The Cauldron, 2015, Issue 10

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EATING DISORDERS ON CAMPUS

the silent illness

P3 Students protest anti-abortion group

P7 Swim team wins opener

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**What’s brewing this week**

### Reslife haunted house
Cleveland State University’s annual Fenn Tower Terror and Monster Ball took place Friday, Oct. 30 on the third floor of Fenn Tower.

### Volleyball keeps rolling
As the season comes to an end, the Cleveland State volleyball team is holding on to their lead at the top of the Horizon League.

### Chinese art exhibit
The Galleries at CSU opened a new exhibit Oct. 20 titled “Tradition Re-Interpreted: New Work by Contemporary Chinese Artists.”

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**URGE and SFC hold abortion rights counter-protest**

*Created Equal* decided to visit CSU, in response to a pro-choice rally that took place on campus last Thursday.

By Amana Alberto

Last Thursday Oct. 29, Cleveland State University was visited by Created Equal, an anti-abortion group that visits college and high school campuses to protest what they call “violent against.”

The Created Equal protest was countered by several student organizations, who gathered across campus and walked through the plaza for other people. I think they should be prepared for the voice of those lost persons, and everybody is passing by.”

Carter said. “Not to me personally, but positive vibes,” she said. “Because what we want to do is provide a wonderful alternative to some of the very grotesque images that may trigger people emotionally. We wanted a space where students could create a safe environment — nothing to worry about.”

Last Thursday Oct. 29, 2015

Nov. 3 to Nov. 9

**Weekly Calendar**

**Tues**
Nov. 3
Lifeshare Blood Drive, MC Auditorium, 10 a.m.  
CSU’s Got Talent, SC Atrium, 10:30 a.m.  
Venomen Cartoonists Take on the 2015 Crisis, FT 303, 11:30 a.m.

**Wed**
Nov. 4
No events scheduled

**Thurs**
Nov. 5
The Real Cost of Student Loans, MC 137, 11:30 a.m.  
Board Game Night, Rascal House, 6 p.m.  
“Ubu Roll” Opening Night, Lab Theatre, 7:30 p.m.

**Fri**
Nov. 6
Volleyball vs. WSU, Woodling Gym, 7 p.m.  
CABismo, SC Atrium, 7 p.m.

**Sat**
Nov. 7
Swimming and Diving, Busby Natatorium, 1 p.m.  
Volleyball vs. Oakland, Woodling Gym, 4 p.m.

**Sun**
Nov. 8
Volleyball vs. Loyola, Woodling Gym, 7 p.m.

**Mon**
Nov. 9
Viking Pride Party, SC Atrium, 11 a.m.  
Women’s Basketball vs. R. Wesleyan, Woldstein Center, 7 p.m.

Make your event featured on our calendar! Send the event name, date, time and location to cauldroneditors@gmail.com. Submission deadline is every Saturday prior to the event by 5 p.m.

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ResLife's Fenn Tower of Terror a hit once again

Annual haunted house followed by Halloween 'Monster Ball'

By Allee Coates

"It's coming..." promises ominous screaming that happens each year. "It's coming..." promises ominous screaming that happens each year. "It's coming..." promises ominous screaming that happens each year.

"They have been working so hard for many weeks."

The winners of the couples costume were Fred and Wilma from The Flintstones and Drake and Josh from the popular Nickelodeon TV show. A female resident dressed up as Minnie Mouse won cutest costume.

The haunted house has become an annual event that brings students together for a fun and spooky experience.

Top Left: Miguel Marcell, a senior Computer Science major, shows off his clown costume in the Fenn Tower of Terror Friday, Oct. 30.

Top Right: Dan Berghaus (under the table), a sophomore Communications major, and Jay C. Caspar, a freshman Theatre and Communications double major, prepare to scare the students coming through the Fenn Tower of Terror.

"Has Barack Obama's presidency impacted your view of black people?"

Mariah Pate, president of the local chapter of Delta Sigma Theta, explained the program's title is a reference to Harriet Tubman.

"When someone is progressing or succeeding, people believe that other African Americans hate on them."

