interests, well-versed in the world of film, as Doti said that Lawrence Dodge financed a film called “Dark Matter” about a fictional school shooting in Iowa.

“He was a real renaissance man. He had a lot of different interests,” Doti said. “It was always fun to get together with them, and I just felt that whenever we did, I would always come out of those meetings feeling energized.”



Lawrence Dodge

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Restoring Wholeness

The advertisement features a dark red header with the text "Restoring Wholeness" in a white serif font. Below the header, there are two columns of text and two photographs. The left photograph shows a woman in a green top talking to a woman in a yellow hijab. The right photograph shows a group of people sitting around a table in a meeting. At the bottom right, there is a logo for "ALANNA PACIFIC" with a red stylized 'A'.

Chapman-related police calls decrease after ‘party ordinance’ passes

Sabrina Santoro | Assistant News Editor

Public Safety has noted a significant decrease in the number of disturbance calls involving Chapman students following the Orange City Council’s unanimous vote to pass the “party ordinance” - which allows police to issue a misdemeanor citation to anyone attending a “loud or unruly gathering” in Orange.

Chief of Public Safety Randy Burba said that between Aug. 15 and Dec. 1, 2015, there were 42 Chapman-related calls from the Orange Police Department. During the same time period in 2016, with the amended ordinance in effect, the Orange police reported 25 Chapman-related calls. Although Burba said these calls can also occur under different circumstances, he estimates that about 95 percent are party-related.

“I think the students living in the neighborhood have done a tremendous job of getting to know their neighbors, understanding the ordinance and making the adjustment,” Burba said. “I think it’s clearly been a good job by them just based on the numbers.”

Orange Police Department Capt. David Nichols said in an Oct. 25 Neighborhood Advisory Committee meeting that some of the visits are related to parties, but many also involve “late evening conversations in outdoor



Graphic by REBECCA GLASER News Editor

Chapman-related calls made to the Orange police have decreased since the “party ordinance” was passed by the Orange City Council last year.

areas or yard maintenance.”

The Orange Police Department could not be reached for comment to confirm the numbers given by Public Safety.

“I think part of the reason that some of the calls are down is simply because students talk to their neighbors, long-time residents talk to the students and they talk about expectations,” Burba said. “I just think there’s more communication and typically that solves a lot of issues.”

Although the number of party-related phone calls has markedly decreased since the party ordinance was put in place, Quinn Halleck, a sophomore

film production major, said that he does not believe it has been effective in its overall purpose to reduce loud parties.

“It hasn’t stopped people from partying, it’s just been a nuisance to the people who aren’t partying,” Halleck said. “When we had a party at our house, we went to each of our neighbors and told them we were going to have a party, and they said, ‘We won’t call the cops on you if you don’t call the cops on us for our barbecue.’ They have to worry about cops being called on them for having a barbecue in their backyard as much as we have to worry about us having cops called on us for

a party.”

Sophomore film production major Jono Goetzman agreed with Halleck, and said that the ordinance has had a negative effect on the community, despite improved neighbor relations and fewer parties.

“There are other ways to do it. The way they did it and the way they went about it was extremely disrespectful,” Goetzman said. “I understand there were a couple crazy parties that went out of hand, but that’s gonna happen and those kids are idiots for throwing those crazy parties. Just because a couple of kids did that doesn’t mean you have to ruin it for the entire school and for your city,” Goetzman said.

Burba said when there is a loud party off campus, the Orange Police Department responds to the disturbance and will call Public Safety for assistance if a Chapman student is involved. Public Safety then documents the incident and forwards the report to the university for internal review, which is separate from the police department’s process.

Orange residents can be fined \$800 or more by the police department and can receive a misdemeanor citation for hosting or attending a party deemed loud or unruly. However, there is a separate disciplinary and review process through university administrators where violators who are students can receive additional fines.

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Mirrors and sunglasses: Magicians perform on campus

Kristen Weiser | Staff Writer

From shoving balloons up their noses to nearly impaling themselves with nails, The Conjurers of Chapman worked with much more than rabbits and top hats at their first official show, "Mirrors," in Moulton Hall Nov. 30.

Consistent with the show's title, each trick throughout the show was somehow tied back to the subject of mirrors.

"The reason that we picked mirrors is because mirrors, in a way, scare us, and mirrors are the only source that tells the truth of who we are," said Ethan Robarts, the president of The Conjurers. "The thing is that mirrors can be altered and warped, and that's when magic plays in because when you warp something, it becomes an illusion and an illusion then becomes magic."

About 20 people attended the show. Attendees included mostly students, as well as an appearance from President Daniele Struppa and his daughter, Arianna. The two decided to attend because of their love for magic, something that they share with Robarts, whom they met at Masters of Illusion show in the Musco Center for the Arts Nov. 17. They sat front and center and Arianna Struppa was even chosen to interact with the magicians.

The performance was hosted by recent addition to The Conjurers team Adrian Barron, who set the tone of the show by darkening the lights and announcing to the audience, "Everything is not as it seems," which quickly became the show's catchphrase.

One trick featured The Conjurers' vice president, Antonio Abarca, and his magical doorway. The trick featured a box with a pair of sunglasses



KAITLIN HOMAN Senior Photographer

Ethan Robarts, president of The Conjurers of Chapman, performs a magic trick Nov. 30.

that he claimed were "heavier than sin" and could not be lifted.

Junior theatre major Sarah Richards ripped the box off the doorway so hard that she almost fell back, causing Abarca and the audience to burst into laughter.

"Oh, my God, she did it. I didn't think anyone could do it. She's actually heavier than sin," Abarca said.

Robarts followed Abarca's trick with some "freakshow magic," which drew some sounds of disgust and awe from the audience. Robarts used his nose as the primary tool for the display, putting a nail and a deflated balloon up his nose and then pulling the balloon out through his mouth.

The next few tricks featured a tarot card reading by Barron, Abarca closing his hand in a hunting trap and another

magician nearly being stabbed by a large nail hidden under one of four paper bags.

The finale consisted of the magicians revealing a large mirror hidden by a curtain to the audience. In the reflection, 10 boxes that the magicians had thrown onto the stage spelled out the word "reflection" for audience members to read.

Robarts announced that the next show, "Profanity," will take place in February. The show will move away from the genre of "Mirror" and into comedy. Robarts said that The Conjurers plan on doing a new genre every semester.

"It's going to be a magic-on-steroids comedy show," Robarts said.

Senator works to make Safe Space training accessible

Atharshna Singarajah | Senior Writer

College of Educational Studies Senator Dorcas Hoi is working to make Safe Space training more accessible to students and faculty within the College of Educational Studies (CES) by bringing it into faculty meetings and integrated educational studies (IES) classes.

Hoi said Safe Space is a program that provides training to both faculty and students to create awareness for LGBTQIA+ issues and to create an inclusive environment for those who identify as LGBTQIA+.

Safe Space training is mostly used by faculty, but Hoi hopes that by making the training more accessible, students will also be able to take advantage of it.

"It is really great our faculty has this as a resource, but many of them have schedule conflicts which make it difficult for them to attend," Hoi said. "In addition, many students are unaware they can also receive Safe Space training."

Hoi said she hopes to arrange Safe Space training for the undergraduate faculty in CES during one of their faculty meetings.

Dean of Students Jerry Price, who underwent Safe Space training, said that it provided more insight into how to be supportive of the LGBTQIA+ community.

"A lot of times, students don't want to have to come to someone for support and have to explain and educate that person on how they identify," Price said.

While the program is beneficial, the training is not mandatory for faculty. Price said he was skeptical of making training mandatory, because if there are people who do not attend with the



CHLOE ARROUYE Photo Editor

Students and faculty all have the opportunity to participate in Safe Space training.

right mindset, it could diminish the training experience for the others.

If the resources are available, Price said that he does believe more training should be available. Faculty members want all of their students to feel comfortable in their classes, Price said, and there may be differences in opinions on how to do that, but it's still possible.

Hoi said that she sent out a survey to students to determine interest in the program.

"All of the students who took the survey responded 'Yes' to the question 'Would you want to see Safe Space training offered in IES classes?'" Hoi said.

Junior English major Talia Salido said she was unaware that she could attend the training as a student and sees value in offering these workshops to IES students.

However, Salido said she thinks that

these workshops should be widely available to all students, regardless of major.

"Although I can definitely understand the argument that this kind of training would only benefit those who are open to learning about the topic, I think it is important to encourage everyone, even those who are not so open-minded, to participate," Salido said.

Price said the training was specifically designed for faculty, so it will be different when it's administered in a peer situation. However, he said he's unsure about putting the training into classes, because not all faculty may be comfortable with it and it may take time away from instruction.

"The more we piggyback on classes to meet some objective other than instruction is a slippery slope and I'm nervous about that," Price said.

Incident Log

Nov. 16

There was a vehicle hit-and-run in the Lastinger Parking Structure.

Nov. 17

Graffiti was found in the Barrera Parking Structure.

A bicycle was stolen from main campus near the Leatherby Libraries.

Nov. 18

A Chapman student reported that bicycle tools and money were stolen from a bicycle bag at a rack near the Davis Apartments, building B.

Nov. 21

A staff member reported an item stolen from inside an unsecured vehicle parked at his or her Chapman-owned residence on North Lemon Street.

Nov. 23

A Sodexo employee reported that a green electric cart was stolen near Argyros Forum.

Senate Updates

Dec. 2 meeting

Constitutional amendments

Student government Vice President Tyler Porterfield presented amendments to the student government operating documents to change the number of people who can be on committees based on the current size of the senate. Senators voted unanimously to amend the documents.

Pansexual Pancake Day

Crean College senator Juliane Corpus said the diversity affairs committee will be hosting Pansexual Pancake Day on Dec. 8, Pansexual Awareness Day, from 11:30 a.m. - 1 p.m. in the Student Union. Student government will spend \$381 on the event.

Diversity and Inclusion Plan

Vice Provost Joe Slowensky shared the Diversity and Inclusion department's proposed five-year strategic plan with student government. The plan includes increasing diversity in curriculum, recruitment and the community.

Student organization printing

Ana Vincenti and Mitchell Rosenberg, student organization senators, are bringing free printing credits to student organizations. By spring 2016, all recognized student organizations will receive 250 free pages a semester. The tentative location for the print center is by the Amazon lockers in the Student Union. To maintain the cost of a printer, toner and paper, \$3,500 will be allocated each semester.

Solar-powered umbrellas

Rosenberg is working with the Office of Sustainability to install 10 solar-powered umbrellas on campus. Each of the umbrellas will include three USB charging ports. The umbrellas have been approved by campus planning and will be installed in February if student government approves to fund half of the cost at \$8,000. Senators voiced concerns that the umbrellas do not have outlets, just USB ports, so the topic was tabled for next week's meeting.

Compiled by Sabrina Santoro

THE BREAKING POINT

How stress, anxiety and mental illness plague Chapman's campus

The following content of The Panther contains subject matter having to do with mental illness, eating disorders, self-harm and substance use.

Letter from the editor:

Look around Chapman's campus and you'll see students who seem to have it all. There seems to be no shortage of peers who are rocking a heavy course load, a part-time job, a club leadership position, a Greek Life membership, a healthy lifestyle and a social life. But there's one major factor in these students' lives that you can't see: their mental health.

The thing about mental health is that it's personal, and for every person, it's different. It can be something that only comes up when papers, projects and exams pile up during finals week, or it can be a never-ending battle that begins when you wake up every morning.

In many of the articles and guest columns we are publishing this week, I heard this echoed sentiment: Many students are putting up a front of happiness and perfection, while shielding their closest friends and family to the harsh reality of their mental illness.

