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A woman with long dark hair and glasses is shown in profile, looking out a large window. The background shows a bright, modern interior with large windows and a view of a city street with buildings.

T & C

M A G A Z I N E

Issue 11 // Winter 2016

Struggles From Within

SELECTIVE EATING
the various lifestyles

EMOJIS
learn a new language

Volunteering
get involved and make a difference

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T&C Magazine is a student publication. One hundred percent of the production, editing and design is done by the students.

The first copy of T&C Magazine is free to the public. Each additional copy is \$3, and payment can be made at the office at 33 Collegeview Rd., Westerville, OH 43081. Offenders will be prosecuted.

Cover Photo // **Nikki Solomon**



WISE WORDS

From the Editor

Otterbein student Emma Rose has Bipolar disorder, ADHD and Generalized Anxiety disorder. She told our reporters that she wished more people understood that "being alive is an accomplishment for some people. Waking up in the morning and putting on your clothes and showering is an accomplishment. Not cutting yourself is an accomplishment."

For this issue of the T&C magazine, our reporters sought out stories that meant something, that held some sort of controversy and had a lot of fight to them. Otterbein students didn't fall short of inspiring us with their powerful stories.

Find out how an amazingly talented actor and Otterbein alum landed his role on an international musical tour in our Alumni with Cool Careers section. For even more motivation, head on over to the Where in the World feature and see how Yousuf Raja made his way from Karachi, Pakistan to Westerville, Ohio.

And to hear additional information about students on campus with mental illnesses look no further than our cover story on page 8 of this issue. Hopefully someone in these 32 pages will encourage you to be the best person you can be. Remember, whatever you believe, whatever you stand for and whatever fight you're currently facing, know that you are not alone on this campus.

Happy reading!

Taylor Numbers
editor-in-chief

Taylor Numbers

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Q & A Alumni with Cool Careers

by Boston Gregg



Jared Howelton // Photo Provided



Howelton in character as Donkey// Photo Provided

Name: Jared Howelton

Major: BFA Musical Theatre

Year: 2015

Affiliations: Phi Delta Theta Fraternity

Occupation: Actor

Regardless of what anyone says, we all have big dreams. We all have a passion. We all have drive. Pushing forward we pursue our dreams—continuously picking ourselves up, fighting for what we want and striving to better ourselves every single day.

Donkey, Shrek the Musical International Tour

In 2015, Jared Howelton graduated with his Bachelor of Fine Arts in Musical Theatre with a dream in his heart. Now, Howelton works on the international tour of Networks & Broadway Entertainment Group's Shrek the Musical, but he didn't land his dream job overnight. First he completed Otterbein's intensive four year BFA Musical Theatre program which included 8 a.m. dance classes, endless rehearsals and constantly memorizing lines in whatever free time was left. Howelton's life didn't get easier after college. He is working eight shows a week, constantly traveling and restlessly working to better his craft. The only constant in the life of an actor is inconsistency.

How did you get your awesome job?

My agent got me an appointment with casting and I auditioned for the show. I got a call back from my initial audition, was later asked back a second time to do a work session with the director, and then I was brought back once more in front of the entire creative team and the producer for final callbacks. After the auditioning process was completed, I received a call from my agent that I booked the job!

Can you describe what a typical day on tour looks like for you?

I do eight shows a week with two show days on Saturday and Sunday, with Monday being our day off. Ever since rehearsals and tech week have ended and the show is up and running now, I have a lot

more free time during the week to sleep in, workout, spend time with the cast, and go sightsee and enjoy the country I am in. Our call time Tuesday through Friday is 7:30 p.m. and on Saturdays and Sundays is 1:00pm so we have the whole day to basically do whatever we want to do until showtime.

Who or what has been a mentor/inspiration to you?

My father. He is my rock and my foundation in my life. He is the one who keeps me grounded in who I am and and my belief in God. He is such a great example of what it means to be an amazing human and I try my best to bring a piece of him into the work that I do.

Have you had to give anything up to get where you are now?

The life of an actor is difficult, and you don't realize it until you're out of school and thrown into the hard and harsh city life of New York. What I have had to give up is financial stability. New York has been very good to me since I've moved there, but it wasn't all that easy as many people would like to think. Financially, I've had good weeks, bad weeks, and "oh my goodness I'm broke" weeks. An actor goes from job to job and it's such an unpredictable career, you just never know what can happen.

What is one thing you know now that you wish you knew in college?

What I wish I knew in college that I know now is New York and [Los Angeles] industry people who are working currently in this business. There were a few opportunities where some came over my four years, but not a strong amount. I think starting to make connections early with top-of-the-line people currently working in the entertainment world in college is very smart because you will already have a handful of people you know once you leave college.

What is/are your favorite memory/memories from Otterbein?

Where do I start? There are so many favorites. I think some of my favorite memories would be when J-Term existed and it was my sophomore year. I'd say that term was one of the glory days of my time there. I think another great memory were my acting classes where I was still trying to figure out what kind of actor I was and who Jared Howelton is.

Was there a single class or lesson you learned at Otterbein that stood out to you?

Simple. You. Are. Enough. Best thing an artist needs to always keep close to her or his heart. All thanks to the Department of Theatre and Dance.

What is your ultimate career goal?

I want to continue to move people. That's all I want. Do I have big dreams? Sure. But whatever I am doing as an actor, I just want to move people whether it be laughter or tears, I just want to share my soul with the world.

If you could give one piece of advice to a college student, what would it be?

Love the work that you do. Know though that when you leave college, life will make it harder for you to love what you do and you're gonna have to fight like hell for it. If what you do isn't worth fighting for, then the love for the work isn't there. Always strive for greatness in whatever path you choose. Know that you are enough and life will have to deal with it. Be smart about what you love. Don't just love what you do, but be smart about what you do as well. My job is simply to tell incredible stories. And I am very grateful to be doing it on the Shrek International Tour.

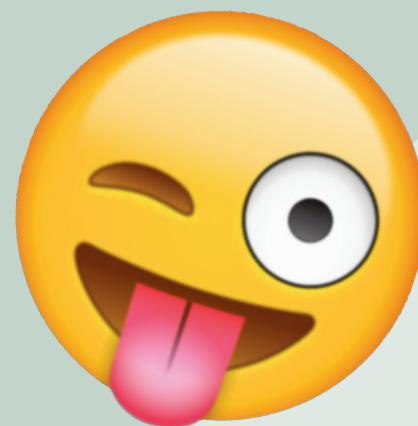




EMOJI

A HOW-TO GUIDE

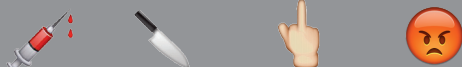
by Emily Jefferies



Millennials love to use their emojis. They can tell our emotions and feelings with a simple yellow circle. Whether it is a text from that special someone or an angry text from your sibling, emojis are used to say something that simple text can never say. We need to know how to use them the right way because out of context, emojis can be lethal, mean and sometimes just plain awkward. But do not fear, your emoji how-to guide is here!



ANGRY EMOJIS



When you're mad, these emojis will show it. These little symbols and faces can show what you're really feeling deep down, especially if you are a big grudge holder. If you see one of these pop up on your screen, you might need to get ready for an apology!

HAPPY EMOJIS



When someone you know is feeling chipper, maybe after a job promotion or before a big date, expect to see some of these emojis on your screen. These emojis are for when you are so happy you just can't contain it (or use your words).

SEXY EMOJIS



You know what they are. There's no denying when you see one. If you get one of these texts from your significant other late at night, beware. They might be wanting a little more than what you were expecting. These emojis speak for themselves.

SASSY EMOJIS



Sassiness can be portrayed with a simple look. Everyone knows when you get an eye roll or a hair flip that you are dealing with a real life sassy diva. Same with emojis. If you see any of these, know that you might be dealing with a texting diva.

UNKNOWN EMOJIS



These ones are hard to find. Some people don't even know they exist. They can be overlooked, but once they are found they can be the perfect addition to your texting conversations.

emojis explained:



At first glance, it doesn't look like much. But once you look again you can see that it means something more than just fruit.



Just like in the old cartoons. When their face is red, that means that someone is not happy.



A sassy girl always bats her hair. It's the official sign of divaness.



Praise the hallelujah chorus and lift up your hands



An everyday appliance that can be used for much more than just electricity purposes. It can be used when you come to a big realization or an idea.

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COMBATING INNER BATTLES

Coping with Mental Illnesses in College

by Amanda Ifantiedes & Mary Murphy

Mental illness. It's one of those buzzwords in society that we have been brainwashed to believe is bad and shouldn't be talked about. Those who suffer from a mental illness have no say in the fact that they have a chemical imbalance in the brain that cause these forms of illnesses, so why are they made to feel guilty about it? Who decided that having an illness in the mind was so wrong? Whether we like it or not, there is still a stigma that comes with having a mental illness. The National Alliance on Mental Illness (NAMI) states that the top reason students choose not to disclose a mental health issue is fear of how staff and peers will perceive them. Many Otterbein students know exactly what this is like.

Baylee O'Brien is a junior finance major with accounting and business administration minors. While currently thriving as an Otterbein student, everything hasn't gone smoothly from the start. Like many others, O'Brien experienced anxiety and depression before beginning college, but her symptoms got worse after moving away from home. Although moving out of state meant leaving her support system of friends and family behind, she still felt relieved to finally experience independent life.

After the honeymoon period expired, O'Brien found herself with a less than ideal rooming situation and she retreated further into her own head that was filled with anxiety and depression. When remembering the deepest parts of her struggles with these

two diagnoses, O'Brien recounts, "fighting [one] mental illness alone is very difficult, but, together, life felt impossible."

