Fall 11-3-2015

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
P11 'Ubu Roi' preview
What’s brewing this week

Reslife haunted house
Cleveland State University’s annual Fenn Tower 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. 22 titled “A Tradition Re-Interpreted: New Work by Contemporary Chinese Artists.”

Weekly Calendar

**Nov. 3 to Nov. 9**
**Caution:** Please allow extra time to park on campus.

**Tues Nov. 3**
- Lifeshare Blood Drive, MC Auditorium, 10 a.m.
- CSU’s Got Talent, SC Atrium, 10:30 a.m.
- Venom Cartoonists Take on the 2015 Crisis, FT 303, 11:30 a.m.
- Volleyball vs. Oakland, Woodling Gym, 4 p.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**
- Wrestling vs. John Carroll, Woodling Gym, 4 p.m.

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

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 theuck 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 passersby 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 gory imagery, according to Pappas.

“Instead of a Jessi, a student in the crowd, would say it’s a shock tactic,” said Pappas. “We’re doing this to show that we think this is important to provide a safe space for students.

The whole goal of this was to create a safe environment — nothing 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 be safe.”

Campus police were in attendance Thursday but did not take an active role in the proceedings.

Officer Chris Posante said campus police had been called out as a preventative measure due to the controversial nature of the topic at hand.

“This is a hot item and other places,” Posante said. “But people here want to have a safe environment — nothing but positive vibes,” she said. “Because the very grotesque images that may trigger people emotionally. We wanted a space where students could be safe.”

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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. So Johnson warned about the simultaneous excitement and screaming that happens each year.

Johnson describes the rooms in the third floor of Fenn Tower. The haunted house is meant to be both a fun and scary experience, So Johnson warned about the simultaneous excitement and screaming that happens each year.

While residents aren’t required to dress up, Johnson encouraged them to do so. “We [The RAs] use this as an opportunity to interact with residents,” she said.

Johnson said the RAs used the dormitories to advertise and promote the Fenn Tower of Terror and Monster Ball.

RAs also used ResLife trick-or-treat — an event that happened Monday, Oct. 26 where RAs handed out candy to the residents of Euclid Commons and Fenn Tower — to advertise these events.

Johnson was excited to see how everything turned out. “[The RAs] have been working so hard for many weeks,” she said. “Halloween is my favorite holiday, so I am beyond excited!”

About 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’ in the Main Classroom building Thursday, Oct. 29.

The rooms this year featured a graveyard and butcher along with many other creepy scenes meant to scare students.

Johnson describes the rooms in the Fenn Tower of Terror as similar to other walk-through haunted houses around the Cleveland area. The dark maze, which was created entirely by the RAs, was frightening, confusing and impressive.

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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. A female resident dressed up as Minnie Mouse won cutest costume.

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

Bottom Left: Rachel Corzier (left), a junior Anthropology major and Morgan Short, a sophomore Film major, dress up for the costume contest at the Monster Ball held in the Fenn Tower Ballroom.

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

Bottom Right: Cory Haftal, a senior Computer Science and Film major, was the star of the first gasp scene attendees ran into in the Fenn Tower of Terror.

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

By Abe Kurp

About 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’ in the Main Classroom building Thursday, Oct. 29.

The rooms this year featured a graveyard and butcher along with many other creepy scenes meant to scare students.

Pate said, by putting on the ‘More Like Harriet’ event, her sorority chapter hopes to inspire students to be active in lifting up their community. The way Tubman was and to defy the old saying that the black community is comparable to crabs in a barrel.

“Maybe [that saying] is not a big thing because every time I mention it to somebody, they’re like, ‘I never heard that before,’” she said. “But I have, and I’ve heard it more than once. I’ve heard it enough for it to be in my mind daily. So the idea is you go to Red Lobster. You see the crabs. One is almost out of the tank, and of course pull it back down because they’re all clawing. It has been said that that is like the black community. When someone is progressing or succeeding, people believe that other African Americans hate on them, for lack of a better term.”

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“These are significant events in our community, attendees variously indicated. What was asked for one word to sum up the current state of the black community, attendees variously suggested "broken," "misguided" and "revolutionary."
CSU men's swim team starts strong Vikings destroy Gannon and prepare for Oakland, OSU

By Gregory Kula

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

The new season began with the only thing a coach could ask for — a great first meet and a dominate win in every category.

Alex Strasser, a senior Urban Planning Major in his fourth and final season with the Vikings, said he cannot wait to compete against the rest of the Horizon League and other top-notch competition on the schedule.

The season started off against Division II school Gannon University, and the CSU men's team swept the floor in every event.

Strasser said starting off against this competition from a different division is good for morale and confidence.

"You have to face all forms of competition," he said. "It was a stepping stone for us. It shows we can go out there and compete."