It's overwhelming to think of the hundreds of students on campus who go to the counseling center because of their mental illness, or to think of those who self-medicate with drugs, alcohol-abuse or self-harm. But, we owe it to our peers, and to ourselves, to think about it. And then to take a step further and talk about it.

Mental illness seeps into every aspect of a life when it takes hold and it affects every community. With this special issue, we hope to shed some perspective on the reality that anxiety, depression and other mental health issues are hurting our friends, families and sometimes even ourselves and we need to change that. There are people who still need accessible medical care and who face immense societal pressures that spark anxiety and depression. So, fight to give voices to those who feel that they have none, before they reach a breaking point.

- Caroline Roffe, editor-in-chief

Anonymity statement:

The Panther reserves anonymity for sources who may face danger, retribution or other harm, or have information that cannot be obtained any other way. Some names have been changed in this edition of The Panther to protect the identities of individuals who have shared their experiences with mental illness or substance use.

Stress

What is stress?

Stress is the body's reaction to any demand and is often triggered by change. People react to stress in different ways.

What are the different types of stress?

Routine stress relates to pressures of work, family and other daily responsibilities. Stress can also be caused by negative change such as divorce, illness or job loss. Traumatic stress may occur after a major experience such as an accident, war, assault, a natural disaster or any instance where one may be seriously hurt or in danger of being killed.

How does stress affect the body?

Some people experience digestive problems, headaches, sleeplessness, depressed mood, anger and irritability. People experiencing chronic stress may be more prone to viral infections such as the flu or common cold, and vaccines are less effective on them. Over time, stress can lead to heart disease, high blood pressure, diabetes, depression, anxiety and other illnesses.

How to cope with stress

Recognize the signs that your body is stressed, such as difficulty sleeping, increased alcohol and other substance use, irritability, feeling depressed or having low energy. Set priorities and note what you have accomplished at the end of the day.

Anxiety

What is anxiety?

A person that has an anxiety disorder tends to feel worried and nervous about everyday things, even when there is little or no reason to. They find it difficult to control their anxiety and focus on everyday tasks.

What are signs and symptoms of anxiety?

People with anxiety worry about everyday things, have trouble controlling worries and nervousness and acknowledge that they worry more than they should. They often experience restlessness, have trouble concentrating and are easily startled. They also have trouble falling asleep and staying asleep and feel tired all of the time. Physical symptoms of an anxiety disorder include headaches, muscle aches, stomach aches, unexplained pains, trembling, twitching, trouble swallowing, sweating, having to use the bathroom often and lightheadedness.

How can you treat anxiety?

Anxiety can be treated by psychotherapy or medication, including antidepressants, sedatives and anti-anxiety medications.

Source: National Institute of Mental Health

Depression

What is depression?

Depression is the feeling of sadness which persists over long periods of time and affects daily life.

What are the types of depression?

Major depression is when someone experiences severe symptoms that can interfere with their ability to work, study, eat, sleep and enjoy life. Dysthymic disorder, or dysthymia, is a type of depression for which the symptoms last a long time (at least two years) but are less severe than major depression. Minor depression is less severe.

What are the signs and symptoms of depression?

A person with depression experiences feelings of sadness, emptiness, hopelessness, irritability, anxiety, guilt, loss of interest in favorite activities and tiredness. They may have a hard time concentrating and remembering details and changes in their eating and sleeping habits. People with depression can also experience aches or pains, headaches, cramps, digestive problems or have suicidal thoughts. Symptoms can differ between men and women.

How can you treat depression?

Treatments for depression include antidepressants, electroconvulsive therapy and psychotherapy.

Student Psychological Counseling Services
(714) 997-6778
Chapman Public Safety
(714) 997-6763

24-hour Suicide Prevention Line
(877) 727-4747
Orange Police Department
(714) 744-7444

Emergencies
911
St. Joseph Hospital
(714) 633-9111

More than just stress

How students manage anxiety disorders at Chapman

Jamie Altman | Managing Editor

Last May, Olivia Gerns was driving home after dropping off her then-boyfriend when she had a panic attack. Thoughts about potentially hurting herself overwhelmed her, and she found herself in tears, feeling helpless and like she had hit rock bottom.

"Something about (my then-boyfriend) leaving triggered me," said Gerns, a junior music performance and music education major. "There was that feeling of, 'Oh God, I'm alone now; what if I do something?' I didn't feel like I wanted to make an attempt for suicide or to hurt myself, but there was the fear that I would impulsively."

Gerns pulled to the side of the road and then her anxiety disorder took over. She couldn't shake the thoughts of dying, and when she got scared that thoughts of hurting herself had become out of her control, she called her mom. A few days later, they made the decision to pull Gerns out of school for the final two weeks of the semester.

"It's the equivalent of me falling on the street and breaking my leg, and I can't get up," Gerns said. "I needed to be lifted because I couldn't get up. If you can't function day-to-day because of your anxiety, there is no doubt that you should be able to call for help. You say, 'Help me up. I can't do this because of what is broken.'"

About 40 million American adults, 18 percent of the population, suffer from anxiety disorders, which can

come in the form of general anxiety, phobias, panic disorders, social anxiety disorders and others, according to the Anxiety and Depression Association of America. Seventy-five percent of people with anxiety disorders will experience their first panic attack by the age of 22.

"It's not just feeling anxious here or there. Anyone can feel anxious," Gerns said. "You're on the edge of your seat, there's something on your mind, you're fidgety and there's some type of tension. With anxiety, you feel that way almost 24/7."

At Chapman, anxiety is the most common reason students visit the on-campus counseling center, followed by depression and relationship problems, said Jeanne Walker, director of Student Psychological Counseling Services. Walker attributes this to the rising number of out-of-state students, the "crazy" world situation today,

“If you can't function day-to-day because of your anxiety, you say, 'Help me up. I can't do this because of what is broken.'” —*Olivia Gerns*

genetic factors and an increase in medications.

"The problem, in general, with anxiety is that it's misunderstood," Walker said. "Anxiety has become this horrific thing that we need to be afraid of, but anxiety is just something that we all

Fast facts about anxiety disorders

1. Anxiety is the most common mental illness in the U.S.
2. Having a phobia is the most common type of anxiety disorder.
3. One-third of the 40 million Americans with an anxiety disorder seek treatment.
4. Women are 60 percent more likely to have an anxiety disorder than men
5. Thirty percent of people with an anxiety disorder are between 18 and 29.

Sources: Anxiety and Depression Association of America, National Institute of Mental Health, associate professor Carolyn Brodbeck

Graphics by JAMIE ALTMAN Managing Editor

have naturally ... It's how your body protects yourself. In the old days, we used to be afraid of tigers. We don't have tigers attacking us anymore; we have exams, but the anxiety reaction is exactly the same."

Walker said that the worst kind of anxiety comes from the fear of anxiety itself, something

Gerns said contributes to her disorder.

"It spirals down because it's a whole 'what-if' scenario, like what if I'm in class and something triggers my anxiety and a panic attack happens," Gerns said. "You always have a sense of tension, whether it's a lump in your throat or an emotional symptom. It can be kind of haunting."

Carolyn Brodbeck, an associate professor of psychology, said that someone with an anxiety disorder is not able to relax after a stressful situation.

"It's not just the week before finals, you're temporarily stressed out and then you're done with finals and able to relax," Brodbeck said. "Someone who has (anxiety), even when they're done with their final papers and projects, maybe they're already home with their family and friends, still finds it difficult to relax even when there's not a specific stressor."

Cianna Allen, a senior political science major, said her anxiety disorder stems from "firsts," to the point that she didn't want to go to her first day of ballet class because she was afraid people wouldn't like her, or she ran crying to the principal's office on the first day of middle school because she couldn't open her locker.

"For me, anxiety is racing thoughts," Allen said. "You almost get paralyzed because there is so much going through your head that you don't know where to begin. It's all negative thoughts and they all spiral and build into something bigger than what it is." As a result, Allen has learned how to

train her thoughts and recognize when those thoughts are going in that downward spiral, and then redirect them.

"When I fall behind (in schoolwork), my anxiety says, 'You have too much to do and you can't do it,'" Allen said. "Rational people can look at what they have to do and make a plan and then start, but for me, it's getting myself to even start. That's when it comes down to retraining my thoughts. Even if I just do one thing, it's better than nothing."

Brodbeck, who has training in cognitive behavioral therapy, said that she will look at how a person's thoughts affect his or her mood and then analyze external stressors, which can range from having a paper due in a week to family problems. Another key factor she says psychologists are researching is the biological risk, as anxiety disorders can be genetic.

However, for Michaela McLeod, a junior film production major, knowing that her mother also had an anxiety disorder does not always make her feel better about it.

"When you have an anxiety disorder, the day-to-day activities become more difficult," McLeod said. "Laundry, cooking and general work feel like it has a ticking time bomb on it. It's a disorder that makes it feel as if it's you against the world, even if there are plenty of people attempting to help."

After deciding to leave Chapman a couple weeks early, Gerns spent the summer meeting with psychiatrists and spent almost 100 hours in therapy before returning to Chapman in the fall.

"It's very physical - it's your brain," Gerns said. "Your brain is broken and needs healing. That takes time, just like a broken bone or a torn muscle. It's not just feeling upset or anxious. It's chemicals in your brain that are imbalanced. I wasn't Olivia; I was some other form of myself as if I had been cloned and the real me was stuck in a case. All I did was focus on being Olivia again."

All about panic attacks

The term "anxiety attack" is only used on TV; in the psychological world, there are only "panic attacks."



Symptoms of a panic attack:

- Racing or **pounding heart**, palpitations
- Fingers feel **numb**, tingly
- Trouble **breathing**
- Sense of **derealization**, a room can feel distorted or elongated; time seems to stand still
- Sense of **depersonalization**, person feels like they are floating above their body

18%

of the population can have an isolated panic attack

1 to 2 times

a year without having an anxiety disorder.

Source: Carolyn Brodbeck, associate professor of psychology

Counseling center lifts therapy session limit

Rebecca Glaser | News Editor

After lifting the eight-session limit that was put into place at Student Psychological Counseling Services (SPCS) in February 2012, Jeanne Walker, director of the SPCS, said that the number of counseling sessions scheduled has increased by about 400, although the number of students seeking counseling has only increased by 21.

"I don't want a student to think 'Oh my gosh, it's my eighth session and I'm not OK yet,'" Walker said. "We don't want that, so that's why we discontinued the number of sessions."

From August to December 2015, when the session limit was still in place, the counseling center saw 364 students, and a total of 1,923 appointments were booked. However, in the same time frame this year, the center has seen 385 students, and 2,352 appointments have been booked – a 22 percent increase.