Skipping classes, staying in bed all day, binge eating and failing tests became daily occurrences. While these acts were mainly depression-driven, the anxiety took its toll by convincing O'Brien she was a failure for skipping out on everything.

The anxiety also complicated O'Brien's confidence and ability to reach out for help. Her mom felt unapproachable for fear of judgement. When she did go to class, the "dirty looks from professors" made the effort of showing up not worthwhile. In O'Brien's battle with mental illness, she explains that the negative reactions from others has been one of the worst parts. Once you come to terms with the fact that you need help, you hope others will empathize and provide support—but for so many that isn't the case. For O'Brien, her honesty was met by judgmental professors and a mother who made her feel diminished. "[My

mother's] reaction made me feel like I was broken and needed fixing," O'Brien said.

Although O'Brien had reached a roadblock that she felt would never clear up, she was able to find comfort from an unexpected source. A friend from back home reached out over Facebook to remind her of everything she had been through and that he knew how strong she was—he knew this battle with anxiety and depression wasn't going to stop her. No one is claiming coming out of a dark place is easy, but O'Brien was able to turn things around and climb out from under the depression. But by no means is every day happy. O'Brien openly admits that there are still days when she stays stuck in her head. But her advice to everyone that is struggling is to remember there are countless people out there that care, whether you realize it or not, and "will help you see the sun again."

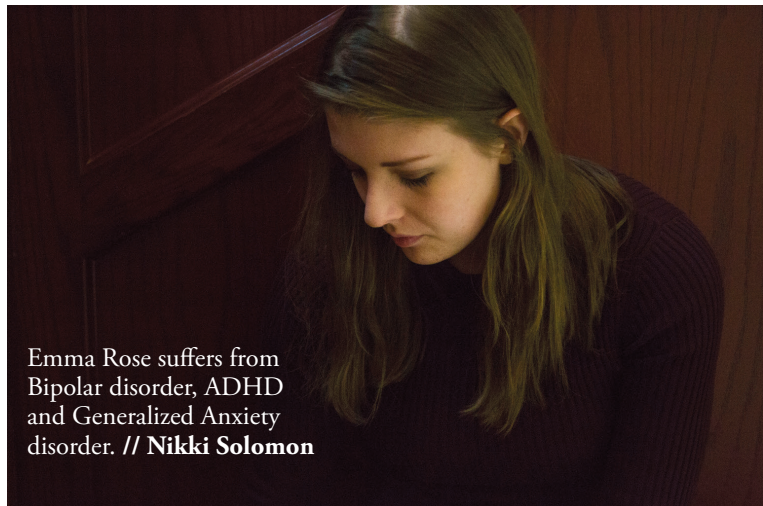
While having great, lasting relationships is a great way to ease some people's minds, others look to their faith. Sarah Butsko is a sophomore AYA History

Sarah Butsko suffers from anxiety and depression
// Nikki Solomon



Education major from New Albany, Ohio. While no experience of mental illness should be considered ordinary or normal, Butsko's is definitely one that others can relate to. She began noticing signs of anxiety and depression during middle school with the peak being freshman year of high school—the same time her grandma passed away.

Butsko describes her experience with depression very succinctly by stating, "on the bad days, everything gets you



Emma Rose suffers from Bipolar disorder, ADHD and Generalized Anxiety disorder. // Nikki Solomon

“You’re doing this for attention.” “You don’t know what you’re talking about.” “You need to get over yourself.” These are all comments of backlash, sophomore special education major Emma Rose has experienced in being open about her mental illnesses. She has been diagnosed with Bipolar disorder, ADHD and Generalized Anxiety disorder. While she started noticing

Rose is a prime example of a student who powers through school. Although having mental illnesses may cause more speed bumps than the average student, she has done so with the help of her parents, her high school counselor Chrissy, and her aunt Julie. It is important for students with mental illnesses to find confidants with whom they can comfortably discuss their illnesses and find support in. Rose stated that what some people just don’t understand is “That being alive is an accomplishment for some people. Waking up in the morning and putting on your clothes and showering is an accomplishment. Not cutting yourself is an accomplishment.”

Mental illnesses are common in college students across the country. Statistically, one out of every four college students suffer from some form of diagnosable mental illness. A survey done by Psychology Today reported that 30 percent of students attribute problems with school work to a mental health problem and that one in four students admitted to having at least one experience with suicidal thoughts or feelings. This accompanies The American College Health Association’s (ACHA) research that suicide is currently the second most common cause of death among college students. The most common forms of mental challenges in college

students include depression, anxiety, suicide, eating disorders, and addiction.

Julie Saker, Otterbein’s Associate Dean of Students and Director of Student Conduct and Wellness, claims the most frequently addressed form of mental illness for Otterbein students to be anxiety. Saker

serves as a “middleman” for students with mental illness whether it is between friends, parents, faculty and counselors; she helps in any way she can. Aside from Saker, there are multiple resources available to students who are experiencing difficulty with mental illness here on Otterbein’s campus including the Counseling Center, the Disabilities Office, the Women’s and Gender Resource Center (WGRC) and the Chaplain.

Oftentimes students who are dealing with a mental illness can find it difficult to address their issues or concerns with their professors. In asking Saker if there has ever been any difficulty in discussing mental needs of students with professors she adamantly responded in saying that they’ve never had trouble with any faculty member. More often than not, faculty are overly understanding and are thankful to be informed of what’s going on. It’s important for students to remember that they are not alone in what they are experiencing; that both other students and faculty can be very accepting, but can only help if you open up about what is happening. If you or someone you know is struggling with a mental illness, please be sure to take advantage of Otterbein resources or public resources such as the National Suicide Prevention Lifeline at 1-(800)-273-8255.



down.” There seemed to be no light in any situation, and she became very sensitive to all surroundings. And just as her anxiety and depression worsened, Butsko ended up having to quit softball due to an injury, which meant losing most of her close friends. The majority of her high school experience continued on this path of trying to figure out how to dig out of this hole.

Through her struggles, Butsko finds that one of the biggest challenges has been having confidence in herself and “admitting to yourself that it’s okay to find help.” For her, the main source of strength and support has come from God and church. When surrounded by her church community, Butsko feels able to escape from any troubles inside and also comfortable enough to open up to them. At church, there is no judgement and stigma of mental illness that she often sees in the outside world.

Butsko’s church really helped her transition to college. Yes, starting college is a stressful time for the vast majority of students, but Butsko found herself completely overwhelmed by the new student experience. Although enjoying the freedom that comes with living away from home, living with a stranger while trying to figure out your own brain proved to be very challenging. Butsko remained living on campus her freshman year but has found living at home this year to be better, even with the loss of independence.

“We are weak and we can just get over it easily” “Why can’t you just be happy?” and “It’s a choice” are all common misconceptions that Butsko has heard used to describe those with a mental illness. She cites one of the sources for this misunderstanding as the fact that people choose not to understand—their minds will not be changed about how they view the workings of other people’s brains.

Aside from knowing that there is a way for everyone to cope (even if it hasn’t been found yet), Butsko wishes that other students were able to see that they are not alone in the struggle. While Butsko found her guidance through God, others find sources of strength elsewhere.

For some people with mental illnesses, their families and friends are the guiding strength to get them through.

symptoms of these illnesses in seventh grade, it wasn’t until her senior year of high school that she started receiving treatment. Unbeknownst to those who make rash comments to Rose about being open about her diagnoses, things are made much more difficult for individuals who experience some form of mental illness.

Rose admits that having mental illnesses impacts her day-to-day life. “[It] makes living a lot harder

“[Having a mental illness] makes living a lot harder I would say, it makes relationships a lot harder, it makes school a lot harder, it makes being successful a lot harder.”

Emma Rose //
Sophomore Special Education Major

I would say, it makes relationships a lot harder, it makes school a lot harder, it makes being successful a lot harder,” said Rose. As if having a mental illness wasn’t difficult enough, it’s a whole new ball game when you throw college into the mix. From leaving home and moving into a new living environment, to large workloads and social engagements, there are a lot of changes and potential triggers for students who experience mental illness.

One of the most frustrating things that can come along with a mental illness are triggers. Triggers are external events or circumstances that may produce very uncomfortable emotional or psychiatric symptoms. For those who have a mental illness, they cannot help what their triggers are, how strongly they affect them, or how often they may occur on a daily basis. Rose gave a strong visual of triggers as she talked of a Tumblr post she had read that was about depression: “Some people don’t understand that for a depressed person, if they spill their glass of water, that can explode for them because then they start realizing ‘I’m not good enough to hold a glass of water’ or ‘I had to mess this up too.’ Something as simple as spilling your glass of water or tripping over your own foot, those things that happen can be majorly triggering for a person who has a mental illness.”



[FINDING HAPPINESS]

by Amanda Ifantiedes



No words capture the emotions running through your brain when your five-year-old cousin walks in on you trying to kill yourself. Shock. Fear. Anger. Defeat. I promise you relief wasn't one of those emotions. Four years later, sometimes relief comes to mind, but not always.

My battle with various forms of mental illness didn't begin at that stage. Just like so many problems in life, it set in slowly, then all at once. I was the baby who my parents couldn't convince to take a nap even when I had a double ear infection and a fever. I was the child who was rewarded with a Friday afternoon to spend coloring in the guidance counselor's office if I made it through the week of kindergarten without throwing up—a

knew I came across sadder, more defeated and more uninterested than teenagers are "supposed" to be, but it took until high school to realize what I was going through was beyond the scope of "normal" sadness. I was always told to stop wishing my life would move faster and that I would look back and regret all of the opportunities I turned down. I'm

still waiting for that day to come and honestly, I'm not sure it ever will. I know I did what I had to do to survive—even if the world didn't agree with how I chose to cope. That is one of the biggest realizations I have come to during all of this: coping isn't always pretty, people don't always agree with your methods, but then again, you aren't doing it for them. You are doing it for you.