Looking ahead at the rest of the schedule, Strasser believes the team will continue to grow under the leadership of head coach Paul Graham, who is in his second year at CSU.

"We have a much better understanding of [his] vision and where we are going forward," Strasser said. "It's about getting everybody on the same page."

The men's team has four returning seniors, including Strasser, only losing one teammate in the offseason.

Strasser believes everyone is coming together as a group.

He also praised the new freshmen for their hard work, and in the upcoming weeks, the team will look to put up a good fight against OSU.

On a more personal note, Strasser is looking to go out this last season every ounce of his energy.

"I'm going to give it everything I have left," he said. "I'm going to try to work hard in the practices."

With his vision and the team looking for a championship in their coach's second season, Strasser believes CSU swimming is in for an exciting year.

CSU and Oakland might be tough to face for the Vikings, but Strasser said playing the good teams is what creates champions.

"To be the best, you have to face the best," Strasser said.

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 Woodling Gym.

Horizon League volleyball playoffs begin Nov. 20.
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 can trigger eating disorders and eating avoidance in Marie and other young women.

Marie has experienced an eating disorder since high school and was hospitalized for it in 2013.

She said eating disorders have a long-term effect on health, and that people shame themselves for having an eating disorder.

She has struggled with anorexia nervosa, bulimia nervosa, binge eating disorder, compulsive exercise disorder, and other eating disorders.

A research article published in the Journal of Adolescent Health in 2015 stated that young women are more likely to experience eating disorders than young men.

The article also stated that young women who experience eating disorders are more likely to experience depression and anxiety.

The article concluded that early intervention and support are crucial for young women who experience eating disorders.

Marie said she has struggled with eating disorders for most of her life, and that they have negative effects on her physical and mental health.

She has struggled with low self-esteem, depression, anxiety, and other mental health issues.

She has also struggled with nutritional deficiencies, such as iron deficiency anemia and osteopenia.

Marie said she has tried to overcome eating disorders in the past, but has not been successful.

She said she is currently working with a therapist and a dietitian to better manage her eating disorders.

Marie said she is not alone in her struggle, and that there are many resources available for people who experience eating disorders.

Marie encourages people who experience eating disorders to seek help from a qualified professional and to reach out to support groups and online communities.

Marie said she hopes to raise awareness about eating disorders and to reduce the stigma associated with them.

Marie is grateful for the support she has received from her family, friends, and healthcare providers.

Marie encourages people to take action to help prevent eating disorders, and to support those who are struggling with them.

She said it is important to talk about eating disorders and to provide resources and support for those who need it.

Marie said she is hopeful for the future, and that she hopes to see changes in the way society views eating disorders.

She said she is grateful for the support she has received, and that she hopes to be able to help others who are struggling with eating disorders.

Marie said she hopes to continue to work towards a better understanding of eating disorders, and to help reduce the stigma associated with them.

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Galleries opens Chinese art exhibits
‘A Tradition Re-Interpreted’ shows audience new perspective

By Keegan Jones

As the 2015–16 academic year came to a close, the Galleries at Cleveland State University’s Helen Theatre were preparing to open their new exhibit: ‘A Tradition Re-Interpreted’—the first of its kind by Contemporary Chinese Artists. The exhibit is open through Nov. 15, with a reception at 7 p.m. on Nov. 11. The opening reception is free and open to the public, and the exhibit is free to all with a CSU ID.

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 groundbreaking for the arts in Northeast Ohio, but it is also a step in the right direction for the arts at CSU, the exhibit is the first of its kind by Contemporary Chinese Artists.”

“Tradition Re-Interpreted: New Work by Contemporary Chinese Artists”

By Delaney Canfield

Dr. Michael Mauldin, a Cleveland State University professor in the Theatre department, has directed productions at Playhouse Square. However, nothing quite compares to the spontaneous and energetic production of ‘Ubu Roi’ which will run from Nov. 5–15 in the Helen Theatre.

He has been preparing for the past few months with CSU students. ‘Ubu Roi’ is a satirical piece written in the late 1880s about poverty and war. The show follows Ubu who — after killing the King of Poland — is prompted by the King’s ghost to begin killing people solely for their money.

The entire production brings a new possibility to the world of theater that most audiences never experience.

“Ubu Roi’ flips the bird to traditional theater

By Keegan Jones

‘Ubu Roi’ flips the bird to traditional theater without strong actors to fill the parts. ‘The cast — they are fearless,’ Mauldin said. ‘We have asked them to go over the top.

Mauldin knows they’ve put their hearts into the production from day one. The cast has gone above and beyond anything he’s asked them to do and as a result, have created something distinctive.