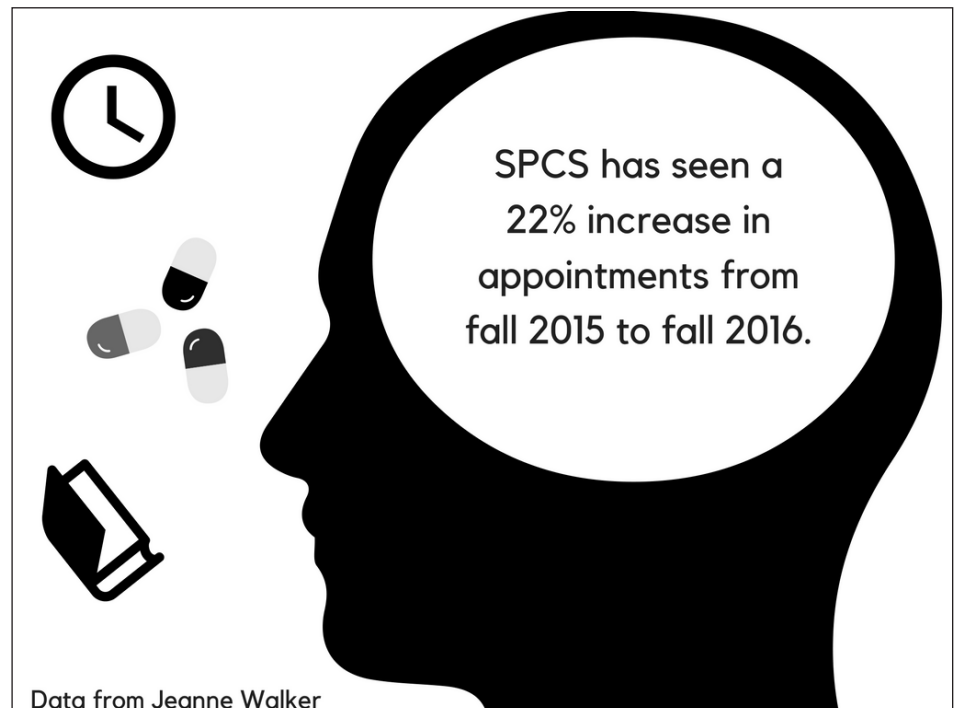
Walker said that the session limits were initially implemented because the eight-counselor SPCS staff didn't have time to accommodate unlimited sessions for all students who needed counseling. After the limit was lifted, the staff conceived a plan that allowed counselors to schedule appointments based on the severity of students'

issues – something that Walker calls "short-term therapy."

However, Walker said that this solution only worked for a short amount of time, as this semester saw more students at Chapman. Walker said that students who come into the center reporting severe depression or suicidal thoughts need to be seen as often as necessary, and can't just be seen on a biweekly or monthly basis, which is why the center struggled to sift through the number of students who sought counseling this fall.

Even with the influx of students, Walker said, the counseling center won't implement a session limit again, so she's searching for other solutions, like many college campuses across the nation. A 2013 American Psychological Association survey found that 95 percent of college counseling center directors said that the number of students seeking counseling was a growing concern.

"I'm not going to go back to a number. I just don't think it's right," Walker said. "I just went to a program this morning (Nov. 30) given by one of the directors at another university, who I happen to know, and he was talking about the importance of trying to figure this out. Because this is not just at Chapman, this is all over the nation.



Graphic by REBECCA GLASER News Editor

The Student Psychological Counseling Services lifted the eight-session limit.

Counseling centers are all feeling just overwhelmed with the numbers of students coming in."

Although SPCS tries to connect students with outside counselors as well as work with students who have limited insurance, there are still some obstacles.

"The focus is getting the students the help they need, but a lot of students don't want to go (to outside counsel-

ors) or they don't have transportation," Walker said. "If they're not in a crisis or emergency, they go on a waitlist, unfortunately. So at this time of year, it could be that they don't get in this semester. And that's really hard for us, really hard."

Kristen Weiser contributed to this report.

Stressed out: sleep vs. school

Jade Boren | Staff Writer

Students are stressed — but they're not all worried about it. Juggling multiple papers, racing to an internship, clocking in 30-hour work weeks and attending Greek Life meetings is just the Chapman way of life.

"I've been a pretty anxious person for most of my life, so stress is a little bit my normal," said Henry Rhinehart, a junior psychology major.

That's the real enigma: pinpointing at what point in time stress became so normalized among college students. University Primetime ranked Chapman No. 13 of its "Top 50 Colleges With The Most Stressed Out Student Bodies" last year.

"I don't think you can pin it on the level of schoolwork, because to be quite honest, I'm not asking as much of my students as my professors had asked of me," said sociology professor Lemuel Day.

Day said that social media is the only main difference between his generation and this generation. Lives are more publicized — and that includes failures and successes. Maintaining a polished online persona may have a correlation between the increased pressure to succeed.

"More is being asked of (students) in other areas outside of class," Day said. "Community service, internships and things. Inside of class, no. You're not being asked to do more."

More students are employed year-round in 2016 compared to the 1950s, when most college students

just worked summer jobs, according to a 2015 report from Georgetown's University Center on Education and the Workforce. The report also found that 40 percent of college undergraduates hold a job. Tara Schrock, a junior English major, works 40 hours a week, and Rhinehart works 30 hours a week.

But these students didn't blame social media as the reason for their stress. Some linked it to self-sabotage.

"Honestly, I think I did it to myself," Schrock said. "I'm a person who's motivated by time and I am able to crank out a lot of work in a short amount of time but I can't space it out."

Many students react to the stress by procrastinating. Admitting that they have multiple papers to write was often followed by laughter.

"I was honestly writing a final paper on the way to the Renaissance fair on a Saturday, right before it was due," said Sara McComb, a sophomore English major.

McComb admitted that the challenge of waiting until the deadline is a thrill. Carly Cantiberos, a junior business administration major, also admitted to recently waiting until 10 minutes before the midnight deadline to send in a paper. But for Cantiberos, the last-minute move wasn't a test of her academic prowess; she just dislikes writing essays.

There is a gray area when it comes to stress inducers: mental illnesses.

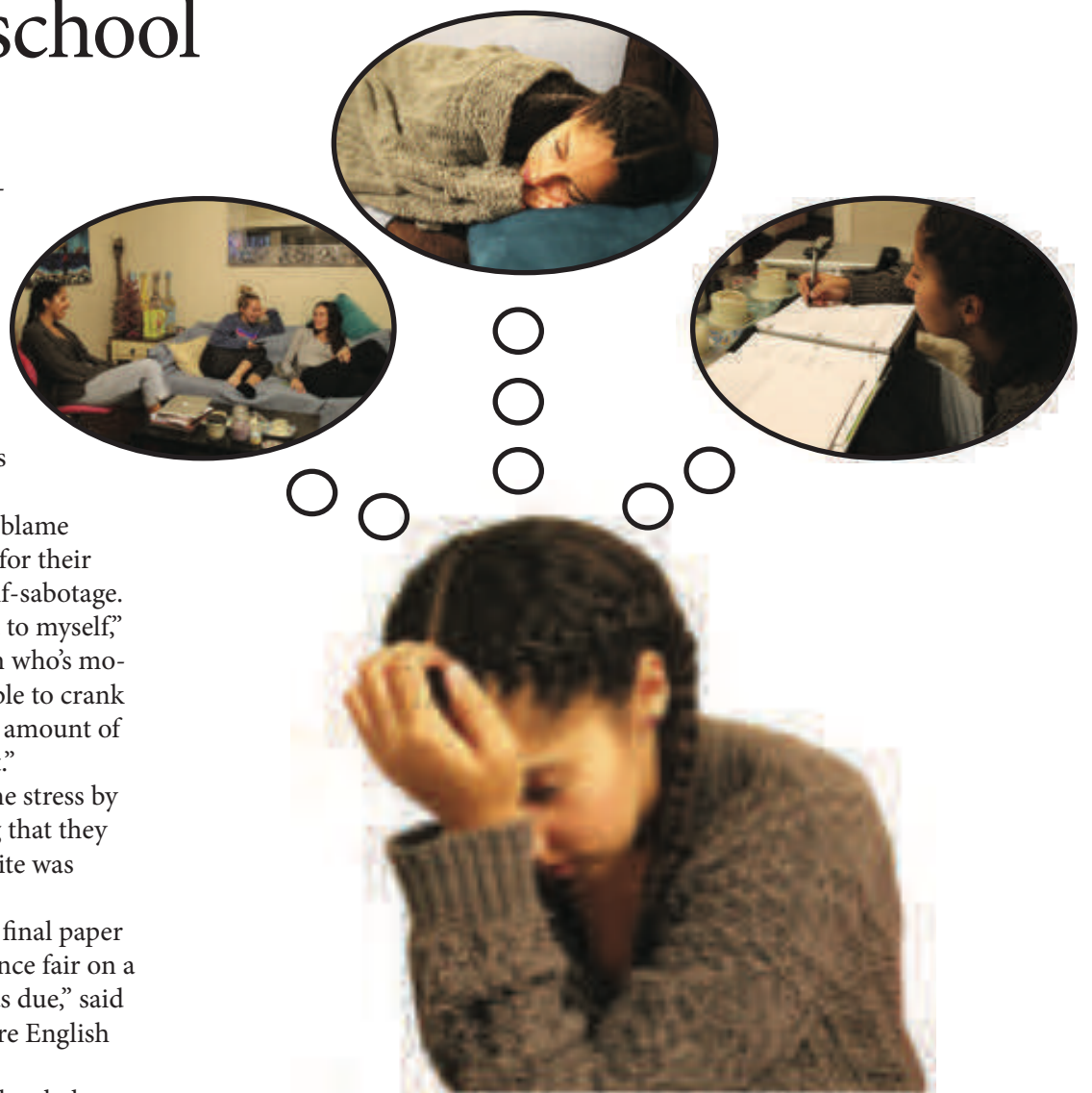


Photo Illustration by KAITLIN HOMAN Senior Photographer

Rhinehart described it as a "chicken and egg" situation.

"I have bipolar disorder too, so some of the time, it's hard to tell if my mental health is being affected by stress, or if the stress is being caused by my mental health," Rhinehart said.

Sean Shiramizu, a senior business administration major, sorts out everything he needs to do by looking at

the bigger picture. Shiramizu does not pressure himself to hang out with friends and balance other activities all at once. Instead, he forgets everything else and puts schoolwork first.

"It's not rocket science. At the end of the day, it's just what's more important," Shiramizu said.

R Prescription

For: Self

Drugs and alcohol

Signed Dr. Me

Drugs and self-harm: Students choose to self-medicate

Lorig Yaghsejian | Staff Writer

Many people believe that for college students, the hardest part of their day may be waking up in the morning. But for some students, that is not their biggest issue.

Marijuana

Constant panic. Worrying. Stress. Sadness. This is what freshman philosophy major Malcolm Scott felt before he started smoking marijuana every day.

“Marijuana is the only thing that has ever calmed me down enough to not have constant high-energy stress,” Scott said.

Scott has had anxiety for about three years now, but he didn’t notice it was an issue until about two years ago, he said.

He attempted therapy treatments and ended them shortly after starting to smoke marijuana.

“I didn’t want to take normal anxiety medication because I had seen how badly it affected friends and people around me who took it,” Scott said.

According to the National Institute of Mental Health, anxiety medication is known to cause depression and other side effects, leading many people decide to stay away from it. Anxiety medication does its job of blocking the sadness and anxiety out, but also takes away feelings of pleasure and joy, Scott said.

Marijuana is said to be a more natural approach, according to the National Institute of Drug Abuse. However, it has its downsides as well. Marijuana, without the correct dosage, can cause some problems. Smoking the incorrect amount can cause irregular breathing and heartbeat, according to the National Institute of Drug Abuse. Though some use marijuana to self-medicate, its recreational use was legalized in California Nov. 8.

Smoking anywhere from two to six times a day, Scott says he is high virtually all day.

Scott has a medical marijuana card prescribed for his anxiety. He explained that smoking medically is not the same as smoking recreationally.

“You don’t just sit on the couch, eat and laugh when you are smoking medically,” Scott said. “You do homework, study and just be productive.”

Without smoking, Scott gets caught up in very small things, which makes him unmotivated. He said that his grades and happiness have improved since he started smoking marijuana instead of going to therapy.