Takura Hunter, the chapter's financial secretary and senior Health Sciences major at CSU, said the seeds of the idea for this program were planted about those weeks ago, when she watched the television series "Roots" for a class and told her sisters about it during lunch.

"We were talking about how we are portrayed today in society, and why we have let our past hinder us so much," she said. "That conversation transpired into, 'You know what? Let's do a program on campus.'"

Pate and Hunter said part two of the program, which will focus on systemic racism, is due to be released for the 2015-2016 school year. It will focus on developing a plan of action based on the previous two discussions.

If the first discussion is any indication, action is surely needed. When asked for one word to sum up the current state of the black community, attendees variously suggested "broken," "misguided," and "revolutionary."
CSU volleyball team continues to roll
CSU wins five in a row to stay on top of Horizon League
By Matthew Johns

The Cleveland State University's volleyball team continues to roll as it won its fifth game in a row to remain atop the Horizon League.

The team's one loss against a Horizon League member was to Northern Kentucky University in mid-October. However, the women are choosing to focus on only the upcoming games this week.

"The team chemistry has been really good," Toth said. "Everyone gets along. This is the closest we've ever been." Another amazing fact about the volleyball team is that they are back-loaded, meaning over half of the team is a freshman or sophomore.

Kilner and Toth both believe this will allow the team to be successful not only this season, but also in the future.

The team has been working hard to prepare to face the rest of the Horizon League the last few weeks of the season. Many factors contributed to the volleyball team's success, and many important parts came together just at the right moment.

Senior outside hitter Christina Toth believes the contributing factors began all the way back to this past summer, when the team began nonmandatory practices and worked on becoming a unit instead of just a group.

"We had pretty much all of the returning players here for summer workouts," Toth said. "They were the best summer practices we've had since I've been here."

The team has displayed unmatched dedication. Sophomore setter Gina Kilner said the work the team has put in speaks volumes about their heart.

"We are doing a good job at taking it one game at a time." Kilner said. "We've also had game-like practices to help us prepare for various situations."

These practices have been another big part of the team's success. This strategy has allowed the girls to better recognize the other team's plays and formations.

The only goal the women have for the remainder of the season is to keep winning, but they will have to get past everyone in the league first when they play Wright State University, Oakland University, Northern Kentucky University, University of Illinois at Chicago (UIC) and Valpo in the last few weeks. CSU has a stretch of three home games this week, along with a road match against UIC, with the team currently sitting in first place in the league.

They are determined to continue the success they have had and Kilner and Toth believe this will carry to every game in the future.

"The team chemistry has been really good. Everyone gets along. This is the closest we've ever been." Kilner said.

Along with the team's success, the athletes have also had individual achievements. Besides Kilner's 1,000-plus assists, outside hitter Grace Keath was recently named Horizon League Offensive Player of the Week after her 38 combined kills against Green Bay and Milwaukee.

Another key matchup will take place when the girls go on the road to face their final match against Valpo. These three games, along with a road match against UIC, will allow CSU to build momentum towards its final match against Valpo.

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Eating disorders on campus
The silent illness

By Abby Burton

Swiping into the Dining Hall is a terrifying experience for Marie, a junior Cleveland State University student.

Walking into a room filled with food at lunchtime does not bring her happiness or excitement — it brings her stress.

Rather than picking up a plate, she grabs a cup, fills it with water and finds a seat in the mostly empty cafeteria.

“Try to go when there aren’t a lot of people there,” she said. “I don’t like when people see me.”

Scoping out what there is to eat, her stress intensifies and her self-criticism begins.

“What do I eat? Why do I eat so much? Am I going to gain weight from this?” she thinks.

After talking herself into a salad, she gets up from her seat, grabs a plate and gathers the minimum amount of vegetables required to count as a salad.

“I usually take about 30 minutes to eat,” she said. “I like to take my time so I feel less guilty afterwards.”

Marie has suffered from anorexia nervosa during all three of her years at the university.

She has not tried to get help for her eating disorder, which she describes as a physical and emotional fight.

“I just don’t want to gain weight,” Marie said. “I usually take about 30 minutes to eat.”

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“I just don’t want to gain weight,” Marie said. “I usually take about 30 minutes to eat.”