‘I can truly say you’re going to see a production that is uniquely to CSU and to Cleveland play. The actors can be intimate with and certain parts of the audience and completely shut the traditional fourth wall,’” Mauldin said.

Mauldin hopes the audience and particularly students not only find the show funny but insightful as well. The satirical tone and themes will begin a dialogue with audiences when the curtain closes.

Tickets are $5 for students and can be purchased online at www.playhouse squares.org.

Meg Myers talks new music and lyrics

By Elissa Tennant

Singer-songwriter Meg Myers is fresh off the release of her ironically unapologetic debut album, ‘Sorry,’ and the 29-year-old native Tennessean is ready to take on the music industry.

Fresh off the release of her debut album, singer-songwriter Meg Myers is ready to take on the music industry.

MM: ‘Sorry’ is pretty intense. In your eyes, what type of message were you trying to give your audience when writing this?


MM: Right now I’m in the back of a sprinter van listening to my band talk about the new ‘Star Wars’ trailer. They won’t shut up. I just want to sleep, but they won’t stop talking about why Luke Skywalker isn’t on the new ‘Star Wars’ movie poster.

‘You know some of [the audience is] going to be horribly, horribly uncomfortable, and some of them are going to get right into it,” Mauldin said.

Mauldin described it as being outside the realm of polite theater.

“It was written as sort of a big finger in the face to traditional theater,” Mauldin said. “Basically [the author] was a very angry young man who was using the theater to tell everyone what they were doing wrong.

Mauldin typically directs shows on main stages, but the stage for “Ubu Roi” is in the much smaller and more intimate Helen Theatre. Mauldin was thrilled to do such a confrontational piece.

‘Ubu Roi’ is a satirical piece written in the late 1880s about poverty and war. The show follows Ubu who — after killing the King of Poland — is prompted by the King’s ghost to begin killing people solely for their money.

The Cauldron caught up with Myers in between tour dates to talk about music lyrics and the craziness of touring with a full band.

Mauldin said. “We have asked them to give the emotion of expressing himself in his living environment through mental imagery, such as art based on sound, feel and visual aspects in everyday life. ‘Self-portrait’ by Guanping Cai is another fascinating piece. In this work, Cai tried to explore an appropriate way of expressing himself in his living environment through mental imagery, such as art based on sound, feel and visual aspects in everyday life. ‘Self-portrait’ by Guanping Cai is another fascinating piece. In this work, Cai tried to explore an appropriate way of expressing himself in his living environment through mental imagery, such as art based on sound, feel and visual aspects in everyday life.

TC: What kind of work did it take for you to get to that point?

TC: I don’t think that far down the line when I write. I’m just expressing something that I’m going through and hope the end result is something that others can relate to.

TC: Where do you get your inspiration for writing songs?

MM: Mostly life experiences, but also the music that I’m listening to at that given time plays a role.

TC: What are you listening to right now?

MM: ‘Elements’ by Ludovico Einaudi.

TC: You now have a record deal and a full-length album. What’s next?

MM: ‘Sorry’ is pretty intense. In your eyes, what type of message were you trying to give your audience when writing this?

TC: The overall vibe of the track “Sorry” is pretty intense. In your eyes, what type of message were you trying to give your audience when writing this?

TC: How many of your lyrics are intricate and emotional. Do you ever wonder how your audience interprets them?

TC: ‘Self-portrait’ by Guanping Cai is another fascinating piece. In this work, Cai tried to explore an appropriate way of expressing himself in his living environment through mental imagery, such as art based on sound, feel and visual aspects in everyday life.

TC: What’s next for you?

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“Light of Life” by Xin Song is a site-specific installation made for the Galleries consisting of papercut, ish wire and wood stick.

“Tracing the Origin VIII” by Cui Fei is a sand drawing. Traced images filled with black sand are considered to be a release of healing energies into the world.

The elaborate Chinese art exhibited during the exhibit’s opening, the audience watched an artist use the chak-purs to fill in the piece with black sand. At the end of the exhibit’s opening, the audience watched an artist use the chak-purs to fill in the piece with black sand. At the end of the exhibit’s opening, the audience watched an artist use the chak-purs to fill in the piece with black sand. At the end of the exhibit’s opening, the audience watched an artist use the chak-purs to fill in the piece with black sand.


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Let's get this out of the way now — “Crimson Peak” is not a horror film.