“Without marijuana, I would not be able to study or just feel normal in my own skin,” Scott said.

LSD, alcohol, psychedelic mushrooms

The name in this story has been changed to protect the individual’s identity.

Seeing a cartoon in real life induced by psychedelic drugs is what Matt, a junior television writing and production major, prefers in his daily routine.

“Many people believe that marijuana is the only drug used to cure anything, but everyone is forgetting that there is LSD and psychedelic mushrooms,” Matt said. “In my opinion, they work better and take me to a place where I forget that I’m sad and help me relax.”

Experiencing depression for more than six years, Matt knows the hardships of living with this mental illness far too well. He had tried multiple times taking prescription medication and said it did not help him the way he had hoped.

“The drugs made me feel like I wasn’t myself. It was like I was in my body with someone else’s mind. The thoughts I was having were not my own,” Matt said.

Matt described the feeling as “out-of-body experience,” but in a negative way, while the drugs he takes now give him an “out-of-body experience,” in a positive way.

He takes LSD or psychedelic mushrooms at least once a day, but at most twice because the effects last him longer than marijuana. He said that his favorite drug is a psychedelic mushroom because it allows him forget all his worries and just focuses on the happy parts of life.

“Sometimes I hallucinate and my whole body feels high. I feel heavy in a good way, and I am always more creative so and I do my best work,” Matt said.

His parents do not agree with his use of these drugs, so he lies to them and says he goes to therapy even though he only went a couple times.

“When I spoke about all my issues, it made the problem worse,” Matt said. “When I constantly had to think about everything that caused me pain, it didn’t help at all, and I don’t understand how that was supposed to solve anything for anyone. I will continue to take these drugs because they make me feel better and they make me happy. I don’t care if people judge me or think I am doing the wrong thing.”

Cutting

The name in this story has been changed to protect the individual’s identity.

Having her whole life fall apart and feeling out of control, Madison, a sophomore philosophy major, began cutting herself. She had been battling depression for years.

“I feel like a walking stereotype by saying that I just wanted to control something, but that’s all I wanted to do,” Madison said.

Madison started feeling depressed and anxious at the age of 13, and said she wanted to feel better. She felt as though there was nothing else she could do to feel empowered because everyone was “walking all over her.”

“My parents had gotten a divorce early in my eighth grade year, but this wasn’t my only problem. My father had started to beat me. I guess it was his way of taking his anger out, but it caused me pain for years to come,” Madison said.

This occurrence caused Madison to feel as though she did not belong to anyone, including her family and friends.

She began to push her mother and friends away. They all believed that she was upset about the divorce, but it was much more than that, she said.

Madison hid what she refers to as her battle scars from the people closest to her, making sure no one ever found out.

Even after she informed someone of her father’s behaviors and her problem was over - she did not need to see her father ever again - she could not shake the feelings of depression and anxiety. This is when her mother decided to put her in therapy.

“I went to therapy for four years. Four years of my life went down the drain along with my mother’s money. Therapy did nothing for me but drudge up old events that haunted me,” Madison said.

At the age of 17, Madison began to cut herself. She described the feeling of cutting herself as a mix of depressing and exhilarating.

“I never wanted to kill myself, I just wanted to feel alive again and feel as though the world around me was mine and that I controlled something about it,” Madison said.

After a couple of months of dealing with this alone, her friends started to notice weird behaviors, such as wearing long sleeves and long pants in the summer, and informed her mother.

Madison was then taken to a rehabilitation facility and this changed her life forever.

“Without the rehabilitation facility, I do not think I would feel as good as I do now. I feel alive without having to cut or feel sad or be in control,” Madison said. “Although I feel tendencies sometimes, I know that I can beat it because I have before and I know that I am a fighter.”

If you or someone you know is cutting themselves, contact 1-800-273-TALK, a 24-hour crisis hotline for people who self-harm or are in an emergency situation.

The fine line between college drinking and alcoholism

Jackie Cohen | Features Editor

One of the names in this story has been changed to protect the individual's identity.

It is Thursday night and Nicole, a junior English major, is spending time with her friends, but she can't get the stress of upcoming finals out of her mind.

She decides to turn to alcohol to distract her from this stress.

"It just helps me focus on having fun with my friends," Nicole said. "It's like I put my energy into something else, like parties and going out, instead of focusing on what's stressing me out and the things that are going to my head. When you drink, sometimes your brain slows down a little bit and one of my problems is that I am always thinking about stuff, so when I do (drink), it will help me put things aside."

Drinking alcohol to reduce stress is not uncommon.

"Not only students, but as a population, people turn to alcohol to numb some of the pain and some of the stressful events in their life, which can then turn into more severe things like people that turn to drugs, etc.," said director of student health Jacqueline Deats.

Steven Schandler, a psychology professor that studies the etiology and epidemiology of alcohol and substance abuse, explained that there are many models for the development of alcohol problems.

"One of them is the reinforcement model that when people use alcohol, it makes them feel better. It legitimately makes them feel better, so they

self-medicate. If something makes you feel better, then you continue to take that so it can continue to make you feel better," Schandler said.

Alcohol is a central nervous system depressant, so it reduces brain activity and helps students relax. Students take five to six courses and especially with final exams around the corner, their stress level gets higher, he said.

"Alcohol is a thing that can relieve a person's stress, because it reduces their brain activity, it relaxes them, so I shouldn't be surprised if an individual in college would be more disposed to look for ways to control their stress and alcohol is one of those ways," Schandler said.

This becomes a habit. According to the National Institute on Alcohol Abuse and Alcoholism, 20 percent of college students meet the criteria for alcohol use disorders. They also found that one in four students experience academic consequences, including missing class, falling behind, doing worse on papers and exams and receiving lower grades as a result of drinking.

Drinking alcohol affects a student's ability to complete school work in a few ways. Virginia Carson, a biology professor that studies neurochemical changes caused by alcohol, said that alcohol affects the frontal cortex which affects inhibitions, then the cerebellum which affects motor movements and, finally, the brainstem which affects consciousness and breathing.

"If you are under the influence of alcohol, you can't think straight, so if you are trying to study for a test, that would be a very bad thing because you wouldn't remember it," Carson said.



Photo illustration by CAITIE GUTTRY Staff Photographer

Because of alcohol's nature as a depressant, people often turn to it to help relieve stress.

Alcohol also affects the body in the long run because of its chemical makeup. Unlike other foods which gets absorbed in the intestines, alcohol is absorbed from the stomach, making it enter a person's bloodstream earlier. Because alcohol is a tiny molecule, it can get into any organ once it is in a person's bloodstream, and if it is present in a person's body often, it can cause organs to deteriorate, Carson said.

"If you self-medicate with alcohol, you can have trouble sleeping, nervousness, you can increase stress, you can have blackouts, which can compromise your judgement ability," Deats said.

Nicole said that though drinking to relieve stress is not a common occur-

rence for her, it does help her keep distracted from her stressors.

"I'm not thinking about homework, I'm not thinking about boy drama, I'm just hanging out with my friends and focusing on going to bars and goofing around," Nicole said.

Carson also noted that college students drinking is to be sociable.

"Some people think that they need to (drink) to fit in but some people just enjoy it," said Mar- en McGuinness, a sophomore integrated educational studies major. "I definitely

hear people say 'oh, I can't wait to get drunk because it was a stressful week' or 'I'm upset about this, so I'm going to drink.'"

The stressful lifestyle in college leads students to drink, Schandler said. Alcohol consumption in college is usually different from consumption after graduating. The main indicator for drinking after graduating is how much a person drank prior to college, he said.

"That's why when a person leaves college, their drinking during college rarely carries over. Once they leave college, they won't have all the stress they had," Schandler said.

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How masculinity plays a role in mental illness

Olivia Harden |
Staff Writer

Men die by suicide 3.5 times more frequently than women, according to the American Foundation for Suicide Prevention, but often, stigmas associated with mental health keep men from reaching out for help.

Juan Bustillo, a sophomore screenwriting and political science major, is a feminist advocate on campus. Growing up in Texas, he found expressing emotion to his friends and peers difficult.

“In Texas, it’s very rare that people break out of that binary of men and women,” Bustillo said. “As an only child, I grew up alone with my emotions a lot of the time, and I found myself struggling in my head a lot.”

Bustillo found that emotions were often associated with femininity and weakness. It wasn’t until he came to

Chapman and learned more about social justice issues that he felt comfortable enough to be more emotional, he said. Bustillo advocates for other students on campus that struggle with masculinity with his involvement in Queer Trans People of Color Collective.

“The last thing that anyone wants to be perceived as is weak, especially if you’re a man,” Bustillo said. “There’s this stigma that men have to be strong all the time. That’s exhausting.”

Jeanne Walker, director of Student Psychological Counseling Services said that 23 percent of students who visited Student Psychological Counseling Services this year are male.

“Doctors are more likely to diagnose depression in women compared with men, even when they have similar scores on standardized measures of depression or present with identical symptoms,” according to the World Health Organization.

Kyle Harrington, a sophomore digital arts major, has struggled with mental disorders since he was very young.

When Harrington was 8 years old, he was diagnosed with attention-deficit hyperactivity disorder, or ADHD. He was later diagnosed with nightmare

disorder, or parasomnia, which he said also added to his depression and anxiety. On a daily basis, Harrington struggles with relationships with friends and peers, as well as having a positive attitude.

Harrington said that while most people are familiar with the hyperactivity that comes with ADHD, very few people are aware of the anger management issues that are also present. As a male, Harrington felt he was often stereotyped as being testosterone-driven.

“When you are already faced with that and you have anger management problems, then you gain this reputation of being a hothead or being violent,” Harrington said.

Harrington noticed stigmas surrounding mental health and masculinity, but his parents’ encouragement helped him look past them and be more comfortable showing emotion.

“There’s always that notion of men don’t cry, and I guess I got lucky growing up,” Harrington said. “I grew up doing stuff like ballet and musical theatre, and I was surrounded by this culture where it was OK for men to show femininity without it taking away from their masculinity. I learned it was OK to show emotion.”

Harrington’s strategy for self-care is to focus on himself instead of the labels that doctors have given him. He’s cut down on his use of prescription medication, in an attempt to be less dependent on it.

“When I started college, I decided to use medication more sparingly as a tool. One of the things I’ve learned over the years is that if you try to use medication as a crutch, you’re not going to get very far,” Harrington said.

As an avid gamer, Harrington said the trick is to understand your strengths and weaknesses. He applies the same mindset to his mental health.

“Just like in a role-playing game where everyone kind of has their chips in different places, my chips aren’t in the place where I can focus or sit still very well,” Harrington said. “It’s about finding where your chips are or where your strengths are.”

Student-athletes balance sports, academics and mental health

Chloe de Vries | Contributing Writer

Chapman student-athletes are expected to attend practice, finish their homework on time and constantly perform to the best of their abilities in all areas of their college career. Not only is being a student-athlete physically demanding, but it can be mentally demanding as well.

It can be a mental struggle for student-athletes when it comes to handling the pressure and lists of assignments and tasks that are thrown at them. Junior basketball player Rob Nelsen is an Army ROTC and will commission as an officer after graduation. He is also in a fraternity, volunteers for the Special Olympics and has worked as a door-to-door salesman.

Nelsen said there is no in-between when it comes to committing to life as a student-athlete.

“All of the time that you have to put in to do well is a lot,” Nelsen said. “As a student-athlete, you still have to put in a lot of hours outside of practice. It

would be great if you could just spend a few hours playing a day and expect to do great but that’s just not how it is. You either have to put in time lifting or put in time taking extra shots or reviewing the plays in the system and whatnot. There is a lot that goes in if you want to do well.”

