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the silent illness

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URGE and SFC hold abortion rights counter-protest
Created Equal pro-life group uses graphic images, shock tactics

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" in the form of unwanted pregnancy termination.

The Created Equal protest was countered by several student organizations, who gathered across the plaza in a rally of their own in support of legal abortions, women's reproductive rights and safe sex. The counter-rally, which was led by CSU's chapter of Unite for Reproductive and Gender Equality (URGE), provided curious students with coloring pages, flowers, baked goods and information about reproductive rights and safe sex.

The organization has previously been criticized for their shock tactics, as they draw the attention of passers-by with large sandwich boards displaying bloody photographs of what they claim is the result of abortions — severed hands and feet, partially developed fetuses and other gore imagery, according to Pappas. "It's kind of disturbing," freshman mechanical engineering major Logan Carter said. "Not to me personally, but for other people, I think they should put it somewhere else, where not everybody is passing by." Another student, trying to have a conversation with a member of Created Equal, was told the images were meant to show what the "lost persons" looked like when they had been "murdered." He was loudly told that Created Equal considers themselves to be the voice of the lost persons, and so it was acceptable to display the images. As part of their counter-protest, CSU students put up signs around campus and walked through the plaza all afternoon, warning people of the controversial nature of the topic at hand.

This is a hot topic, and other places these guys have been, there have been problems, so they have us out here for the day," Posante said. "But everybody's been fantastic."
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 signs hung around Fenn Tower and Euclid Commons.

Cleveland State University's annual Fenn Tower of Terror and Monster Ball took place Friday, Oct. 30 on the third floor of Fenn Tower. The event is in its fifth year, according to Kailie Johnson, a junior Social Work major who is a first-year Resident Assistant (RA) in Fenn Tower.

Put on by the RAs of both Fenn Tower and Euclid Commons as well as the Department of Residence Life, it is one of the largest events put on in the Department of Residence Life, it is one of the largest events put on in the Department of Residence Life, according to Julia Nieves, a junior Social Work major who is a first-year Resident Assistant (RA) in Fenn Tower.

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"We turn the third floor of Fenn [Tower] into a haunted house and residence halls each year," Nieves said. "We are trying to make it a fun, exciting experience for all residents who choose to participate in the event."

Johnson said the haunted house has been a successful event for many weeks.

"[The RAs] have been working on it for many weeks," she said. "They have been working hard for many weeks."

"They have been working so hard for many weeks." By Abe Kurp

Delta Sigma Theta hosts 'More Like Harriet' event
Open discussion explores modern American black culture

By Abe Kurp

After two dozen women gathered for an open discussion about race in the modern United States in the first part of a three-part program called "More Like Harriet," the event moved to the Main Classroom building Thursday, Oct. 29.

The women talked about the challenges they face as black women in the American community, and the ways in which they have overcome those challenges.

The discussion was led by Mariah Tate, the president of the local chapter of Delta Sigma Theta, a national public service sorority that focuses primarily on empowering black women.

Tate said that the purpose of the event was to "provide a platform for black women to share their stories and experiences with one another and with the broader community." She added that the event was "an opportunity to highlight the work of Delta Sigma Theta in promoting the social, political, and economic well-being of black women and girls."
CSU volleyball team continues to roll
CSU wins five in a row to stay on top of Horizon League

By Matthew Johns

As the season comes to an end, the Cleveland State University volleyball team is continuing to dominate in the Horizon League. The team has been on a winning streak, winning their last five matches and 13 of their last 14. The team has been red hot, winning the last five matches and 13 of its last 14.

The volleyball team recently defeated both the University of Wisconsin-Green Bay Oct. 23, and the University of Wisconsin-Milwaukee Oct. 24, by scores of 3-1 and 3-2, respectively. They beat Youngstown State University Friday, Oct. 30 by a score of 3-0.

These games all helped the Vikings move to 10-1 in the Horizon League, and 21-4 overall. The team is currently 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 non-mandatory 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 abilities. Confident in the team and their abilities, everyone is coming 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 either 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.

“We have a much better understanding of [his] vision and where we are going forward,” Strawser said.

Along with the Horizon League, CSU faces Wright State Friday, Nov. 6 at 7 p.m. and Oakland Saturday, Nov. 7 at 4 p.m. Both will be played in Wolstein Gym.

The only goal the women have for the remainder of the season is to keep their final match against Valpo. These three games, along with a big road trip through the Midwest against division front-runner Oakland University for the title.

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.”

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“We are doing a good job at taking it one game at a time.”

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 the University of Illinois at Chicago (UIC) and Valpo in the last few weeks.

CSU has a stretch of three home matches this week which the girls are looking forward to putting up a good fight against OSU.

“With just six regular season games left, both Kilner and Toth are very confident in the team and their abilities. They are determined to continue the success they have had and Kilner and Toth believes this will carry to every game in the future.”

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The Cleveland State University’s swimming and diving season has just begun, and the team is excited to get big jump on the competition early on.