Re...
Autism awareness brings sunny days to ‘Sesame Street’

By Jenna Salamon

This November election is very important. We in Ohioans have the chance to make decisions on an issue that has been hugely controversial for quite some time. If Issue 3 passes, marijuana will be legalized. It’s a very complex issue, and I believe that Ohioans are not fully informed on it. In the spring of 1998, Ohioans passed Senate Bill 286, which made possession of five or fewer ounces of marijuana a first-degree misdemeanor. The bill was vetoed by Governor Kay Hagan, and in the summer of 2002 Governor Bob Taft signed Senate Bill 159, which essentially created an Ohio state lottery system. The lottery sold $500 worth of tickets at a time to support drug education, prevention, and treatment programs. Since then, Ohioans have voted four times on the subject of marijuana legalization, with the last being in November 2004.

The debate on marijuana legalization is far from over. While some believe it will be a national discussion within the next decade, others believe it will be settled much sooner. Many states in the United States have already made the decision to legalize marijuana, which has led to a national debate on the issue. While some states have already legalized marijuana, others continue to ban it. The decision to legalize marijuana will have a significant impact on society.

The decision to legalize marijuana is not only a moral and ethical issue, but it also has economic implications. Legalizing marijuana could bring additional tax revenue to states and lead to the creation of new jobs. In addition, it could help reduce the amount of money spent on enforcing drug-related laws.

There are also several legal considerations to be taken into account. For example, if marijuana were to be legalized, it would need to be regulated by the government. This would require the establishment of new laws and regulations to ensure that marijuana is produced and distributed safely. It would also need to be considered how best to structure a control system, such as taxation and regulation.

Legalizing marijuana is not without challenges. It is a complex issue with many stakeholders involved. As a result, it is important that all voices are heard and that thoughtful decisions are made.

The truth behind eating disorders

By Regan Reeck

I vividly remember the first experience I had with a person with an eating disorder—I was 13 years old and with my best friend. We were sitting on the sidewalk alone and we overheard a girl on the phone with her parents. She was saying things to them and the next thing we knew was we heard her biting herself when she shoves her hands down her throat.”

It was an eating disorder—I was 13 years old filled with so much joy and emotion and I was excited to hear her caring about herself. I was learning to be the best I could be.

As much as victims of eating disorders don’t understand their illness, the general public knows and understands it. I could have been one of those people who I’ve learned to suffer with an eating disorder. I know I am part of a society that is just now beginning to accept that we’re damaging parts of ourselves. And in doing so, we must keep pushing, keep proving that we are stronger than our illness, but I have to believe that the public is behind me.

The societal shame of not loving ourselves, the general public knows and understands it. I could have been one of those people who I’ve learned to suffer with an eating disorder. I know I am part of a society that is just now beginning to accept that we’re damaging parts of ourselves. And in doing so, we must keep pushing, keep proving that we are stronger than our illness, but I have to believe that the public is behind me.

I believe that I am not alone in my struggle with eating disorders. I have been diagnosed with bulimia and anorexia. I am a member of a society that is just beginning to accept that we’re damaging parts of ourselves. And in doing so, we must keep pushing, keep proving that we are stronger than our illness, but I have to believe that the public is behind me.

No need to fuss over a little one-hour change

By Morgan Elswick

In case you didn’t know, Daylight Saving Time (DST) was this past Sunday, Nov. 1 at 2 a.m. In Ohio, and most other state except Hawaii and Arizona, we lose “fall back” a full hour. Due to this change, the sun will begin to rise and set much earlier than before. Our routines may become more hectic, and our eyes are at the very end of the season.

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

However, given the numerous factors to consider, most of the results are inconclusive. What I can say is that DST isn’t a mandatory thing. You, I’m completely serious. There are several countries and states in the world that choose to practice it and find it to be less of a hassle.

I was always under the impression that DST was science-related and therefore pointless to argue with. The purpose of DST is exactly what its 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.

It’s baffling that a plant with so many redeeming aspects is deemed illegal in the first place. The state of Ohio should be the first state to legalize marijuana. We as Ohioans need to come together and make a decision on this issue. As much as victims of eating disorders don’t understand their illness, the general public knows and understands it. I could have been one of those people who I’ve learned to suffer with an eating disorder. I know I am part of a society that is just now beginning to accept that we’re damaging parts of ourselves. And in doing so, we must keep pushing, keep proving that we are stronger than our illness, but I have to believe that the public is behind me.

Marijuana supporters proceed with caution on Election Day

By Patrick Kamiowski

It’s an exciting time for Ohioans, and marijuana supporters are looking forward to the potential legalization of marijuana. However, many opponents are concerned about the possible consequences of legalization.

If marijuana were to be legalized, it would need to be regulated by the government. This would require the establishment of new laws and regulations to ensure that marijuana is produced and distributed safely. It would also need to be considered how best to structure a control system, such as taxation and regulation.

For some, there’s bound to be a shift in perspective on this issue. The idea of a world where marijuana is legal may be difficult to accept for some. However, it’s important to remember that the decision to legalize marijuana has the potential to bring about meaningful change and improvement for society.
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