Sophomore Brad Steiner is a pitcher on the Chapman baseball team and president of the Student-Athlete Advisory Committee. Steiner said it is often difficult for athletes to balance all of their commitments.

“When you get overwhelmed, you just try harder in sports because when you do bad in school, then you have time to come on back and get your grades back up,” Steiner said. “When you do bad in a sport, you have to forgive and forget and get to the next stage and go out and play again. So if you get stressed out, you just have to play harder, because I am happier when we do better.”

Steiner said it is important for athletes to take a step back when they are

stressed out and appreciate the opportunities they have.

“Whenever you get bogged down with school or bogged down with sports, you have to take a step back and just realize like, wow, you are at a great school and you’re doing what you love and playing sports, which is maybe why you are here or just kind of helping you along the way,” Steiner said. “It really helps to take a step back and realize, wow, this is what I really love to do. The stress does not really add up to the love.”

Sophomore Courtney Justus, who plays volleyball and is on the track team, said time management is crucial to managing her schedule.

“I don’t have a ton of free time, so I have never been much into Netflix,” Justus said. “Everything is pretty much on schedule. I’ll get back from practice at this time and I’ll do my homework at this time, which really does help with stress. If you know everything down to a science, you don’t really have time for stress. I drink a lot of

coffee because I stay up pretty late.”

Nelsen said creating an organized schedule every night for the next day helps him manage what he has planned.

“If it’s just kind of chaos, then that’s what it is, but if it’s organized and I know exactly where to go and what I’m doing, it gives me a lot more time to maybe have like an hour of downtime or some free time here and there,” Nelsen said.

Justus said that while stress can sometimes build up, she finds ways to deal with it.

“At times, it can get overwhelming,” Justus said. “Especially this semester, I am taking a pretty dense course load. I have definitely called home a lot, but it really is just all about trying to get everything done. It is definitely stressful, but I couldn’t picture it any other way. I think that I just deal with the stress because this is what I want.”

Depression isn't all black and white

Rebecca Glaser | News Editor

One of the names in this story has been changed to protect the individual's identity.

Depression. The word conjures up images of empty pill bottles, tears and being unable to even get out of bed or complete day-to-day tasks. The hallmarks of depression are thought to be obvious: sadness, crying and a loss of motivation.

But for students like senior English major Lauren, depression has become an invisible, yet pervasive part of her life that she said it is sometimes difficult to separate from her actual personality. Because she is able to keep up with her responsibilities and maintain a routine, Lauren said that usually, no one questions her mental health.

"I feel like I have absorbed my depression, which I hate," Lauren said. "I feel like there are two layers to me, the one on the outside that seems happy, or at least content, always willing to smile and laugh, and the second deeper one, the one that is stone-faced and just trying to get through the day unnoticed without crumbling the outer layer."

Jeanne Walker, the director of Student Psychological Counseling Services (SPCS), said that many of the 62 percent of students who receive counseling for depression at SPCS experience what is known as high-functioning depression - where students may feel sad, unmotivated and apathetic, but oftentimes don't show symptoms that are clearly visible to those around them.

These students tend to hide their symptoms from family and friends. Most attend class regularly and manage to maintain their responsibilities, appearing happy.

"It's just like powering through something, even though you don't feel good about it," Walker said. "They might be able to continue with their classes and kind of go through, but still feel very depressed or very down. So depression is funny, because sometimes it can cater to that kind of attitude. Just, 'I don't like this, but I'm going to do this because I have to.'"

Although Lauren has had moments when she has seriously contemplated committing suicide, no one aside from a few family members and a close friend knows about her depression.

Nicknamed "Miss Smiley" as a child,

Lauren believes that her tendency to put on a happy facade gave her the ability to deflect deeper questions about how she was feeling.

"When I smiled, they believed the 'I'm fine' that followed their asking how I was doing. It distracted them from believing anything different," Lauren said. "I'm still smiley, my best and worst trait, I suppose, and people still have no idea. Even my boyfriend doesn't know the full extent of my depression. I shield him from it as much as I can, because it can cripple a person and definitely suffocate a relationship."

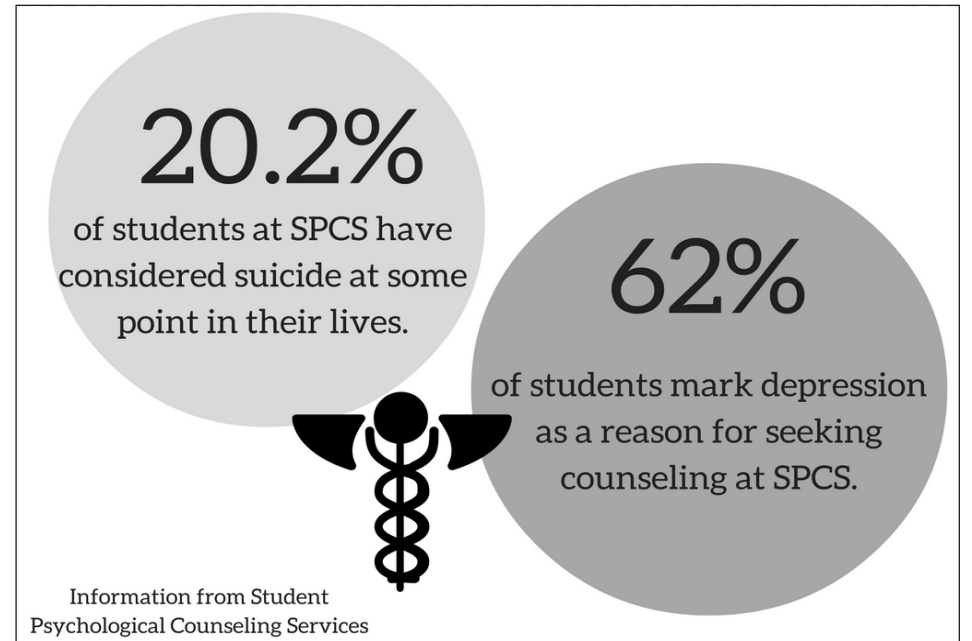
Lauren is one of many college students who have been dealing with what Walker would categorize as high-functioning depression. However, some students also experience biological depression, which Walker says can result from a variety of different factors, including a family history of depression or other mental disorders.

"There are times when a depression is a biological depression and it can hit at a certain age. Sometimes, it doesn't make any sense," Walker said. "You can't pinpoint why this happened. And that's very distressing for people, because suddenly, they realize 'I'm not the same person as I was, I don't know what's wrong with me.' It's not always something that you can identify."

Erin Fleming, a senior digital arts major, went to the counseling center for help with her eating disorder, body dysmorphia and depression. Body dysmorphia is the obsessive focus on a perceived flaw in appearance, according to the Mayo Clinic. Fleming said that when she was in high school, she had a tendency to self-diagnose, and was initially reluctant to label herself as having depression because she feared that people would think she was seeking attention.

"I was diagnosed with depression freshman year, which was not surprising to anyone. It runs in my family. My mom has been treated for it," Fleming said. "(Depression and body dysmorphia) are really scary. I didn't want to say them out loud, because I didn't want to call attention to myself or have people see it as a cry for attention. But then again, it is. And that's not a bad thing; that's also a cry for help. But I was a very prideful kid who didn't want to ask for help, so I was afraid of those titles."

Walker said that while the stigma



Graphics by REBECCA GLASER News Editor

Depression can manifest itself in a variety of ways. People may experience different symptoms of depression.

around mental health has lessened, people are still afraid of being viewed as having a mental illness, whether it's due to family expectations or a fear of negative backlash from their peers.

"People don't want to be seen as depressed, and if they do allow themselves to show their depression, a lot of times they get negative results from their friends," Walker said. "Or their friends just don't understand it, and they kind of want to move away rather than support. I think people will try to put on a happy face. I certainly hear that all the time. But that takes a lot of energy, to put on a happy face when you're that depressed. And internally, it makes it worse."

Walker recommends cognitive behavioral therapy or medication for depression, depending on the severity and type. Situational depression, which happens when a traumatic or life-changing event has taken place, can generally be helped with cognitive behavioral therapy. However, for more long-term depression and biological depression, Walker said that medication can be beneficial.

Dani Smith, the university rape crisis counselor, said that oftentimes, depression can be combatted by sticking to a routine.

"It's about developing healthy lifestyles," Smith said. "When you are depressed, you have physiological changes in your body. If you are dealing with it in an unhealthy way, it's going to start to show in your health. It is cognitively the same way. The key to all of this is developing healthy coping skills that we practice every day."

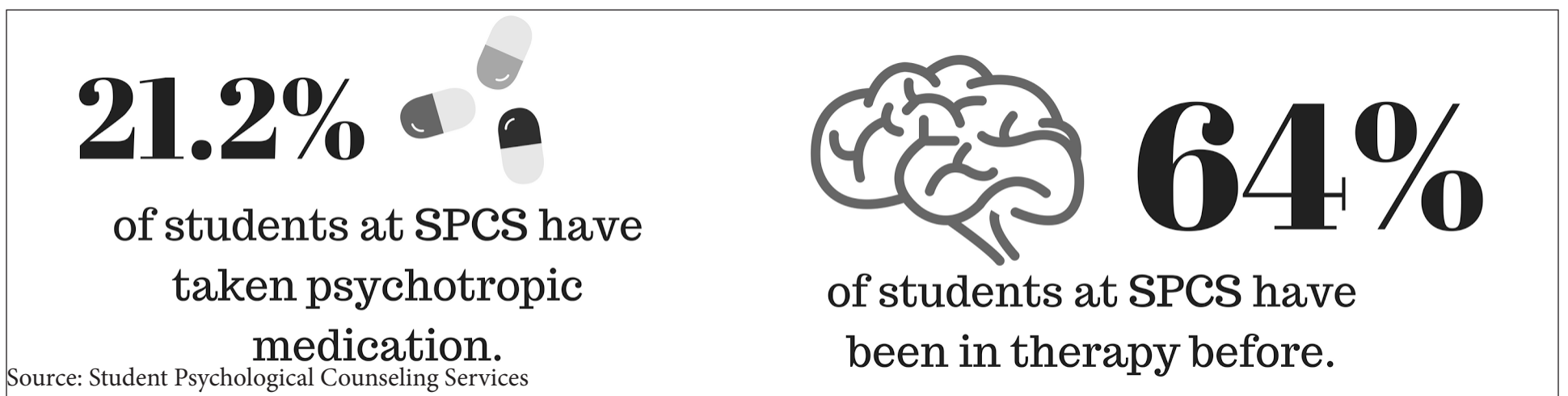
Lauren said that adopting a healthy diet and solid routine has been integral in helping her keep her depression somewhat under control. However, she said that sometimes, her need to adhere to a strict pattern has impeded on other aspects of her life.

"The routine has become key; it's my main method of coping," Lauren said. "Since I was really young I have needed, constantly, to have everything written down on a checklist. That was how I dealt with it then and I do the same thing now. When you feel out of control, you try to find one thing you can control. For me, my diet and my schedule are those things, and I cling to them to get me through, often at the expense of other things, like a normal social life."

For students like Lauren who have trouble allowing anyone to see them with anything but a happy face, Walker said that in order to move toward keeping depression under control, it's important to be honest about feelings and struggles.

"(People who have depression) have to be willing to let down and show how they really feel. And some people have a really hard time with that," Walker said. "Partly because of how they've been taught to behave. I remember my mother saying, 'Never air your dirty laundry in public.' You never show the downside. And those are messages that we get as kids that really sink in and change the way we behave."