On the outside, I was the stereotypical smart kid. I took the most challenging classes possible, I ran almost every club I was a member of and I spent my study hall time as a teacher's aide. So the outside world thought I had my life together but in my mind I knew the only thing holding me together was my skin. There was no real strength left inside, just my outer shell that I worked so many nights to destroy a little at a time. My goal through high school was to survive classes, lead a

club meeting, do homework for more than six hours, cut myself, lay in my bed and cry. That is what my freshman and sophomore years looked like for me most days, until December 2010. That is when I decided my story was over.

To this day, my cousin Nina, now 11, has no idea what she walked in on. I had no idea she was coming to my house that day, I had no idea that she walked into my room literally two seconds before I would have been gone. And all she did to save me was walk in the room. Eventually she will know that she saved my life, but that time will come when I have a nice happy ending for her.

No, that was not my first attempt and no it wasn't my last. It is the one that left the biggest impact on me though. As anyone with any type of mental illness will tell you one of the hardest parts of daily functioning is dealing with other people's reactions to your reality. With Nina, the pure innocence of the act is what stuck with me. It wasn't a situation of someone telling me to just stop being so depressed, or a counselor trying to talk me out of my decision. Her walking in on me was pure innocence. Thinking back, I couldn't even tell you why she came into my room. All I worried about in the moment was making sure she had no idea what almost happened.

At this point, the battle still rages on—so much that I spent a few days in OSU's psychiatric hospital last semester classified under "suicidal ideations." I can't say with any certainty that it will be my last psychiatric stay either. As with most mental illness experiences, there are better days than others. Thankfully, I have an amazing best friend who hasn't left my side during any of this. That is probably the most comforting part about my situation. Unlike so many, I have the security of knowing I never have to go through this alone and my 2 a.m. breakdowns will always be heard and accepted by someone. The majority of the medical field might currently be failing me, but Lily never will. And hopefully I will be able to tell Nina the story of how she saved my life someday because she deserves to know.

My battle with anxiety raged from day one, but depression took time to take on its label."

Amanda Ifantiedes //
Junior Public Health Major

reward which I rarely earned. I was the adolescent who cried because I got a B+ on a midterm in fourth grade, convinced that was going to destroy my chances of getting my dream job. I was the high schooler who turned to self-harm to save me. And I am the college student with diagnosed generalized anxiety disorder, panic disorder, major depressive disorder and obsessive compulsive disorder.

My battle with anxiety raged from day one, but depression took time to take on its label. Yes, I



[MOUNTAINS TO CLIMB]

by Mary Murphy



Photo // Nikki Solomon

As tears streamed down my face I reluctantly followed my friend into our class. I sat down in my seat, utterly embarrassed of what I must look like to everyone. It took all I had in me to try to catch my breath, sit in that chair and to get through the class period. I remember our professor lecturing and then splitting us into groups. Once everyone had scattered the professor walked over to me, bent down and quietly said, "If you need to leave, you can go." From any outside student, or professor in this case, it probably looked like I was having a bad day. Maybe I had a breakup or someone I knew had passed away. It wasn't that I was having a bad day; it was that I had been too anxious to come to class.

Only minutes before I had been in my bedroom having a full-on panic attack as my friend tried to calm me down and walk to class with me. She knew I had anxiety and how frustrated with myself I would've been if I missed class that day; going to class is one of my triggers. After talking to friends, family and counselors, I still to this day can't figure out why going to class is so difficult for me. Once I'm in class my anxiety usually quiets down and I feel much better. But, for whatever reason, the act of getting ready and leaving for class sends my anxiety soaring.

It wasn't until college that I realized I worried more than most. I worry about what I am going to say, what I'm going to wear, and what other people think about me...but then again, who doesn't? It wasn't until I found myself getting up and ready for class that my heart would race as I struggled to catch my breath. Dread washed over me so

quickly I had no power to stop it. My brain started screaming at me that "I just couldn't do it" to little everyday tasks. It wasn't until then that I realized this wasn't normal. This fear and anxious feeling I felt towards everything wasn't something everyone experienced. The panic attacks I had before social situations or class wasn't me being "a shy person." It was me having a generalized anxiety disorder.

Having a generalized anxiety disorder is a mental condition in which anxiety grabs onto you and doesn't let go; it's there every single day. The simplest of life's activities can become huge mountains to climb. Typically I wake up exhausted from a lack of a good night's sleep because my nerves kept tapping me on the shoulder throughout the night. I hit that snooze button for as long as possible and begrudgingly lift myself out of bed. I begin my morning routine by taking medication that will calm the storm and pray that I can make it through the day without any embarrassing breakdowns.

As I go on with my day, my anxiety is constant. Simple social interactions like answering the phone or ordering food at a drive through have my heart pounding. Once I've navigated through my day,

I return home in need of some downtime. My over-thinking mind is reminding me of all the schoolwork I have to do as I'm trying to unwind by watching something on Netflix. I begin to feel ashamed of myself for taking this time to myself instead of working on productive things. But I remind myself that if I expect to make it through the rest of the night in a house full of 8 girls without getting overly anxious or having a panic attack, that this is something I need to do.

Shame, embarrassment and guilt are emotions I often equate with having an anxiety disorder. I feel ashamed as if I should be able to control this condition. I feel embarrassed when I have to cancel plans because I'm just too anxious to leave my room. But more than anything, I feel guilty. I feel guilty about those who love and care about me. I feel unworthy of their love and patience for me. I feel like a burden to them when I'm being overly anxious or having a panic attack and they try to help me. Having a mental illness is just like having any other condition or disease; it is out of my control. Yet, there is such a stigma with having a mental illness in today's society that I am made to feel these negative feelings about my condition and myself as a human being.

Nobody ever tells someone with a broken leg to "walk it off." Nobody ever tells someone with diabetes to "get over it." Nobody ever tells someone with cancer to "stop being dramatic." But these are things that people with mental illness can sometimes face on a daily basis. My hope is that people, with and without mental illnesses, become more informed about these conditions and realize the seriousness and realness of them.



The ins and outs of GREEK LIFE

by Michaela Hermes

Research has shown that college graduation rates are higher among Greeks than non-Greeks. This means we should ask ourselves whether or not we should join a Greek organization if it means having a chance for career success.

Over 9 million college students are Greek members nationally, not including the local chapters like here at Otterbein University. Whether these students are joining a chapter for social or community involvement, parties or to build their resume, they all have planned to change their college lifestyle.

Otterbein's Assistant Director of the Center for Student Involvement and head of Greek Life, Ben Schwartz stated that, "The market share for Greek life among campuses is 10 percent, where Otterbein's is at 28 percent."

That means that 599 students are currently a part of Otterbein's Greek Life. There are six fraternities that are made up of 232 men and eight sororities comprised of 367 people. They all combine to make up a whopping 28 percent of Otterbein's overall population.

Schwartz believes that, "College is rough as a first year student, you're going through so many transitions and crisis. It's important to have someone there and a shoulder to lean on, as well as the leadership it brings to you. And it is directly relatable to your experience as an employee and you're getting it at the ages of 18, 19 and 20."

Greek life is huge to Schwartz, but he understands why some students choose not to go Greek. Schwartz stated that, "There are of course some downfalls to the Greek life, like the main stereotype of drinking and friendship, also known as drunk buddies. For our chapters here at Otterbein we're doing it right. But as a community we're doing it wrong, in which we need to reshape the image, and individually the chapters need to let their stories be known."

Sororities and fraternities are almost always connected with the college life

"For our chapters here at Otterbein, we're doing it right. But as a community we're doing it wrong, in which we need to reshape the image, and individually the chapters need to let their stories be known"

Ben Schwartz // Assistant Director of the Center for Student Involvement

of hazing, drinking, partying and sex. Hazing and alcohol abuse scandals seem to always make headlines, overshadowing a chapter's philanthropy events.

Alcohol and drug abuse is generally associated with Greek life due to the fact that most are

social organizations who have social circles. These social settings make it more likely for young, inexperienced drinkers to get involved in dangerous situations to "fit in."

But why are Greek organizations treated differently than other popular social organizations?



Theta Nu Sorority gathers at their house for chapter.
// Taylor Numbers



Alpha Sigma Phi Fraternity parades through the streets of Otterbein.
// provided by Greek life

"Being a part of a sports team doesn't allow for drinking and partying due to dry seasons, but that doesn't mean that those students-athletes are always following that rule," freshman nursing major Meredith Rivers said.

Although Greek life is an excellent way to meet new people, at the same time it can be too time consuming and demanding for many non-Greeks.

Greeks, non-Greeks and faculty can all agree that Greek Life is one tremendous way to gain leadership and skills. This could be because Greek organizations provide students with awareness that has the potential to affect their life during and after college. 85 percent of the executives of Fortune companies and 80 percent of the Presidents were members of Greek organizations during their college experiences.

By having your Greek brothers and sisters there for moral support, students can learn how to cut their own path in life as they grow in their membership of a chapter. Anyone can be a leader among friends, but being a leader among their brothers and sisters is a different story.

Greek Life here at Otterbein University has changed the lives of many students. Whether

it be on the social or academic aspect, all Greek members could provide endless ways that Greek life and their chapter has benefitted them.