“Anorexia, your body is starving so it eventually starts using up your own muscles — and bone loss. The bone loss that occurs with anorexia can cause osteoporosis,” she said.

“Anorexia causes brain atrophy, muscle loss — including the heart muscle,” Wisniewski said. “Anorexia can cause heart palpitations, abnormal heartbeats.”

Wisniewski offered both on campus and in the Cleveland Center at (216) 687-2277. or The Eating Program, an eating disorder treatment program in Beachwood, Ohio.

“Anorexia also results in kidney damage due to excessive demands on the kidneys from not consuming food or water. It is also known to affect women’s menstrual cycles, sometimes causing them to stop altogether. This absence of menstruation can affect long-term fertility,” she said.

“Bulimia puts your electrolytes out of balance. At times, the electrolyte balance can be so severely disturbed that the electrical charge of the heart muscle malfunctions, resulting in sudden death. Bulimia also results in damage to the esophagus and teeth due to the stomach acid frequently coming up through the esophagus.”

“If you or someone you know needs help with an eating disorder, contact the Cleveland State Counseling Center at (216) 687-2777 or The Eating Program at (216) 765-6500.”
A Tradition Re-Interpreted: New Work

Many possibilities, but in the expert’s mind there are few,” Shunryu Suzuki, a Zen master who helped popularize Zen Buddhism in the United States, once said. “In the beginner’s mind there are no boundaries, it’s all good. A lot of people at the show followed Ubu who — after killing the King of Poland — is prompted by the king’s ghost to begin killing people solely for their money. The Galleries at Cleveland State University (1307 Euclid Ave.) opened a new exhibit Oct. 22 titled A Tradition Re-Interpreted: New Work by Contemporary Chinese Artists.

Curated by Qian Lia, an associate professor in the Art Department at CSU, the exhibit is the first of its kind in Northeast Ohio, which is not only great for the university but also a step in the right direction for the arts community.

The concepts in Chinese art were inspired by the fast-paced Western world. In the ‘70s and ‘80s, when China was aspiring to catch up with the development of the Western world, Chinese artists tried to make their art reflect the world.

Art cinema has kept with the times, changed by the fast-paced Western world, but also a great for the university but also a professor in the Art department at CSU said. “Tradition Re-Interpreted: New Work by Contemporary Chinese Artists” is important to control vision and to think about how to amplify visual and psychological elements to express what they’re going through. Even the subtle breath of a person can run at the Galleries, the work will be swept away, reminding viewers of the impermanence of human life.

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Let's get this out of the way now — "Crimson Peak" isn't a horror film. Released Oct. 16, the Guillermo del Toro film tells the story of Edith Cushing (Mia Wasikowska), a budding writer who falls for the charming yet mysterious baron, Thomas Sharpe (Tom Hiddleston). Little does she know, Thomas and his sister, Lucille (Jessica Chastain), were planning to use Edith for her father's wealth. From this point on, Edith is also revealed to be able to see ghosts. She is warned by the mysterious baron, Thomas Sharpe, to "not go to see ghosts."

All in all, "Crimson Peak" is a visual delight. It all went on and as Edith uncovered more about their history, but they were never really understood as much as they could have been. The complicated, gothic romance "Crimson Peak" was what took the cake. Some elements of the romance weren't totally developed. A major love triangle was revealed near the end of the film — but what could have been an excellent plot device was lost within the action happening around it. Do not go see the movie expecting to get scared — most of the frightening scenes are left at the beginning of the film — but what could have been — the frightening parts are already shown in the trailer.

The biggest issue with the movie was character development. You never really understood some of the characters' motives, and their backstories weren't really elaborated with justice. The character of Alan McCrinal (Charlie Hunnam), was mostly understated and was pretty much useless at the end of the film. The Sharpe siblings' origins seemed to be a large plot device as the movie went on and as Edith uncovered more about their history, but they were never really explored as much as they could have been. The complicated, gothic romance "Crimson Peak" was what took the cake. Some elements of the romance weren't totally developed. A major love triangle was revealed near the end of the film — but what could have been an excellent plot device was lost within the action happening around it. Do not go see the movie expecting to get scared — most of the frightening scenes are left at the beginning of the film — but what could have been — the frightening parts are already shown in the trailer.