Caroline Roffe contributed to this report.



Seniors (not college ones) and mental health



Doug Close
Opinions Editor

I've always gotten along well with older people. With my Mom being the youngest sibling in a huge Midwestern family, I got used to being the youngest in a group from the time I was a little kid.

I used to romanticize the idea of becoming an old man. Retirement, a rocking chair and excusable grumpiness all sounded like a good deal to me. I couldn't wait to

fulfill my lifelong dream of being able to yell "you kids get off my lawn" and read on my porch all day.

But that was fantasy, and a pretty cliché one, because if there's one thing I've seen over the past few years, it's this: Growing old is hard.

I've watched as older family members who used to be athletes can now barely stand without assistance. I've watched an elderly couple be harassed in front of hundreds of Thanksgiving travelers because they couldn't keep up with the pace of airport security. I've watched people who have known me for 22 years forget my name, and not in a funny way.

That has all been enough to make me not look forward to growing old, but also fear it. Watching how mental illness has affected the people I love has made me realize how neglected our older generations are by the younger ones when it comes to assisting them and treating their conditions.

According to the World Health Organization, more than 20 percent of adults older than 60 suffer from mental or neurological disorders. Despite that prevalence, a 2012 study by the Institute of Medicine found that American seniors are "woefully lacking in doctors, nurses and other health workers trained for their special needs."

Part of this comes down to the inadequate number of health care professionals qualified to deal with the complex issue of mental illness in seniors. The same Institute of Medicine study emphasized that Americans over the age of 65 are almost always dealing with another physical condition in addition to any mental health issues, which can essentially distract or delay physicians from treating the same patient's mental illness.

On top of that, there are variables that elderly people generally deal with more often, including the deterioration of their physical capabilities (such as mobility) and the perceived lowering of their social and economic statuses following retirement, that can contribute to mental health issues.

Our society is not one that is necessarily accommodating to seniors. The world is designed for young people, and many times, seniors are unfairly expected to either adjust to the pace of everything around them or get out of the way.

To me, it's easy to see how the natural realities of growing older coupled with a society that only keeps moving more and more rapidly could contribute to the high numbers of seniors requiring mental health care.

According to the World Health Organization, the proportion of the world's population over the age of 60 will grow from 12 percent to 22 percent between 2015 and 2050. That is a massive increase, and the way that we treat our seniors today will set the precedent for how they will be treated down the road, including when it comes to their mental health, and it needs to be a priority.

However, the reality is that these people are often swept to the side.

It starts with how seniors are represented in our society. Pop culture loves to mock the "crazy aunt" or the "weird old homeless guy on the corner" archetypes. The media coverage whenever a celebrity has a public mental health issue is often clumsy and insensitive. Very few mainstream movies or TV shows feature an elderly cast or even main character.

Dismissing these people as "crazy" or less valuable than younger people is both disrespectful and inhumane at a certain point. I don't even say that as a politically correct statement -- it's an honest statement. I used to think that the trope of the "crazy old person" was funny until mental health conditions began affecting my older family members, friends and even myself after sustaining a traumatic brain injury my senior year of high school.

Simply put, the brain is just too important to be laughed off, and our society's seniors and their mental health needs do not deserve to be pushed aside. When your mental health is at stake, it takes a community around you to help find solutions. No generation is worth less than another, and increasing mental health resources and coverage for seniors needs to be made a national priority.

EDITORIAL



Illustrated by Nate Mulroy

Being mindful of your mind

The Panther Editorial Board

The brain is fascinating.

It's our most complex organ, operating our nervous system and thus basically everything else in our bodies. And like all the other parts of our bodies, our brains deserve care and maintenance. That's why mental health needs to be a priority for everyone - when your brain is under duress, everything else about you can be affected in adverse ways.

Some of us will be lucky enough to go our whole lives without being affected by conditions like depression, anxiety, substance abuse and chronic stress. However, someone you know will likely be affected by mental illness in some capacity, whether it be a friend, family member or colleague, and learning how to advocate for those affected is crucial to helping people find healing.

But ultimately, you are the only person who truly knows what's happening in your own head. Medical professionals can offer diagnosis and treatment, but in terms of keeping tabs on your own mental health, only you can tell how you're feeling at any given moment. Avoiding patterns of behavior that could be harmful to your psychological well-being is a good step to avoid spreading yourself too thin, especially when it comes to managing seasonal stress.

This time of year can be a rough time. The end of the semester is creeping up and finals always tend to send campus into a frenzy of studying and being over-caffeinated. All of these factors are just a few that can contribute to students feeling more stressed than usual.

That being said, it's important to find balance within all the chaos.

Sometimes, a certain amount of "healthy stress" can be a good thing that can be channeled into motivation or productivity.

But when stress starts affecting your emotional, physical or mental health, it's time to step back and find ways to lessen the load. This could mean doing things like taking a break from certain extracurriculars, communicating with professors about concerns or being more proactive with work. Talking with medical professionals and therapists can also be extremely helpful when it comes to identifying and managing acute stress.

College, by nature, is not an environment that is necessarily healthy for a person's stress levels and mental health. Between managing classes, homework, extracurriculars, jobs and a social life, students are often left feeling like they are at their breaking points during certain points in the year (or longer). Unfortunately, there is no universal way for people to go about managing all of these factors. Being aware of and respecting your own limits and tendencies is a good start in finding a routine that helps you maintain a healthy state of mind.

With finals coming up, there can be a sense of added pressure to push yourself even closer to your limits. For example, during finals week, the library stays open later. For some people who like studying through the night in a public place, this can be a really helpful thing. But if you're the kind of person who usually finds success with studying from home in the morning, there's no reason to suddenly switch up that routine and introduce a foreign method of studying to yourself before a test just because other people are doing it. Sticking to the approaches that work for you can do wonders for your own stress levels, which in turn can help you feel more confident heading into finals.

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Have a question, comment or idea? Contact us at thepanthernewspaper@gmail.com

Mental illness treatment should be encouraged



Sienna Kresge, senior dance and philosophy major

When I was 16 years old, I visited someone very close to me in an addiction detox hospital. I saw him lying half-conscious from withdrawals in a bed that smelled like urine, confined to a room with nauseating, charreuse walls and one tiny, prison-like window. His skin looked thin and sallow, like his eyelids were made of old latex gloves. When I greeted him, his ability to remember someone he had known for 16 years was as bad as his ability to formulate a sentence without it sounding like he was talking underwater.

If that memory seems particularly disturbing, it's because it absolutely was. I'm not sure how facing a loved one who struggles with alcoholism never sent me into any episodes of mental illness - I'm probably one of the lucky few. In fact, it wasn't until college that I ever experienced any degree of depression and anxiety, and when I did, it took me a while to under-

stand that I wasn't a defective human machine - that what I was feeling wasn't unnatural and was able to be properly addressed.

At this point in my academic career, I'm usually shocked to meet or hear of college students who have never dealt with mental illness in some capacity. Certainly, some people are more prone to it than others for various reasons, and suffering from mental illness in college is not inevitable. However, the obvious prevalence of mental illnesses among students demands the prioritization of psychological health treatment and education on campuses. If not, students may be more likely to develop toxic habits and coping mechanisms during a period of their lives that is especially formative for establishing healthy patterns of behavior into late adulthood.

Growing up, most of my ideas about addiction came in the form of macabre anti-meth campaigns on billboards and TV with grotesque images of scabbed lips and black teeth. Despite this enormous stigmatization, you would have to be blind not to find binge-drinking or recreational drug use somewhere on a college campus, and Chapman is no exception. I would never say that these factors automatically lead to addiction or that they are inherently bad, but I have nevertheless seen students - friends even - use these

behaviors as forms of escapism for mental health issues that need legitimate care and attention. For this reason, it seems valid to posit the importance of making mental health services accessible and dependable on campus.

Had I learned earlier in my college career that my depression and anxiety was normal and treatable, I would have sought the resources I needed much sooner, especially if those services were available on campus. If students are taught coming into college that suffering from mental health issues was not unlikely, and what to do if they end up in that situation, then it may seem logical that their lives would be positively impacted for the future. Encouraging the treatment of mental illness without abusing substances is only the first step. Chapman must augment its Student Psychological Counseling Services to include greater mental health awareness and education, as well as hire a greater number of qualified staff, broaden hours and expand the center to accommodate the high demand of students who need help. If college is about preparing students for the future, then having access to this kind of education and resources while they're here may help them sculpt a better, healthier lifestyle in the long run.

Prowling Panther

Compiled by Nick Huntley

How do you deal with stress?



Kathryna Napier

Freshman television writing and production major

"I just play video games on my Xbox and try not to think about my homework I'm supposed to be doing."



Adam Ginell

Senior digital arts major

"Get things done as fast as you can and just organize your life."



Evan Brooks

Junior film production major

"I don't."

Check out the full Prowling Panther video at thepantheronline.com

I am what high-functioning anxiety looks like



Danielle Shorr, junior creative writing major

I cried every day of first grade. This is not an exaggeration, nor is it something I did quietly, politely or to myself in the privacy of a bathroom stall or behind a bus seat. I cried every single day and everybody knew it. I was 6 years old and terribly and inexplicably anxious.

As I grew older, anxiety became more supplemental - an add-on to the array of internal battles that would come with my teenage years. Depression left me bed-ridden at times and apathetic. Still, my anxiety, while not always the center of attention, was ever-present.

I am lucky enough to have a family that understands the importance of talking about and treating mental health-related issues. Throughout high school, I took

an antidepressant called Lexapro. The small dose helped me tremendously to get through my day-to-day routine. I have never been ashamed to admit that I credit its existence for being what got me through high school. While I ended up going off of it before starting college, I am thankful for how it helped me manage when I most needed that help.

Anxiety can be pretty black and white, meaning you either know how it feels to live with it or you don't. If you've never had a panic attack in the middle of a lecture, then it might be difficult to understand what that feels like. For me, it's a swelling of my throat, an overwhelming wave of heat passing over me and a flood of fearful thoughts. High-functioning anxiety means you would never know I have it by looking at me. It means that only the closest people in my life have witnessed the struggle.

"I get nervous too." But it's not nervousness. I was nervous when I competed in my first poetry slam. I get nervous during job interviews. I'm even someone who loves public speaking. My day-to-day battle is not with nervousness, but with an overpowering fear

that can render me incapable. Anxiety is exhausting. It takes a physical toll on my well-being, sometimes keeping me up for multiple nights in a row.

My anxiety is irrational. Logic has never been a cure to its existence. It doesn't matter how many times you tell me it will be fine - my brain has already formulated a million comebacks to tell you why it won't be. Even though it's tiring, anxiety can be manageable. It takes work and effort, but anxiety can be overpowered.

There have been times when I've wanted to surrender, give up and let the fear control how I live my life. But today I'm doing more than just existing; I'm thriving. Today I'm looking at fighting anxiety face to face and winning.

Staff Column

My invisible illness



Caroline McNally, web editor

Depression cannot be summed up in one image. It looks different in everyone. The commercials for antidepressants show sad middle-aged women who gaze with empty longing at pottery or their husbands and children,

faking smiles and taking walks alone in the woods. In a lot of these commercials, the subject spends almost all of his or her time in bed. This isn't unrealistic - it's just one version of the illness, but many people misunderstand it to be the only version.

Numbness is common for those with depression. For many people, including myself, depression isn't being overwhelmingly sad all the time. Most of the time, it's about feeling nothing, not caring about anything, including your own well-being, an indifference to life and not understanding how to live and enjoy it.