Senior public relations major Carlie Watson, a member of the chapter Sigma Alpha Tau states in an email that, "Greek life has absolutely changed my life and perspective. I wouldn't have pegged myself as a typical sorority girl going into college, and that's why it blows my mind with how much I have fallen in love with it. Being in Greek life, I never would have imagined that I would have incredible bonds with girls who care for me so well, always support me and encourage me to move forward as a person."

Greek life isn't for everyone. It is up to every individual to choose their own path in college. They must decide whether the stereotypes are true, if the benefits outweigh the negatives and if joining a Greek organization will bring them success.



THE PROS

SHOULDERS TO
LEAN ON

GAIN LEADERSHIP
SKILLS

LASTING BONDS OF
FRIENDSHIP

COMMUNITY
INVOLVEMENT

SOCIAL ACTIVITIES

GREEK UNITY

NETWORKING

HOME AWAY FROM
HOME

THE CONS

TIME CONSUMING

NEGATIVE
STEREOTYPES

EXPENSIVE

LONG NEW MEMBER
EDUCATION
PROCESS

POLITICS

STANDARDS

STRICT RULES

MANDATORY
EVENTS

Being in Greek life, I never would have imagined that I would have incredible bonds with girls who care for me so well, always support me and encourage me to move forward as a person."

Carlie Watson // Senior Public Relations Major

Greek commitments can, and often will, cut into a student's schedule, as members are required to attend meetings, events and service dates throughout the year.

Most would conclude that Greeks are buying their friends, but as Rivers said, "it is a deliberate way to make friends, build your resume and help in the community."

Professor Hatter-Fisher, a psychology professor here at Otterbein, said that, "It is an increased opportunity to get close to people you might not otherwise have a connection with, and to create lifelong social connections is typically a part of the college experience."

Professor Hatter-Fisher continued to state that Greek Life can provide family-like relationships during college as well as professional benefits after graduation.

IT'S ALL GREEK TO THE GREEK LIFE

by Michaela Hermes & Taylor Numbers

Bid *noun*

Meagan Van Stone, 18, Sigma Alpha Tau
An invitation you receive to join a fraternity or sorority.

Jeff Murtaugh, 21, Independent
When a potential little is invited to join the sorority.

Big */big/ noun*

Professor Hatter-Fisher, Psychology Department
A person, already a member of the organization, is in the role of pledging a person who is in the process of seeking membership.

Will Willson, 21, Independent
A person you're assigned to.

Coke Date */kōk dāt/ noun*

Maria Slovikovski, 20, Independent
When someone is going through new member education, they go on a coke date to get to know people close to their future sisters.

Jaxon Lindsey, 22, Eta Phi Mu
You ask a flirtatious question and the other person can give a witty and/or flirtatious reply.

Formal */fōrməl/ noun*

Professor Hatter-Fisher, Psychology Department
A social event that requires attendees to wear after five attire.

Meredith Rivers, 18, Independent
A night out, usually hosted somewhere fancy, dressing as nice as possible.

Jaxon Lindsey, 22, Eta Phi Mu
A super hotel party.

Frat Daddy */frat 'dadē/ noun*

Meredith Rivers, 18, Independent
The king of his fraternity

Noah Rademacher, 22, Alpha Sigma Phi
A well executed cat daddy dance performed within a frat house.

Jaxon Lindsey, 22, Eta Phi Mu
The father of a frat boy.

Frat Rat */frat rat/ noun*

Jaxon Lindsey, 22, Eta Phi Mu
A girl that hangs around a specific frat house a lot.

Jeff Murtaugh, 21, Independent
Skeevy little guy from a fraternity who tries to sneak into the sorority.

Little */lidl/ noun*

Noah Rademacher, 22, Alpha Sigma Phi
A new member to your fraternity that you, as a big, are responsible for helping them transition into greek life.

Jaxon Lindsey, 22, Eta Phi Mu
Your personal assistant.

Mixer */miksər/ noun*

Noah Rademacher, 22, Alpha Sigma Phi
An exclusive social event between one fraternity and one sorority.

Carlie Watson, 21, Sigma Alpha Tau
A blender (not a party whatsoever).

Jaxon Lindsey, 22, Eta Phi Mu
A cooking tool used for mixing food.

Lavalier *noun*

Mary Murphy, 22, Theta Nu
A necklace with your chapters Greek letters on it.

Jeff Murtaugh, 21, Independent
A cavalier that rides on a horse made out of lava.

ΣΣK TO ME THE DICTIONARY

Paddle /ˈpadl/ *noun*

Elijah Gonzalez, 21, Independent
Something passed down in the Greek tradition.

Jeff Murtaugh, 21, Independent
Something that is very important to the sorority member that can be decorated in many ways.

Pledge /plej/ *noun*

Maria Slovikovski, 20, Independent
A potential new member that has received a bid, but is in the process of going through new member education, so is not technically an active member of the chapter yet.

Noah Rademacher, 22, Alpha Sigma Phi
Do you mean potential new member?

Will Willson, 22, Independent
A person who is trying to get into the sorority or fraternity.

Rush /rəSH/ *verb*

Noah Rademacher, 22, Alpha Sigma Phi
Rushing is a multi-stage process that helps potential new members learn more about greek life.

Maria Slovikovski, 20, Independent
The process of visiting all of the sororities or fraternities. The active members are deciding who will fit with their chapter and the potential new members are deciding what chapter(s) they think they will fit the best in.

Scavenger Hunt

/ˈskavənjer hənt/ *noun*

Jeff Murtaugh, 21, Independent
When you are searching for objects that have been hidden around a specified area, like campus.

Maria Slovikovski, 20, Independent
I think this is something done during new member education.

Semi Formal

/semī ˈfōrməl/ *noun*

Carlie Watson, 21, Sigma Alpha Tau
A reason to dress up and dance around like a fool with your friends.

Will Willson, 22, Independent
Half of a formal.

Sister /ˈsistər/ *noun*

Professor Hatter-Fisher, Psychology Department
Females who are co-members of a particular sorority.

Carlie Watson, 21, Sigma Alpha Tau
A forever friend and someone who you can always rely on.

Sober Sister

/ˈsōbər ˈsistər/ *noun*

Jeff Murtaugh, 21, Independent
A sister who has decided not to drink any alcohol in order to monitor the behavior of the others.

Elijah Gonzalez, 21, Independent
The designated driver for the night.

Standards /ˈstandərdz/ *noun*

Maria Slovikovski, 20, Independent
What every member of the chapter is held to. This translates mostly to their behavior.

Elijah Gonzalez, 21, Independent
The way you decide if you're accepted.

TFM *noun*

Maria Slovikovski, 20, Independent
'Total Frat Move' is a website about stereotypical behaviors of fraternity guys.

Jeff Murtaugh, 21, Independent
The frat man.

TSM *noun*

Elijah Gonzalez, 21, Independent
Total Srat Move.

Maria Slovikovski, 20, Independent
'Total Srat Move' is a website about stereotypical behaviors of sorority girls.



Big Walnut high school students and leaders at Lake Champion Younglife camp.
// Brittany Barta

GIVING MORE THAN TIME OR TALENT

by Emily Jeffries

There are thousands of family members out there who have to watch their little ones fight for the chance to be kids again.

Junior public relations major Maddie Hill dances for those families. Hill has a passion for helping children. She left her little brother back at home in Northern Ohio to come to Otterbein, and since then she has wanted to help all the little brothers and sisters out there who are suffering from childhood illnesses.

That was what inspired her to be on the executive board for Otterthon, Otterbein's annual dance marathon for Nationwide Children's Hospital. Hill has been on this board since her freshman year and has helped raise more than \$20,000 for Nationwide Children's Hospital.

After hours spent studying, working and having a social life, volunteering may seem like the last thing students want to do once they get to college.

Hill isn't one of those students. Her and many others at Otterbein love the hard work and hectic lifestyle that comes with volunteering for a cause bigger than themselves. Hill believes that volunteer

work is crucial to a great college experience and encourages her fellow students to get involved as much as possible.

"We have so many different opportunities here, you can find something that you will love and then it will seem easy to volunteer," Hill said.

"I saw myself seeking out the potential in others and motivating them much more than I ever have before."

Kerigan McNamara //
Junior Public Relations and Health
Communications Major

The Otterthon executive board spends weeks brainstorming ways to raise money for children who have been diagnosed with childhood illnesses. Otterthon's "For the Kids," or FTK, raised money all year and danced all night to help put smiles on children's faces.

"I have learned to have fun with the small things in life and treasure the laugh of a child more than anything. I have learned that at the end of the day the dollar amount that we raise is great, but the more important thing is making an impact or a difference on a child's life," Hill said.

The work Hill does with this group is completely worth it to see the effect volunteer work can have on someone's life. But, along with that dedication and passion is a life that can be very busy and overwhelming at times. Being in class and in and out of meetings definitely has its ups and downs for Hill.

With a busy life of extracurricular activities comes a busy daily planner and a jam-packed schedule. Google calendar, day planners, Post-it notes and multiple cups of black coffee are what fuels these avid volunteering students toward success.

"Much like many other college students, I live off of coffee. I am a Starbucks gold card holder

St. Jude Otterbein e-board
representatives,
// Kerigan McNamara



and I use it often. Although my life is hectic and super busy, I don't know if I would have it any other way," Hill said.

Another busy student on campus, junior public relations and health communications student Kerigan McNamara, said that sometimes she and

as a kid. Working with St. Jude, McNamara has gained so much.

"It was heartbreaking to see the toll my health once had on my family. I am glad there are organizations like St. Jude that can ease these rough trials and allow families to focus on what really

matters, and that is loving each other," McNamara said.

McNamara has learned so much about herself as a student as well as a leader of an organization.