"Crimson Peak" gloriously subpar film

"Last Witch Hunter" enjoyable popcorn flick

"Secret Garden" carried by great talent

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Autism awareness brings sunny days to 'Sesame Street'
New character addition promotes acceptance, representation
By Jenna Salamon

There is a new friend in the neighborhood on 123 Sesame Street, the longest running children’s show on television. The show introduced Julia in a digital storybook featuring Elmo, the beloved, well-liked muppet. Elmo and Julia enjoy the eccentric favorite, entitled “We’re Different, Just Right.”

This beautiful, green-eyed, red-haired girl is like all of the other children, and is autistic. Julia’s key demographic in our society is young children at their most formative stage - roughly ages two to five. One in every six children introduced in the United States an autism spectrum disorder (ASD), according to a report by the Centers for Disease Control and Prevention. When I heard about Sesame Street introducing an autistic character, I was filled with so much joy and emotion that I cried. I was so moved that all of the sudden, the weight of all of these issues on this disorder: even though it’s so common, it’s not so familiar to our society — especially to those who have not encountered or an autistic child. I always found it so reassuring when Muppet Julia did not at first like her because she did not speak.

“Elmo’s daddy told Elmo that Julia has autism,” he said “so does she thing a little differently.”

Julia covers her ears when a noise is near. She talks to herself in first starts talking to Elmo, she looks down at her feet, moving her hands in front of her head.

“I think Sesame Street has done a excellent job of representing some of the challenges people with autism face. When I was told her it was not contagious, and was something people are born with. My name says, we adjust our clocks in the spring to give us more working sunlight hours, then change it back in the fall in an effort to use more sunlight instead of artificial light sources.

Energy savings are often connected with DST, however a major selling point. Several studies have been conducted to determine exactly how much of an effect it has on energy savings, but these have been inconsistent.

However, given the numerous factors to consider, most of the results are inconclusive. The only way to practice it and find it to be less than good is by actually studying.

Outside of the universal energy savings, opponents to DST say it may disrupt morning activities, increase certain health risks associated with stress and is generally economically and socially disruptive. It’s never really caused any problems for me. I’ve always enjoyed having extra hours of sleep. I cannot imagine having an hour less sucked from my nighttime schedule in the spring, but it is what it is.

For those who really like the sun and seeing its glowing, shiny face when they wake up, I’m sure DST isn’t going to be the best choice for them, but to sleep and hate all light — especially the burning orb in the sky — they both seem somewhat unreasonable.

Either way, there are several pros and cons to DST. In November, we get an extra hour of sleep to enjoy in our cozy beds. In March, we “spring ahead” and jump forward to sacrifrice our precious time in bed.

Why I’m hoping Issue 3 does not pass
Marijuana supporters proceed with caution on Election Day
By Patrick Kaminowski

This November election is very important. We in Ohioans have the opportunity to vote on an issue that has been hugely controversial for quite some time. If Issue 3 passes, marijuana will be legal for adults 21 and over in the state of Ohio. Issues 3 opposes marijuana can be great. Daily sales will increase. And consumers will be permitted to grow a few plants at home. However, a $50 licensing fee must be purchased beforehand.

It would also legalize distribution of personally grown marijuana of up to eight ounces and one ounce of purchased marijuana.

I am for the legalization of marijuana. I find it beneficial for many reasons, not just personally, but for medical reasons as well. When I was told her it was not contagious, and was something people are born with. Maryland has a law that legalizes medical marijuana, but is it enough to make our lives better? Why, when so many states have legal marijuana, but is it enough to make our lives better? Why, when so many states have legal marijuana, but is it enough to make our lives better?

Williams shoved, it shows unnecessary to give this issue celebrity star-power. Another ridiculous marketing tactic the group used this year was to use rock star John Lachey, husband of Kelly, along with various other celebrities who accompanied spokespeople the state, as well as to several college campuses.

I encourage voters who are eager to vote on Issue 3 to pause and research into what ResponsibleOhio’s plan entails. There must be alternative ways of carrying out the legalizing of marijuana without it being controlled by companies who can dominate the market place.

Patrick Kaminowski is a senior journalism & promotional communication major at CSU.
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