It's hard to care about things you once loved when dealing with mental illness. You feel like your mind is tuned to a television channel that is just static, and concentrating on anything is difficult. Being numb is sometimes just existing, waiting for a day to end. Then you feel guilty about it and repeat the cycle the next day.

In many people with depression and anxiety, mental illness manifests itself in a very different way from what the commercials would have you believe. I've experienced the numbness, the indifference and many other difficult symptoms of depression and anxiety since age 12, but instead of staying in bed for days or walking around in a daze, I hid my symptoms behind a high-functioning facade.

Just like the cliché that the funniest people are also the saddest, the most high-achieving people are sometimes the most depressed and anxious. Constant distraction is sometimes the only way to forget about mental illness for a few hours. I have spent countless days going nonstop all day, forgetting about my mental illness only to have it creep into bed with me around 11 p.m. when my mind finally gets a moment to breathe and be alone.

My depression and anxiety sit on either shoulder, telling me I don't work hard enough, I'm not a good enough daughter/sister/friend, I don't deserve to be where I am. Anxiety tells me I'm eventually going to mess something up, and when I do, everyone will see that I'm a fraud and a waste of time. Depression tells me to give up and stop caring because no one cares about me. It tells me that completing an assignment doesn't matter because I can never do enough or be enough. Depression wants me to ditch anxiety so I can stop worrying and shut off completely. The anxiety fights back and tells me to overload my schedule, to make lists and take on responsibilities and just keeping going until I run on empty and burn out. I'm allowed to go back to depression for a few days after I burn out, but then anxiety wants me back on the hamster wheel, pleasing everyone but myself. "Do whatever you can so they will like you and think you matter," it whispers. I always oblige.

Even with medication, depression and anxiety are a daily battle. Just because I'm taking 18 credits and have a job doesn't mean I have it all together. It usually means I'm inches from falling apart. Mental illnesses are not treated like

physical illnesses and they should be. I experience physical symptoms of anxiety and depression regularly, and those are the only times I feel have a valid excuse to not show up to an event or class. The stigma of mental illness makes it difficult to be upfront about suffering. How do you explain that you're sad and empty for no reason or that you can have a panic attack out of the blue? I barely understand how my mental illnesses work, so how do I explain it to others without them thinking I'm unstable and incapable of basic activities? Mental illnesses are hard to understand because they are, for the most part, invisible.

Even though I think it should be treated just like a disability or physical illness, I never check "yes" when applications for internships ask if I have a disability. I keep it to myself until I absolutely need to disclose it to a professor or classmate. I know I shouldn't be ashamed, but it's a reflex I can't yet kick. Whenever friends tell me they feel sad, worthless, numb or depressed, I assure them that it's nothing to be ashamed of and that they should seek help or consider medication. I seldom take my own advice, which is pretty messed up.

It's time to do away with SGA



Tom Zoellner,
English professor

Chapman University now needs to face an uncomfortable truth. Student Government Association (SGA) has never worked very well in the first place, and few have any respect for it - even its own members.

The dysfunction and incompetence have now reached levels where promises of reform and pledges to do better should no longer be believed. Now is the time to get rid of it entirely.

SGA costs Chapman students a lot of money and provides, in return, a nice paycheck and a prestigious-sounding entry on a resume for a few lucky students, as well as the simulacrum of a representative body looking out for the students' best interests. But it isn't doing that now, and perhaps it never did.

The most recent case for the dissolution of SGA was made by the organization itself when it utterly failed the best interests of our students during the Orange party ordinance fiasco of last semester.

In case - like SGA itself - you missed this series of events, the city of Orange took direct aim at interests and pocketbooks of Chapman students in April by passing a set of local laws that dole out harsh financial punishments to the hosts of parties deemed too boisterous.

Here was a prime opportunity for SGA to quit with circular parliamentary procedure games and organize some democratic resistance to a genuinely bad idea. But nobody thought to show up to the first reading of the ordinance.

Former president Josh Nudelman - who had promised to "make communication more clear" - proclaimed not to have known it was even in the works, and then actively discouraged other student groups like fraternities and sororities, perhaps the most powerful and motivated of Chapman's many factions, from making their voices heard on a critical issue.

This was the same semester in which President-elect Austin Kernan resigned after he was accused of embezzling money from his fraternity, Delta Tau Delta, leaving the line of leadership in the hands of a vice-president elect who was overseas

at the time. The second runner-up in presidential votes had to be recruited to fill his job.

Kernan's flameout was particularly spectacular, but his was only one of four resignations that semester. And this is a familiar pattern at SGA: students run for senatorial posts with vague promises ("improving communication" is a perennial favorite, as is "bringing more vegetarian options to the cafeteria") before realizing how deadly dull and inefficient the work really is, getting reprimanded for multiple absences and then finally resigning quietly, leaving Chapman administrators scrambling to find replacement bodies to fill the seats. As recently as two years ago, there was only one contested race.

Defenders might point to the passage of a recommended campus-wide smoking ban as evidence that SGA can occasionally rise to the challenge of doing something meaningful. But the evidence for the wide support of the ban was collected via a highly unscientific and subjective "online poll," and run through without any meaningful debate or discussion.

In a goodbye column for The Panther last spring, former Vice President Jaycie Rowe painted a glum picture from the inside: lots of finger-pointing, infighting, absences, resignations, raised voices and neglect. She feared that representatives have "gravitated toward engagement that best serves their own personal agendas, without concern for the needs of the larger student body."

This fits a pattern. In one notorious 2013 incident, SGA voted to pay for emergency medical kits for Public Safety officers, without realizing their charter prohibited this action. When asked if they understood the purpose of SGA, senators only giggled to themselves. Adviser Colleen Wood called this display "embarrassing" before she walked out of the meeting.

Chapman students should be reminded they are footing the bill for these follies. According to the Dean of Students Office, the president gets paid \$10,000, the vice president \$8,000, the finance director \$6,000 and the public relations director \$4,000. Senators get \$600. This is about 13 percent of what you pay for, and an argument could be made that the payments actually turn them into lazy, entitled civil servants rather than people with a genuine desire to serve.

What is this money paying for? The leadership spent more than \$7,000 on mountain retreats for themselves in 2011.

This term, most of SGA's executive board allowed themselves to be photographed in a group where some were holding red cups at what appears to be a party. The shot was posted on Instagram with the following caption: "Thankful for Chapman students' Student Activity Fees giving me this cute lil fam #rushSGA."

Are the fees being used to pay for alcohol? The photo may lend this impression, which calls good judgment into question. At the very least, the optics are terrible.

This "cute lil fam" is responsible for channeling approximately \$250,000 in student activity fees to various clubs that must make their cases before the senators each year, a process not helped by lack of institutional memory or accountability. This is virtually the only SGA contact students might ever experience, as turnout in the last election was an anemic 22.45 percent, and students were practically bribed into voting through offers of free food. To be fair, that's above the customary 10 percent that large university student governments see in their own elections. But Chapman is supposed to be a more close-in learning community than places like the University of Southern California.

One argument for keeping SGA limping along - despite its many failings - is that Chapman is ultimately an educational institution, not a municipality, and that experiencing some government process might be intellectually valuable for those involved, even if they accomplish little of value.

But as political science professor Fred Smoller points out, SGA might be having the opposite effect - teaching Chapman students the "anti-lesson" that government is fundamentally inefficient and unable to bring positive change. In this era of pervasive political cynicism, Chapman needs to be affirming and celebrating the democratic experience instead of engendering further mistrust with a broken student government.

There will be some who will read this call for deep reforms in SGA as a statement of belief that students are simply incapable of managing their own affairs.

But that would be erroneous. Even a quick review of clubs reveals impressive competence and creativity all around. The Calliope literary magazine produces two provocative and visually arresting issues each year with almost no supervision (and I should know - I'm the adviser who gets to sit back and watch it happen).

There's more: Chapman Radio runs 136 shows on its own. Numerous interest

groups like the Queer Straight Alliance and the Black Student Union produce thoughtful programming without "the grownups" looking over their shoulders. Most prominently of all, the 17 fraternities and sororities manage public events, philanthropies and parties that - despite the occasional screw-ups - mainly run trouble-free.

Why, then, does SGA flounder and sputter, even with such an abundance of student managerial talent all around? There seems to be an unknown "X-factor" that creates a deadening effect to all who enter its rooms. Some have suggested the guiding presence of the university bureaucracy - which houses and supervises SGA - might act as a stifling agent to unorthodox ideas and student initiative.

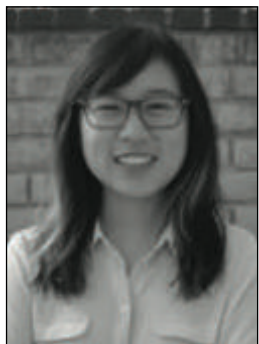
Four years ago, the Dean of Students Office pushed through a referendum to strip SGA of the responsibility of planning and paying for campus events, and to create the autonomous University Programming Board. This moved SGA away from the traditional "Associated Students" model and toward a parliamentary system. That was a necessary change.

Now is the right time to take the logical next step, put this struggling organization to sleep and completely rethink what to put in its place. Students deserve a functioning body that represents their interests; in fact, they should demand it.

One persistent element to Chapman's culture is the lack of involvement of faculty and staff in the general lifeblood of the university, and the "silo effect" of individual departments and schools having too little to do with one another. A way to counteract that - even if slightly - is to form a 1960s-style "community council" model in which students still run the show, but faculty and staff also send representatives. Another alternative would be to hand off the club-funding function to a committee, wean the officers and senators from their narcotizing paychecks and make SGA a body almost totally independent from the university to see what new leadership might emerge.

Structural reforms are likely the only way to bring lasting change, an idea which might outrage the current regime. But they now have the power to show a different way - to steer the current flawed body in a direction that genuinely represents Chapman students and renews their confidence. Isn't that what they were elected to do? And if that's not the point of the whole thing, then what is?

Students deserve representation



Annabell Liao,
Student Government
Association
President

Student Government Association (SGA) is the advocacy branch of the undergraduate student body, in which 29 senators are elected by students to organize and speak up for students' welfare. Representatives regularly serve on campus committees to involve students

in decision-making that directly affects the student body, empowering students to take an active role in maintaining an effective relationship among students, faculty, staff and the general public.

Faculty Senate exists for faculty members to share the burdens of the time and effort it takes to reach collective decisions. Professors receive course releases because of the perceived importance of participating in the faculty governance process. It is essentially written into the job that tenured and tenure-track faculty members are paid for by the millions of dollars that students pay in tuition. Can you imagine if an organization representing professors did not exist? How difficult would it be to secure and maintain resources for things like research projects without a voice?

Even when faculty members, such as English professor Tom Zoellner, don't active-

ly participate in Faculty Senate, they still reap the benefits of it. University administrators exist, Faculty Senate exists, and to have an equal voice at the table, so must the Student Government Association.

SGA senators have a lot of responsibilities that we inform them of at mandatory candidate meetings before elections. Each week, senators hold 1-5 p.m. office hours, attend the full senate meeting every Friday from 1-3 p.m., and work on an SGA standing committee advocacy as well as one or more personal advocacies. Senators are assigned to one of five standing committees that meet weekly: Academic Affairs, Allocations and Internal Affairs, Diversity Affairs, University Affairs and the newly created Community Outreach Committee that is dedicated to addressing community relations and communication with the student body. They are also required to serve on an additional committee and submit monthly reports of their work. For their work, senators are paid a stipend of \$600 for the year; however, this equates to less than half of the \$10 minimum wage. Most senators don't run for a senate seat for the pay, but for the opportunity to ensure a voice for the students and to see the university flourish.