"Encouraging others has always been important to me, but in my specific role with Otterbein St. Jude, I saw myself seeking out the potential in others

and motivating them much more than I ever have before," McNamara said.

St. Jude Children's hospital e-board works to raise money so that families do not have to pay a single medical bill for their child going through treatment. Running such an event was definitely trying for McNamara.

"It got quite hectic at times but with everyone's dedication for the mission, we held a fun and meaningful event on campus," McNamara said.

McNamara has gained so much from her volunteer work at Otterbein, and feels very passionately about the work college students can do on campus.

"Not only do I get to go out into the community for a small part of the day, but I get to interact with extraordinary people and share this

experience with fellow Otterbein students," McNamara said.

Otterbein's campus is filled with meaningful volunteer opportunities. Jesse Wildman, a sophomore allied health and pre-med major, gives back to Otterbein not with time, talent or money, but with his hands. He volunteered over the summer at Otterbein's community garden. Although he volunteered in the garden specifically, he got free housing in the dorms over the summer in return for his work in the garden. And in doing so, he learned a lot.

"I definitely gained patience from working in the garden. Whether it was fixing broken things, digging plots of land or mowing the endless grass; I learned that hard work brings reward," Wildman said.

Working every day for hours in the heat has taught Wildman that hard work really can pay off in many ways other than just hours of community service. He gardened, moved the lawn, weeded and spent his summer under the heat of the sun most days.

Despite all the work, Wildman gained an experience over the summer that left him ready to work and serve for the upcoming school year.

That may sound like a boring summer to some, but he greatly enjoyed staying at the school he loves and working hard for something that didn't come easy.

"Get involved. Find something you enjoy doing and see if there's a way to volunteer," Wildman said. "Like dancing? There's an opportunity for that with Otterthon. Working out? You can help disabled people work out at our gym. Helping the homeless? The Church of the Master does a lot of work helping the people in the area."

But no one ever said volunteering was a simple task. Brittany Barta, junior early childhood education major, walks the hallways of Big Walnut High School looking to build relationships with the high school students there.

She and five other leaders go there three times a week and spend multiple hours volunteering and getting to know these students in an effort to share with them their strong faith in God.

"High school is a tough and hard place for many students... But I also wanted to be a part of the fight for the Lord. I love the kids at Big Walnut, they are

"I have learned to have fun with the small things in life and treasure the laugh of a child more than anything. I have learned that at the end of the end of the day the dollar amount that we raise is great, but the more important thing is making an impact or a difference on a child's life."

Maddie Hill // Junior Public Relations Major

her friends feel as if they are majoring in community service with all of the work they put into their volunteer organizations outside of class.

McNamara is the assistant executive director of St. Jude Children's hospital e-board. And unfortunately, she knows what it is like to live with a childhood illness full of hospital gowns and waiting rooms. A childhood where she spent an abundance of time waiting for answers from test results, endless procedures and the mounting hospital bills.

McNamara suffered from Hereditary Spherocytosis as a child, which is a blood cell disease that causes her red blood cells to be misshaped and therefore, die much quicker than they are supposed to. This ended up resulting in McNamara getting her spleen taken out at the end of her freshman year at Otterbein.

Now healthier than ever, McNamara's own childhood illness has fueled a fire in her to work with families and children who might be going through similar illnesses to what she went through





FTK turn out from the 2015 event last spring // Maddie Hill

crazy and goofy and sometimes very frustrating, but I love them,” Barta said.

Younglife is a non-denominational Christian outreach group that works with high schools around Columbus. The leaders are mostly full-time college students, and despite the busyness of being a student and a leader, they go to the school to get to know high schoolers and learn about them and their lives.

Once relationships are established, they share the Christian faith with them. Some of these high schoolers then go on to be Younglife leaders themselves in college.

Although it is technically called leading, Barta doesn't feel that way. “A leader should not be someone who is seen as a higher up or above others, but someone who is a person just like them who struggles, who makes mistakes, who

her high school friends and the brokenness they experience on a daily basis. But looking back at it, despite the late nights of homework and the busy schedule, Barta wouldn't have it any other way.

“When I am lying in bed exhausted I know that it was 100 percent worth being exhausted if it's for building the Lord's Kingdom,” Barta said.

There are many ways to get involved with volunteering on campus, even with groups outside of the ones mentioned by these Otterbein students. With Otterbein being such a small campus with many interconnections, getting involved is not very difficult if you are interested in doing so.

Amid the multiple groups that do volunteer work, like the Boys and Girls clubs, Spring and Fall Plunges, Otterbein Animal Coalition or working through the philanthropy of a Greek chapter on

is not perfect,” Barta said.

This volunteer group is a demanding one, and Barta and other Younglife leaders on campus know that it takes a lot more than just a few meetings a month and a few fliers on bulletin boards. Barta admits that she has shed tears over some of

campus, you can always find something interesting to get involved in.

Volunteering can do so much, not just for the people being served, but the ones doing the serving. Servitude can bring people a lot of joy and purpose, especially in college when it can seem as if all that matters is yourself and getting that degree.

College, yes, is a time to work hard and get a degree in something you are passionate about. But college is also a time for discovery, a time to realize that there are other people out in the world who may not be in the same situations. There are people, even all around Columbus, who struggle to get food on the table every night, or worry about where they will be sleeping next or who are struggling with a life-threatening disease.

These students at Otterbein know that these can be a reality for people, and they are not okay with sitting on the sidelines and letting someone else deal with it. They want to get down in the dirt, roll up their sleeves and make a difference on and off campus. And although it is hard to balance it all and be a student, they love what they do and know that it is for a bigger cause than just a degree.

Leslie Cavin, assistant director for the Center for Community Engagement at Otterbein, said that getting involved with volunteer work at Otterbein is something that students would greatly benefit from.

“Start small. You don't have to change the world overnight. Just find something you are passionate about and get involved. Find some friends to volunteer alongside you. Make it fun,” Cavin said.

Even if there isn't a group on campus that necessarily fits what you are passionate about, it is never too late to start your own group. There are

ways on campus to petition to start your own school volunteer organization through the Center for Community Engagement. In other words, there is always a way to volunteer and gain a positive experience from it.

The fight for a cause bigger than yourself is a strong undertaking. There may be days when it seems harder than others, days where you feel like nothing is working and days when you are tired. But the joy and determination that are achieved by doing volunteer work are worth the hardships that come alongside it.

And there are always ways to serve, no matter who you are or what you enjoy doing.

No matter what you are interested in, finding an outlet to give back is a way to greatly improve your college experience. So get out there and try something new. You never know how much you can gain by volunteering until you give it a shot. Chances are, at the end of the day, you will get more than you give.



Maddie Hill and Leslie Cavin at FTK last year // Maddie Hill

WHAT'S IN THE BAG?



story by // Taylor Numbers



A



B



C



D



E



F

It's that time of year again! A time when you can trade in your boots and skis for flip-flops and bikinis. But it also comes with so many questions. Where will you go? What can you do? And most importantly, what will you pack? Junior business management major and avid America lover Michaela Miller had no problem filling her American flag backpack for her cruise! Take a peek at some of the items that made her spring break one for the books.



A. Shorts and a bikini were basic loungewear for wherever she was headed.

B. Flip flops helped protect Miller's feet from the scalding hot sand while also keeping her cool.

C. Miller's sunglasses and sunscreen will forever be seen as her lifesavers as they helped her counteract the harsh sun rays instead of burning her to a crisp.

D. Gum is a necessity as far as Miller is concerned as she always keeps some on her. This kept her breath minty fresh and ready to meet anyone she encountered.

E. An OSU beach towel so she could represent the great Buckeyes Nation wherever she wandered.

F. Her wallet could just as easily be clipped to her room key or shorts for safe keeping.

Photos // Michaela Miller

Graphic // Jaxon Lindsey



Samantha Keller works out on the lat pulldown.
// Nikki Solomon

FITNESS STRONG!

JUST DO IT!

by Kris Crews

The struggle can be real when it comes to working out. The gym says yes but our bodies, hearts and minds say no. Let's face it, sometimes Netflix and popcorn sounds better than working out. But, what if you could take care of your body in classes that are fun and, not to mention, free? That sounds even better than Netflix. Classes like this can be found right here on campus in the Clements Recreation Center.

If you aren't ready to jump right into the weights or the extreme cardio, these classes are perfect for you and will help you ease into becoming more active. Classes are taught throughout the week on Monday, Tuesday and Thursday in the Rike Fitness/Dance Room. On Mondays, Michelle Riegler, Fitness and Recreation Coordinator, teaches both a Boot Camp Express (6:30-7:00 p.m.) and a yoga class (7-7:45 p.m.).

Boot Camp Express is a class that combines a mix of cardio moves and plyometric (jumping) moves mixed with weights. This class lasts for 30 minutes and ends with a few minutes of yoga afterwards to focus on stress-relief and strength. (Now, although the name of the class sounds intimidating, anyone can join.)

"Any level can do it from beginner to advanced... I don't want people thinking they have to be super fit to do it. I want to show them

that progression is possible and that you can go at your own pace," Riegler said.

There are many benefits one can earn from participating in the class. Physically, the students

they can be comfortable. I want to push people and challenge those who are in my class, but not to overwhelm them or cause them to feel discomfort," Jones said.

Not only does she want to encourage others self-esteem through yoga, but there is a desire to motivate others to become more active through it.

"Yoga is definitely different from your regular fitness class because you're freeing your mind while increasing your flexibility. There's a lot of tension release too. Those who want to get into fitness should do yoga. It adds a multi-dimensional element to your workouts as well as allowing variety in the exercises you're doing," Jones said.