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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 cafe.

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

Walking into a room filled with food at lunchtime is a terrifying experience for Marie*, a junior Cleveland State University student.

There are three main types of eating disorders that require treatment. The first is anorexia nervosa, which is when people see themselves as overweight even though they are obviously underweight. They do not let themselves eat a healthy amount of calories every day.

Bulimia is another eating disorder when a person partakes in binge eating — or overeating — and then feels so guilty that they force themselves to purge immediately after eating.

The third eating disorder is binge eating. This is when a person can’t control the amount they eat. It is usually the result of extreme stress or depression.

These eating disorders are recognized as mental illnesses and require psychiatric care as well as nutritional counseling.

Many rehabilitation centers offer one-day-a-week appointments as well as residential care where the patient lives in the rehab facility and eats meals planned out by doctors.

Signs of eating disorders

Dr. Lucine Wnisiewski is the chief clinical officer of The Emily Program in Beachwood, Ohio.

Dr. Wnisiewski serves as a clinical director and co-founder of the Cleveland Center for Eating Disorders, another eating disorder treatment program.

She said eating disorders have a wide variety of signs and symptoms.

"Signs of eating disorders vary based on whether you are looking for [an eating disorder] in yourself or another person," Wnisiewski said.

"Both are serious and have a few similarities like rigid weight loss or weight gain."

She said eating disorders are complications of eating problems that can affect the health of individuals.

"If someone is not feeling well and is concerned about their weight or their body image, they should be taking steps to find a professional," Wnisiewski said.

"The signs of an eating disorder are very similar, so it is important to look for them in both cases." Wnisiewski said she often sees patients that are suffering from disordered eating.

A case study

Someone else may have an eating disorder if you notice they do things like cut their food up into very small pieces or push their food around a lot on their plate without actually eating any of it. They could also use a lot of condiments on their food or tend to disappear after eating.

Research

Many medical researchers have conducted studies on eating disorders to figure them out. Some of that research is even being conducted right now at CSU.

Dr. Conor McLennan is an associate professor and director of the Language Research Laboratory in the Psychology department at CSU.

McLennan, Dr. Teresa Markis, Stephanie Weigel and other former eating disorder survivors have done plenty of research on these risks. She even suffered from them herself. In a phone interview she elaborated on the health risks of eating disorders.

Anorexia, your body is starting so it eventually starts using its own tissues as a fuel source, she said. "Anorexia causes brain atrophy, muscle loss — including the heart muscle — and bone loss. The bone loss that occurs with anorexia can cause osteoporosis."

She also said anorexia causes women to feel that their bodies are too thin.

"When I was anorexic, I was eating very little food. All of the time. I was more of a type B person and I still think the same," Eckert said. "I started really getting scared of my eating disorder when I got [premature ventricular contractions], which are extra, abnormal heartbeats." Eckert said she did not have a menstrual cycle for about two years and she had extra cavities whenever she would visit the dentist. She recalls being tired all of the time and feeling tired when walking short distances because it took her body so much effort. Now healthy, she tries to focus on the positives.

Anorexia also results in kidney damage due to excessive dehydration 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.

Bulimia puts your electrolytes out of balance. At times, the electrolyte balance can be so severely disturbed that the physical effects of the heart muscle function, resulting in sudden death. Bulimia also results in damage to the esophagus and teeth due to the stomach acid frequently coming up through the throat. This increases the chances for esophageal cancer and tooth decay.

"I can’t change my past with anorexia and bulimia, but I don’t worry [or] dwell on what might happen in the future," she said. "I feel much more focused on eating to maintain my health and making sure to get a lot of calcium and sunshine so that I give myself the best possible health I can going forward."

Coping with bulimia

If you or someone you know needs help with an eating disorder, contact the Cleveland State Counseling Center at (216) 677-2277 or The Emily Program at (216) 765-6500.

Research

The Emily Program is a national eating disorder treatment program in Beachwood, Ohio.

The Emily Program is a national eating disorder treatment program with facilities throughout the United States that offer weekly appointments and residential treatment programs for people with eating disorders.

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After a year of suffering, Ann decided to step away from the scale and stop focusing so much on how much she ate. She told herself that she wanted to be healthy, not skinny, and four months later she managed to overcome bulimia on her own.

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The Galleries at Cleveland State University, which is not only a part of the university but also a major cultural force in Northeast Ohio, has recently opened an exhibit that is the first of its kind in the area, featuring works by Contemporary Chinese Artists.

The exhibit is called "A Tradition Re-Interpreted" and it showcases a range of works that reflect the cultural realities of China. The concepts in Chinese art were ink and Chinese brush, and the elaborate Chinese art exhibited in the Galleries consists of papercut, wire, wood, and other materials.

One of the works on display is "Tree of Life" by Xin Song, which is a site-specific installation. The other work is "Tracing the Origin VIII" by Cui Fei, which is a sand drawing. Traced images filled with black sand are considered to release healing energies into the world.