Over the past year, SGA co-sponsored a free laptop rental program in Argyros Forum, expanded the equipment selection in the fitness center, provided funding for hundreds of students to attend conferences and much more. Representatives successfully advocated for the creation of a Cross-Cultural Center, the installation of sustainable initiatives such as water bottle-filling stations, the purchase of

automated external defibrillators across campus and made campus smoke-free. In addition, SGA hosted three town halls and a Student and Neighbor Get Together so far this semester, and has three more events scheduled for this week.

Keep in mind that the purpose of SGA is not to directly plan events, but to allocate student fees to organizations, like Chapman Radio and The Panther, and make sure that events are happening across campus to maintain a quality of student life. SGA has funded more than 90 events since this semester alone started, partnering with groups like Civic Engagement to put together programs such as the International Day of Peace BBQ and the Next Step Social Justice Retreat. On top of that, our programming counterpart, the University Program Board, has also hosted more than 100 events a year. In this aspect, I would argue SGA has consistently been successful.

Rather than discouraging students from getting involved in broader communities, every member of SGA that I've asked has said that getting involved in SGA has increased his or her sense of civic engagement and awareness of local politics. Voting is habit forming, so SGA's elections are a way of practicing democracy and developing a habit of voting. As to my own experience, I did not know much about city council until I started looking into it out of a sense of responsibility to the people that I serve. Even though the work that SGA does is not always visible, I have attended several meetings with students, Chapman administrators and Orange community members this semester and

helped clarify some confusion regarding an annual film moratorium.

Starting organizations from scratch is a lot of work. Graduate Student Council was formed just three years ago and is struggling to schedule consistent meetings. Even though there is a lot of room for improvement within SGA's operating documents, I thank the students who have come before me for the work they put in to set up a solid framework that can be amended to meet changing needs. There are multiple amendments to adjust SGA's structure that are being discussed already. If students are interested in attending a Constitution Review Committee meeting, they can email Vice President Tyler Porterfield at sgaicepresident@chapman.edu.

Is SGA doing enough to justify what we are paid? I'll leave that to the students, our constituents, to decide. That is their role, and no one else's, as SGA does not represent faculty members. This Friday is the fall State of SGA Address in the Student Union at 11 a.m., as well as the last weekly senate meeting of the semester from 1-3 p.m. in the Argyros Forum Boardroom. Both are open to all Chapman students.

Students deserve representation in university decision-making. It takes away our formal voice to take away student governance. Regardless of the form the governing association takes, this is how students have chosen to speak with a collective voice. If students want to see a change in SGA, it will happen when students make it happen.

Time to leave Stone Age of concussion protocol



Jacob Hutchinson
Sports Editor

Over the course of an athlete's career, there are often points when their body will tell them to stop playing. Yet, athletes are often encouraged to be "mentally tough" and push through

that physical pain if they can. And sometimes that show of mental strength helps energize the player and his or her team in an inspiring way.

However, that attitude of being mentally strong and playing through the pain periodically comes at a crossroads with both the player's physical and mental health. More specifically, I'm talking about concussions and the way they are treated, even at the highest level of sports.

There have been strides made in concussion awareness. The NFL has improved its policy on concussion testing and has an independent neurotrauma consultant on the sidelines to test players rather than team doctors alone.

Unfortunately, some sports, like professional soccer, are far behind the curve. Just last Wednesday, in the Nov. 30 Major League Soccer semifinal between Toronto FC and the Montreal Impact, Montreal's Hernan Bernardello collided with Toronto's Jozy Altidore and appeared to be knocked unconscious. Less than two minutes later, he was back in the game.

It's neither the first nor the last time this will happen. In the 2014 World Cup final, German player Christoph Kramer was knocked unconscious and looked clearly disoriented early in the first half, but was allowed to continue playing for 14 minutes.

Kramer later said he had to ask the referee if he was playing in the World Cup final and that he couldn't remember anything from the first half.

If you're going to ask players to be mentally tough, you have to make sure the brain, the thing allowing them to be mentally tough, is actually cared for.

A big problem with concussion protocol is the fact that there is no test that can definitively show whether or not a concussion happened. It's also hard for team doctors to tell players – who often claim they're fine – that they cannot go back on the field if their symptoms aren't entirely evident.

Putting a concussed player immediately back on the field is extremely hazardous to the player's health. Especially in sports like soccer, the physical stress of running can multiply the effects of concussions due to the way they complicate blood flow to and from the brain.

For professional teams, there needs to be independent concussion analysts like in the NFL. It's much tougher in youth and collegiate sports where there is a huge culture of athletes trying to self-diagnose and play through concussions, especially with inadequate medical analysis immediately available.

It's crucial to encourage more concussion education and a dialogue, especially with younger players who think they can just "shake off" their concussions like any other injury.

For some contact sports, like football and hockey, concussions may prove to be inevitable, but it is crucial to ensure that athletes, especially the younger they are, don't return too quickly from an injury that can cause lifelong mental damage.

Women's basketball loses second straight game

Breanna Greenup |
Staff Writer

The Chapman women's basketball team took a 76-63 loss Saturday against Biola University at home Dec. 3, marking Chapman's third loss in four games this season and its second in a row.

Head coach Carol Jue said that despite losing by a close margin against Biola, which is a Division II school, she was not satisfied with the team's defensive positioning.

"We had a game plan. I'm disappointed with that," Jue said. "That's a Division II school. That's a scholarship school and our tallest players are 5'8" and 5'9". But I'm sick of these moral victories because we've already had three games like this."

From the outset, it was a close game. The Panthers found themselves in a two-point deficit at the end of the low-scoring first quarter, as Biola led 12-10.

Chapman was more effective offensively in the second quarter and closed out the half with a 34-26 lead. Senior guard Lauren Sato stood out in this quarter, scoring a pair of three-pointers to help contribute to the lead.

Despite the strong

second quarter, Chapman faltered in the third quarter and gave back a 49-44 lead to Biola.

Sato said the team tends to come out slow after halftime.

"We have a tendency to do that," Sato said. "We start off strong and then for some reason after halftime, we don't come out with that same intensity. I think our issue has been maintaining that sense of urgency and consistency."

Chapman was unable to close the deficit in the fourth quarter, leaving the Panthers with a second-straight home loss.

Junior guard Jaime Hum-Nishikado said that because Chapman is smaller than most opponents, improved communication is crucial.

"Next game, it's really just communication, because for all the teams that we play, we are really undersized," Hum-Nishikado said. "So it's really all about talking and knowing when we need help and where it's coming from."

Jue also recognized Chapman's size disadvantage and said the Panthers need to improve their defensive understanding to



ALLIE CAMP Senior Photographer

Senior guard Megan Charles passes the ball in a game against Biola University Dec. 3.

compensate.

"We have a couple new players where they're still not sure how to play our defense," Jue said. "It's learning the nuances of our defense because of the fact that we are not tall, but we are quick. To get that, that's the big thing."

Chapman's next game will be its first in the Southern California Intercollegiate Athletic Conference this season at Pomona-Pitzer on Dec. 11 at 2 p.m.

Hockey falls to Cal State Fullerton 8-2 at home

Jayson King | Staff Writer

With only four games left in the regular season, the Chapman club ice hockey team took on California State University, Fullerton at home Dec. 2, but fell 8-2.

"We were a little flat to start, and that really hurt us in the long run," said associate head coach Sam Uisrapassorn.

Fullerton started the game strong and scored the first goal just after the one-minute mark. The Titans were able to score three goals before the Panthers netted their first goal in the 14th minute of the first period. After that, Chapman allowed four more goals before scoring a power play goal in the third period.

"Fullerton looked really good tonight," Uisrapassorn said. "They came out ready to play. They had lots of speed, and they were constantly on the puck. They had two guys on the puck. It seemed like anytime we had it, they were right there in our face."

This is the second meeting between Fullerton and Chapman this season. In October, the Panthers came away victorious after a third-period comeback. Chapman center Easton Miller scored a goal in both meetings.

"This game was a lot



ALLIE CAMP Senior Photographer

Chapman freshman center Burke Daily fights for the puck against California State University, Fullerton forward Matt Bodge on Friday, Dec. 2. Chapman lost to Fullerton 8-2.

tougher, this late in the season," Miller said. "We have a lot of injuries, so we're playing with a very short bench. We're missing probably three of our top four, so it's definitely hurting us. Nonetheless, we came out, we tried our best, but hopefully we bounce back the second half of the season."

According to Uisrapassorn, injuries have taken a toll on the team and results. With winter break approaching,

he said he hopes the break will alleviate some of the injury strain.

"Hopefully, over the next six weeks, when we get a nice little break, we get these guys recovered and finish the last four games of the season pretty strong," Uisrapassorn said. "That gears us up for our playoff run and into nationals as well."

Despite the result, Uisrapassorn praised his team for its effort.

"The main thing is our

team never gives up," Uisrapassorn said. "They played a full 60 minutes of hockey, maybe not the way the coaches wanted to see them play, but they're out there and giving it their all. At the end of the day, as a coach, that's all you could really ask for."

The men's hockey team plays next at the KHS Ice Arena against the University of California, Santa Barbara on Jan. 20.

Men's basketball loses conference-opener to Pomona-Pitzer

Malvica Sawhney | Staff Writer

The Chapman men's basketball team lost its first game in the Southern California Intercollegiate Athletic Conference (SCIAC) on the road against Pomona-Pitzer on Nov. 30, 64-60.

"We're disappointed, naturally, but Pomona is a good team," said sophomore point guard Reed Nakakihara. "Luckily, it's early on in the season, so we have time to make

adjustments and start playing the right way."

Although the Panthers (2-3, 0-1) were in the lead in the first half 28-26, the Sagehens (2-2, 1-0) caught up and beat them 38-32 in the second half, which led to their overall victory.

"A few calls didn't go our way and we made it a bigger problem than it was," said junior guard Tyler Green. "I think we just had a little span where we didn't execute as we should have but we see it now and we know where our faults are."

Despite the loss, Green said that the team played a good game, and certain plays worked out in their favor.

"We were down by 13 with nine minutes left and Cam (Haslam, sophomore shooting guard) had a few big shots down the stretch, then we came back, dug in on defense and got some stops," Green said. "It was a one-point game with under a minute to play and we had some opportunities down the stretch. We just didn't make them."

Despite winning the SCIAC last year,



Sophomore guard Cam Haslam blocks a shot in the second half against Pomona-Pitzer Nov. 30.



Photos courtesy of Larry Newman

Sophomore guard Cam Haslam drives past Pomona-Pitzer freshman guard Adam Rees toward the basket Nov. 30.

this was the Panthers' third loss of the season.

"I think we haven't played a consistent 40-minute game," Nakakihara said. "It's hard to come back from funks, which happen throughout the game."

A weak defense was one of the most prominent reasons to which the players attributed their loss.

Assistant coach Mike Molina said that players seem to have more energy when they get stops on the offensive, as defense translates to offense.

"We might have a guy doing a great job on the ball and then we've got a guy sleeping on the help side," Molina said. "We have four

or five possessions and we look good, but if we have 10 bad ones, it doesn't matter because there's no consistency there."

Despite starting the conference with a loss, Green said that the team still has a chance to ultimately win, and it plans to work harder and learn from mistakes to make that happen.

"(The loss) is not ideal but it's not the end of the world," Nakakihara said.

The Panthers face off against the University of La Verne in their next conference game on Jan. 5 at 7 p.m. in the Hutton Sports Center.

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