Using yoga to work out different parts of your body while putting your mind at ease makes working out more enjoyable, especially if you're considering doing the zumba, kickboxing, sculpting or an abs class!

The zumba class is taught by nursing student Leanne Ceepo on Tuesdays from 6:30-7:30 p.m. and the kickboxing class is taught by Hikari Tokushima from 6:30-7:30 on Thursdays in the Rike Fitness/Dance room. (Tokushima also teaches a zumba class on Thursdays from 5:30- 6:30).

Zumba is one of the more upbeat classes that allows you to move freely to the beat of the music. Dancing is a great stress reliever but it also works

"I'm helping students find a place they can be comfortable. I want to push people and challenge those who are in my class..."

Brooke Jones //
Senior Health Promotion and Fitness Major

are working out many areas of their bodies, but they are also benefiting mentally and emotionally.

"It encourages students to be comfortable with where they're at as well as enabling them to sustain healthier lifestyles and happier moods... As an instructor that is rewarding knowing that I am able to help others feel better in a fun, safe way, in both my classes and rec leagues," Riegler said.

Brooke Jones, senior health promotion and fitness major, also sees the benefits of yoga as she is an instructor for a different yoga class on Thursdays from 7:30-8:30 p.m.

"I'm helping students find a place where

out many different parts of your body without you even knowing it.

“My class is a great aerobic workout, as well as muscle toner. Students benefit from my class by becoming more confident and having a higher self-esteem while focusing on moves that target leg, butt and abdomen muscles. I think they can learn to laugh at themselves and let go and get in shape while having fun and relieving stress,” Ceepo said.

Students who take both Ceepo and Tokushima’s class can reap these benefits.

To really work your body out, on Thursdays you can go from Zumba to the kickboxing class. Tokushima’s class is challenging but by no means impossible.

“All of my classes are a mixture of challenging and fun. I’m trying to make my students sweat or feel sore a day after. However, I don’t want to make it too challenging to where they’re not having fun,” Tokushima said.

Being sore is not the best feeling, but it’s your body showing you that your muscles have been engaged in a good workout, which is just one of the benefits to gain from her class.

“My students can gain confidence, relieve themselves of stress and it gives them a chance to rest their brains for a little while they’re in my class, which will help them study more efficiently,” Tokushima said.

These are all useful classes that will help you become more actively involved. It’s not always easy to stay committed, but it’s worth it and once you start making habits of it, you’ll keep yourself accountable. Senior exercise science major and



Hikari Tokushima teaching zumba in the dance classroom of the Rike Fitness Center.
// Kris Crews

nutrition minor, Kate Bliss, who has been active for years sees these difficulties but knows that taking care of your body will help in the long run.

“I’m very active. I was a gymnast for 17 years and continued to stay active afterwards. It’s honestly hard and at times I’d rather not work out, but we have to set up our bodies to be healthy. We have to take care of what we’ve been given,” Bliss said.

Working out is just part of living a healthy lifestyle, but eating the right foods to make sure your body is getting proper nutrients is even more important.

“I meal prep all the time. I go grocery shopping every Sunday and spend no more than \$50 to maintain my budget as a college student. For breakfast I’ll eat something as simple as oatmeal

and egg whites and for lunch or dinner I’ll have mixed veggies, white rice vinegar and shrimp. It’s important to eat whole healthy foods. You can eat unhealthy foods but in moderation,” Bliss said.

On campus there are ways to eat healthy and to get the proper foods you need. In the campus center in the morning for breakfast they serve omelets or regular eggs, which contain fats, potatoes that are great for your cholesterol, Vitamin C and carbohydrate intake. There are also fruit options which contain lots of fiber, vitamins, minerals, potassium and antioxidants. At the salad bar you’ll find your greens, other vegetables, and meats like chicken, turkey or ham.

Those options are great sources for protein and iron. If you are a vegetarian, there are chickpeas which are also a great source of protein. The meals vary from meal to meal throughout the weekdays. Those who work for Bon Appetit insist on getting feedback to make healthier meals for the students. Other areas on campus like The Bean, The Roost and The Den also offer some of these options like fruit cups, salads and vegetables to snack on.

If you’re having trouble finding variety on campus, there are restaurants in Uptown that have healthy options like Koble and Westerville Grille. What’s great about these certain food places is that they offer a student discount so you won’t break bank for a good meal. Food places near Polaris also have healthy options as well offering a “healthy section” or “under 600 calories” menu that you can choose from.

Being more aware of these options will help you stay consistent in living a better and healthier lifestyle. The first step is finding something that you like to do, sticking with it and doing it for the right reasons. Not to be skinny or to look like someone else, but to be happy in your skin and healthy.



Leanne Ceepo explains the importance of her zumba class.

// Nikki Solomon



Taking the First STEPS

by Kris Crews

PUSH-UPS



- 1 Make sure your feet are comfortable, meaning they can be a shoulder-width apart or close together.
- 2 Keep your body in a straight line. Your butt shouldn't be sagging or sticking up in the air too much.
- 3 Keep your head looking slightly ahead of you, not directly down.



- 4 At the top of your push up, your arms should be straight and supporting your body weight.
- 5 Keep your arms straight, butt clenched, and abs tightened as you lower yourself until your elbows are at a 90 degree angle (keep your elbows close to your body).
- 6 Once you've reached a 90 degree angle or have let your chest touch the ground, pause and then come back up until you're back in the same position.

SIT-UPS



- 1 Lie on your back and bend your knees, make sure your feet are flat on the floor. Position your heels to about 1 feet in front of your tailbone. Then, place your hands behind your head or cross them on your chest. (You can also have someone hold your feet down to keep you steady).
- 2 Squeeze your shoulder blades together. Exhale then tighten your abs and come up towards your knees (keeping them bent). Keep your head in line with your spine, push your chin forward as you come up. Doing this decreases neck pain as you come up.



- 3 Make sure your lower back, bottom of your feet, and tailbone are flat against during the duration of the exercise. Curl toward your thighs until it feels like you are in a seated position. Hold this position for about two seconds.
- 4 Slowly lower yourself back down, keeping those abs tightened. Repeat the downward and upward position until you feel a burning sensation in your abdominals.

Graphic // Jaxon Lindsey



OVERCOMING

by Taylor Numbers

Like most seniors out there, I'm excited to graduate but cower in fear of the mass amount of student debt I've wracked up over my four years. Whenever I think about my debt I first think, I don't even know where to start. Apparently somebody isn't going to just show up, hold my hand and guide me through this process. So I've done some digging, I've Googled, scoured Pinterest and contacted multiple Otterbein offices for the best available options to pay off the mounds of debt my fellow seniors and I have.

PUBLIC SERVICE LOAN FORGIVENESS

"Loan forgiveness" are two very tempting words but make sure you pay attention to the words that precede them. Public service loan forgiveness requires you to work in a public service for ten years. Luckily for you, there are a broad range of opportunities that goes along with this. Public service opportunities range from law enforcement services to the military to early childhood education. However, there are a few public service stipulations. The public service you choose to work in cannot be a partisan political organization or a labor union. For more information check out:

<http://thecollegeinvestor.com/578/ways-to-get-student-loan-forgiveness/>

VOLUNTEER PROGRAMS

According to huffingtonpost.com, programs such as Zero Bound or SponsorChange.org work with graduates to help them pay off their debts. Now before you get too excited there are a few things you should know. Each organization requires that you recruit sponsors or donors to give towards their fundraising goals. There are a couple differences between the two. Zero Bound will seek out more sponsors for you and then after you complete your volunteer hours they will transfer the funds to the student loan company. SponsorChange.org helps out nonprofits who need help. Once you decide the amount of hours you are going to volunteer you need to seek sponsors to cover the amount of work you want to do. After you recruit enough sponsors you will move onto the next step of matching your particular skills to an organization in need.

There are of course various other options that don't require sponsorship. Volunteers in Service to America (VISTA) offers its volunteers \$4,725 towards your student loans for every 1,700 hours of service. Americorps will offer you the same amount towards your student loans for every 12 months of service. And the Peace Corps offers automatic deferment of Perkins, Stafford or Consolidation loans if you sign up with them.

70%
**OF STUDENTS
GRADUATE WITH DEBT.**
(DEBT.ORG)

STUDENT DEBT

THE DAVE RAMSEY WAY:

Dave Ramsey is a renown money guru. And although some of his methods might seem extreme, his tips will certainly help you become debt free sooner than you thought. Ramsey's plans seem to focus on adults in debt, but so many people have used his methods and focused them on paying off their student loans. Here's what they did:

STEP 1: LIST YOUR DEBTS SMALLEST TO BIGGEST AND KEEP IN MIND INTEREST RATES.

The smallest one will be your number one priority.

STEP 2: TRACK WHERE YOU ARE SPENDING YOUR MONEY.

You'll want to look at your bank statements for the past few months and look for any patterns. Are you spending an abundance of money on \$5 movie nights, Chipotle or even the local bar?

STEP 3: MAKE ADJUSTMENTS ACCORDINGLY.

Here's where the hard part comes in. Those Chipotle trips are going to have to stop. Try buying groceries instead. You'll also want to see what kind of major adjustments you can make. Try cutting out cable and instead get a Hulu account. Some people even went as far as to get rid of their cell phone plans and switch to prepaid. Sounds crazy but it could save you years of debt.

STEP 4: EVERY DOLLAR YOU SAVE SHOULD BE USED TO PAY TOWARDS YOUR SMALLEST STUDENT LOAN.

Once that is paid off you move on to a larger one and then the next largest and so on. Ramsey has coined this the "Debt Snowball Plan." This plan is focused around the assumption that if you pay off smaller loans first, you will stay motivated to get you through the larger ones.