The Galleries are open Mondays through Saturdays and Sundays from 10 a.m. to 5 p.m., with free admission. The exhibit will run until Nov. 5-15 in the Helen Theatre.
'Crimson Peak' gloriously subpar film

By Becky Raspe

Let's get this out of the way now — "Crimson Peak" isn't a horror film. Released Oct. 1, 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 weapon of mass destruction.

Edith is also revealed to be able to see ghosts. She is warned by the start.

By Roman Macharoni

CSU's Alternative Student Newspaper 12 Film

CAULDRON

Nov. 3, 2015

12 Film

CAULDRON

Nov. 3, 2015

13 Theatre

By Becky Raspe

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 McCullum (Charlie Hunnam), was majorly underutilized and was pretty much useless by the end of the film.

The Sharps’ origins seemed to be a large plot device as the movie went on, and as Edith uncovered more of their history, but they weren’t really explored as much as they could have been.

The complicated, gothic romance in "Crimson Peak" was what took the cake. Some elements of the romance were completely underdeveloped. 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.

Don’t go see the movie expecting to leave with you long after leaving the theater. The complicated, gothic romance in "Crimson Peak" was what took the cake. Some elements of the romance were completely underdeveloped. 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.

By Abe Kurp

The best moment of the production was when Kaulder’s friend seemingly dies at the heart of Burnett’s novel. The production also boasts the largest cast in CPH history. Secondary characters often pulling me out of the drama.

The costumes were very believable and the actors’ lines were unclear and sounded mumbled. It’s very clear this film is trying to imitate the style of shows such as "Game of Thrones," but it offers some refreshing changes to the genre. In fact, the film is loosely based on "Crimson Peak," the popular board game "Dungeons and Dragons" and replicates the game’s themes of wonder and mystery.

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"Crimson Peak" was an enjoyable popcorn flick. There are some memorable dialogue and solid performances. The character of Alan McCullum (Charlie Hunnam), was majorly underutilized and was pretty much useless by the end of the film. The Sharps’ origins seemed to be a large plot device as the movie went on, and as Edith uncovered more of their history, but they weren’t really explored as much as they could have been.

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Whatever lies Abigail and her minions conjure up, summing dozens of people to death on little evidence. The situation gets so ridiculous that even during highly dramatic moments near the end of the production, little bursts of laughter from some of the audience members spoiled the mood.

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The truth behind eating disorders
Individual battles, made worse by societal shame

By Regan Reeck

I vividly remember the first experience I had with a person with an eating disorder — I was 13 years old and had my best friend. We were sitting on the couch, headed somewhat, and she leaned over to whisper in my ear.

"That girl over there, look at her, she makes herself purée." I remember her saying as she pointed at the girl in front of us. It remained her favorite story, and we would tell it to each other for years, even when we were in college.

Unfortunately, this was not the only time I heard such comments. When I heard about Sesame Street introducing an autistic character, I was so moved that I cried. I was so moved that I felt the need to write about it.

"Look at her hands, you see the bulimia and anorexia. She doesn't look well, right?" My friend would say.

I feel the more autism is discussed, the more people will be able to communicate on TV and in story lines. When I was younger, I didn't understand what was happening to me and felt like I was the only one who had these feelings. But now, I feel like I can tell my story and connect with others who feel the same way.

I'm an adult with an eating disorder and I understand the struggles people face in silence. I feel that the more we can talk about these issues, the more we can reduce the shame and stigma around them.

The societal shame of not being able to control your own body can be devastating. It can make you feel like you're not good enough, like you're not worthy of love. But remember that you are still a human being, and you deserve to be treated with compassion and understanding.

If you or someone you know is struggling with an eating disorder, please reach out. There is help available, and you are not alone.

**Autism awareness brings sunny days to ‘Sesame Street’**

By Jenna Salamon

There is a new friend in the neighborhood of Sesame Street, the芝麻街, and she's been introduced to the world in a digital storybook featuring Elmo, the beloved, well-loved Sesame Street character.

The storybook is a beautiful, green-eyed, red-haired girl who is like all of the other children, and it's autism. Julia's key demographic in our society is young children at their most formative stage — roughly ages two to five.

One in sixty-eight children in the United States has an autism spectrum disorder (ASD), according to a report from 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 I felt the need to write about it.

"Look at her hands, you see the bulimia and anorexia. She doesn't look well, right?" My friend would say.

I feel the more autism is discussed, the more people will be able to communicate on TV and in story lines. When I was younger, I didn't understand what was happening to me and felt like I was the only one who had these feelings. But now, I feel like I can tell my story and connect with others who feel the same way.

I'm an adult with an eating disorder and I understand the struggles people face in silence. I feel that the more we can talk about these issues, the more we can reduce the shame and stigma around them.

If you or someone you know is struggling with an eating disorder, please reach out. There is help available, and you are not alone.
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