OTTERBEIN

Finally, you might be asking yourself what Otterbein can do for you. Otterbein's Student Financial Services offers something called "exit counseling" in which Loan Officers will look at your individual debt balance and go over how to pay it back and answer any questions you may have. This year's exit counseling sessions will be offered on March 16th and 17th at Otterbein's library in room 200.



Graphic // Caylin Barnes

The Meatless *TRUTH*

The Various Lifestyles of Selective Eaters

by Jasmine Caldwell

We are five-years-old and we pick up a book. The book is filled with cute, illustrated pictures of animals and for every reason possible; we love them. We learn how to make the noises that they make. We learn how to use those noises to associate with them. We learn all of these things, and then decide we want to be a veterinarian because then we will be able to work with them for the rest of our lives; these animals that we grow up with.

Then, we grow up. We change our minds on our careers and on animals. We eat them. We stop thinking of pigs as the cute pink creatures that roll around squealing “oink.” We stop thinking of chickens as the “cock-a-doodle-doo” creature that ran around in the barnyard. We stop thinking of cows as the black-and-white spotted creatures that “moored” in every direction. The disconnect happens when we move from loving these animals to now eating them.

We see them as friends, then as food; we don’t realize this. We just think of how good meat tastes. We don’t think of what it takes for these animals to reach our plates. We don’t think of the suffering that occurs; we don’t think of all of the torture that happens.

While we continuously say we love animals and positively visualize them, meat is still one of our top food choices. This showcases the idea of the possible disconnect between us and animals; and proves a contradiction in our thinking. Dr. Geoffrey Barstow, professor of religion and philosophy here at Otterbein, explores the

divide between animals and humans in Tibetan culture.

“A lot of the ideas that we have in the U.S. about the differences between humans and animals are rooted in Christianity, Judaism and Islam,” Dr. Barstow said.

These ideas are considered to be more western. Through his experience, knowledge and studies, Dr. Barstow believes there are distinctive differences in the culture and perspectives that we possess in the U.S. that are different and unique compared to Tibetan culture.

Trying to ease that disconnect are the people who created the controversial documentaries such as “Food, Inc.”, “Cowspiracy”, “Supersize Me”, “Vegucation” and “Forks Over Knives”, each of which discuss the huge meat corporations such as Tyson, Cargill and National Beef; fleshing them out using experts, scientific facts and studies to back up their beliefs and findings. The more people watch these documentaries, read the appropriate studies and learn about the different eating types, the more people convert.

The Oscar-nominated documentary “Food, Inc.”, lifts the veil off the meat corporations, but



The salad bar in the Campus Center's dining hall.
// Susanna Harris

it mainly tackles the problem of being health conscious as a whole, also the reality of meat. This documentary goes through the meat factory lines, the farms and everything in between. They shed light on the terrible events that go on in these places.

“Now our food is coming from enormous assembly lines where the animals and the workers are being abused,” Eric Schlosser said, an investigative reporter and author of Fast Food Nation, in his documentary Food, Inc. This statement left people questioning a lot of their own ethics.

“When telling someone that you are a vegetarian or a vegan, others who are not, seem to get defensive. Some people view it ‘as judging

Recipe: Vegan Mac & Cheese

WHAT YOU’LL NEED:

- 4 quarts of water
- 1 tablespoon of sea salt
- 8 ounces of macaroni
- 4 slices of bread, torn into large pieces
- 2 tablespoons and 1/3 cup of non-hydrogenated margarine
- 2 tablespoons of shallots, peeled and chopped
- 1 cup of red or yellow potatoes, peeled and chopped
- 1/4 cup of carrots, peeled and chopped
- 1/3 cup of onion, peeled and chopped

- 1 cup of water
- 1/4 cup of raw cashews
- 3 teaspoons of sea salt
- 1/4 teaspoon of garlic, minced
- 1/4 teaspoon of Dijon mustard
- 1 tablespoon of lemon juice, freshly squeezed
- 1/4 teaspoon of black pepper
- 1/8 teaspoon of cayenne
- 1/4 teaspoon of paprika

their choices,' morally wrong v. morally right," Dr. Andrew Mills said, professor of philosophy here at Otterbein.

Most people think that the idea of giving up meat is so far different than what they are used to. Some people still think impossible. With the thought of simply bacon, our societies' mouth waters. How could they toss that out of the window?

For some, it's easy. One of the most frequently asked questions vegans or vegetarians are asked is simply "why?" Well, there are dozens of reasons. Being a vegan, a vegetarian, a pescatarian or even a "meat eater" are all lifestyles. Dr. Mills says he got the final push from his wife Jessica. He is a vegetarian, but also doesn't limit himself as he sees that labels seem to limit your options.

Some people think of a vegetarian or a vegan as having a super strict and rigid "diet." Yes, there are some people who, if meat or animal byproducts are even in the same space as their food, won't eat it. But those people are extremists. Not everyone is like that.

Dr. Mills said, "while maybe there is a perfect world where I don't eat meat and I don't eat dairy, but let the perfect be the enemy of the good. I don't want the idea of being a vegan stop me from letting me take steps down the path."

A "flexitarian" which is basically someone who minimizes their meat consumption and periodically eats it, hit the scene and was named the year's Most Useful Word in 2003 by the American Dialect Society.

With all these eating habits emerging left and right- vegan, vegetarian, pescatarian, flexitarian, selectatarin- it gets a little confusing. Lots of people see these terms attached to a name of a celebrity, political figure or an athlete and then, all of a sudden, it becomes a new trend. Although more people are adopting these eating habits, becoming a vegetarian still isn't "mainstream."

Julia Parker, a junior allied health major, gave up meat to challenge herself in hopes of becoming healthier in the process. Just like many others, she wanted to learn how to live a different lifestyle, one that didn't involve the killing of living things.

Junior nursing major, Victoria Walden, has a completely different view. "I just love meat too much," she said, "It just isn't something that I would do. Maybe at another point in my

When telling someone that you are a vegetarian or a vegan, others who are not, seem to get defensive. Some people view it 'as judging their choices,' morally wrong v. morally right."

Dr. Andrew Mills //
Associate Professor of Philosophy

life, but right now I don't think it would work."

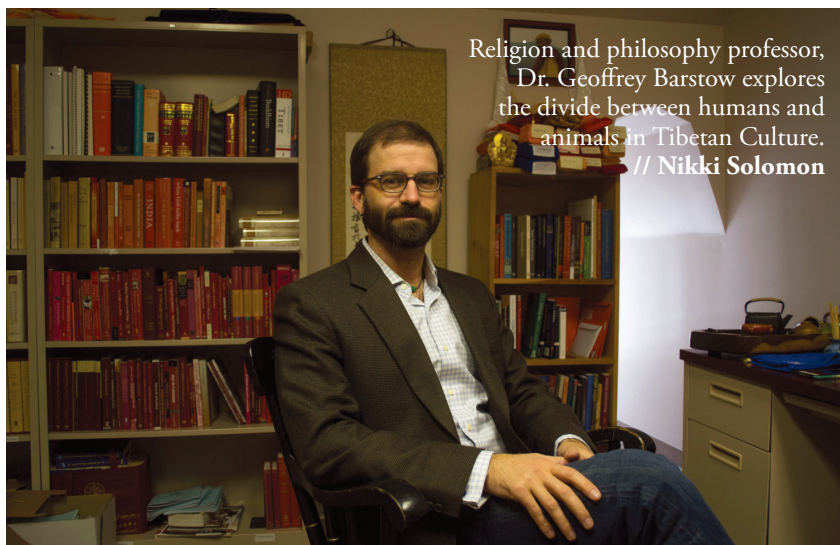
With studies concluding that a higher percentage of vegetarians and vegans are women, the question of masculinity comes into play. Does eating meat in the male population secure authority and masculinity among others? Since you are eating something that was once alive, just as you are, that makes you more powerful?

According to Happy Cow, a vegan blog, some people believe having selective eating habits can be related to social class and is a privilege. Some would view it as a privilege to be given the option while others think that having these eating habits are more expensive. This is sometimes true but if done right it isn't more expensive at all.

But, many people continue to think so. Josiah Ingram, a first-year allied health major, believes that it does. "Some families are not financially privileged to afford well balanced meals, let alone cater to the selective eating habits of a child or family that would 'prefer' to be vegan or vegetarian. Consider the families that live at or near at the poverty line. Consider the social stigma of being vegetarian or vegan. The idea of having a selective eating habit of this type is not something that is common or even ideal throughout the social gradient of our society. Being vegan or even vegetarian is just not socially accepted. Especially in college," Ingram said.

With college, students can't pay for a lot of unnecessary expenses. "My friend is a vegan here and she spends so much money on food at the grocery store. The CC has options, but she finds better things at the store," first-year, allied health major, Jordyn Burks said.

Being a vegetarian, vegan and anything considered not "normal" is associated with wealth, politics, gender and status. All of these factors accumulate and do not actually describe the people that make this lifestyle choice. They aren't a specific type of people. They are just people who believe in the proper treatment of animals. They believe in a better system.



WHAT YOU DO:

1. In a large pot, bring the water and salt to a boil. Add macaroni and cook until firm to the bite. In a colander, drain pasta and rinse with cold water. Set aside.
2. In a food processor, make breadcrumbs by pulverizing the bread and 2 tablespoons of margarine to a medium-fine texture. Set aside.
3. Preheat the oven to 350 degrees. In a sauce pan, add the shallots, potatoes, carrots, onion and water and bring to a boil. Cover the pan and simmer for 15 minutes, or until the vegetables are soft.
4. In a blender, process the cashews, sea salt, garlic, 1/3 cup margarine, mustard, lemon juice, black pepper and cayenne. Add softened vegetables and cooking water to the blender and process until perfectly smooth.
5. In a large bowl, mix the pasta and "cheese sauce" until completely coated. Spread the mixture in a 9x12 casserole dish, sprinkle the prepared bread crumbs and dust with paprika. Bake for 30 minutes or until the "cheese" is bubbling and the top has turned golden brown.

5 THINGS YOU DIDN'T KNOW THEY COULDN'T EAT



VEGETARIAN

Eats no meat, no meat byproducts.

-
1. **Altoids** : contains gelatin
 2. **Twinkies** : product contains beef fat
 3. **Caesar Salad Dressing** : anchovies are used in the product
 4. **Marshmallows** : contain gelatin
 5. **French Fries** : contain animal fat



VEGAN

Eats no meat, no dairy, no animal byproducts.

-
1. **Orange Juice** : has fortified omega-3's that are derived from fish
 2. **Peanuts** : contains gelatin
 3. **Chips** : contains chicken fat
 4. **Sugar** : has traces of bone char
 5. **Red Dye Foods** : contain cochineal insects



PESCATARIAN

Eats no meat besides fish and seafood.

-
1. **Parmesan cheese** : product contains Rennet
 2. **Vegetable soups** : contains beef/chicken broth
 3. **Jell-O** : contains gelatin
 4. **Refried beans** : product contains lard
 5. **Gummy bears** : has gelatin as a key ingredient

[MAKING THE LEAP]

by Jasmine Caldwell

As I walk through the grocery store, I have to look at the back of every package for the list of ingredients on everything that I am buying, just to make sure. I make sure that there is no milk, no honey, no egg and no animal byproduct of any kind. Being a vegan isn't as hard as it seems, usually. Yes, it has its challenges. It can be hard when all of your friends obsess over chicken or want to go get ice cream every other day. But it gets easier and easier. The vegan fad is in full force and it's starting to slowly make its way into Columbus, especially downtown. With all of the new grocery stores, markets, bakeries and restaurants joining popular places like Whole Foods, people are starting to get into it more and more; and I was included.

Not too long ago, just over Christmas break, I watched a documentary called Forks Over Knives. Yes, I have seen many documentaries before, but this one had much more of an impact on me. Watching the situations that go on and listening to all of the facts that were thrown my way in those 94 minutes, completely changed my view. Given that I had already been a vegetarian for almost eight years, my decision was made. I thought to myself "If I don't eat meat, that's at least a couple cows spared, right?"

I'll admit that deciding at 2 a.m. that I was going to become a vegan was a little...hasty. I went



Photo // Nikki Solomon

I thought to myself, "If I don't eat meat, that's at least a couple cows spared, right?"

Jasmine Caldwell //
Public Relations Major

to the grocery store the next morning anyways, and had no idea where to start. The only thing I thought of was to look at labels. I thought, "Maybe it'll just say that it's 'vegan' on the front," or "Well, obviously this is vegan, so I'll get it." But I soon learned that wasn't going to work. Things that I thought were vegan were so far from it. Bread, peanut butter and almost everything I picked up had some sort of milk or egg. So, I learned to actually read the ingredients and what to look for. That's when things started getting tricky. There were so many ingredients on those lists that

I couldn't even try to pronounce. I had no idea what more than half of them were.

I decided the best things to eat were the things with the fewest ingredients, with special exclusion of any animal byproducts. Yes, I know that not eating meat, dairy, or honey is not going to change the world, but it's really just the concept. I remember hanging out with some people and it came up in conversation. "You're a vegan?" he

asked. I nodded my head yes. He looked at me for a

second, turned his head and then turned back to face me, and mumbled "vegan?" and then continued, "Does that mean you believe in God or...?" How was I even to respond? I mean, I couldn't really be mad. It's not his fault that it's not exactly well known to what a vegan is, let alone all of the others. But still, the idea that people do not even know what it is astonishes me.

Coming back to school, I was told it was going to be impossible to continue and keep it up. I actually started to believe it. But then, I came back to

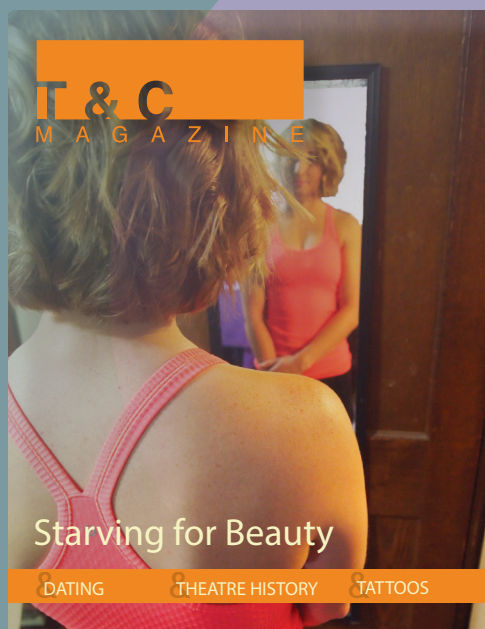
campus to realize how many options there actually were. Granted, there are not as many options as someone who eats "normal," but more than anyone, including me, anticipated. Of course, there's the daily salad bar, typically a soup, fruit and vegetables and then some random things that Bon Appetite whip up. To my surprise, it hasn't been that bad. There's usually something vegan every day in the lines. It makes it a lot easier and gives me hope that maybe more people will start to eat vegan.

&

T & C MAGAZINE

Want to write for us?
Contact us at:
writefortandc@gmail.com

Stories from the HEART of Otterbein's STUDENT BODY



WHERE IN THE WORLD ARE YOU FROM?

by Boston Gregg

Imagine being injured in a motorbike accident two days before your flight halfway across the world—7,555 miles to be exact. Picture boarding the plane in a wheelchair alone. Envision everyone back home warning you to be careful on your trip because your religious community has been heavily discriminated against in the country you're heading towards.

In late December, Yousuf Raja boarded an airplane in Pakistan and headed towards the United States. Despite all odds, Raja was determined to make it to Otterbein University and get his master's degree in business management.

On the long flight, he was most worried about being able to walk, but the stewardess and the people sitting around him helped him out with whatever he needed.

"It was like, they were my family members," Raja said, recalling the hospitality and compassion of everyone on the flight.

Raja has been in the United States for two months now and he says everyone at Otterbein has been very kind to him. One of his uncles lives in Columbus and he was shocked when someone offered to give him a ride there.

"In Pakistan, I'm not saying anything bad about Pakistan, but due to the conditions [of the Middle East] with terrorist activities, we do not give any stranger a lift. We're not sure

if they will rob us or something like that," Raja said.

Growing up in Pakistan, Raja enjoyed playing cricket which he described as being "70% similar to baseball." He started learning English in preschool. His native language is Urdu, the official language of Pakistan, but there are a handful of regional or provincial languages.

He graduated from Sir Syed University of Engineering and Technology in Karachi, Pakistan with his undergraduate degree in electronic engineering. On the last day of exams before graduating, Raja was the first student in his class to be offered a job.

When Raja arrived in America at the start of the semester he was shocked by how cold it was. The lowest temperature in Pakistan per year is usually around 10-11°C (around 50°F) and the hottest Pakistan gets is around 50°C (122°F).

Over the summer, Raja came to the United States for a visit in search of a university to

they're both electrical engineers. "Lloyd supported and guided me that MBA is really good for the engineers in long term career," Raja said.

Raja received an interest-free educational support fund from Dawoodi Bohra, the Muslim community that he belongs to, to pursue his education here. Dawoodi Bohra gives educational funds to students and are flexible with them even after education. Raja stated that after he starts his job he can pay it off whenever it is possible for him.

"This is how it is possible for me to get an education in the U.S. It is a miracle for me," Raja said.

Raja went on to say he didn't believe every American hated Muslims, in fact he said he has yet to face any kind of discrimination based on his religious views. "There are extremists in every country. There are extremists in Pakistan that are against the U.S. There are extremists in the U.S. against Pakistan or Muslim," Raja said. "The way I can express [that not all Muslims or people from the Middle East are bad] is only through my behavior. I can say that 'I am a Muslim and I am not a terrorist' but no one will believe me because the media is giving us all the bad things about Muslims....The only things I can improve and show about Muslims to Otterbein is through my behavior and through correspondence with students."

Raja went on to say that he strongly believes the Muslim religion is a really good religion, but not every Muslim is good. This could be said for every group of people.

Raja's first goal after completing his Master's degree is finding a job at some electronic firm. "With that [being said], I want to start my own business." Raja has a business idea. An idea, he almost pursued in Pakistan until he got accepted into Otterbein. Raja hopes to one day he will be his own boss.

"I would say about my situation— from where I belong, nothing is impossible in life. If you have a proper goal and if you have a strong vision of it," said Raja. "You just follow your goal and all the circumstances will be made easy by the God. You just have to move forward with a positive approach and everything will be fine."



pursue his MBA. His justification for choosing the United States, he said, "The people in which I know, in Pakistan, they all say to the young people 'Move to European countries or the United States to pursue your education and to make your life comfortable and to keep peace in your life.'" He chose Otterbein because of Eric Lloyd, the director of the MBA program. They connected quickly because



by the NUMB3RS



Exercising **15 minutes** a day is good for your heart and mind and *reduces risk of disease*



28% of Otterbein's population are a part of *Greek Life*.



Karachi, Pakistan is **7,555 miles** away from Otterbein.



Volunteer rate for college students in 2013 was **25.4%**.



1 in 4 college students suffer from some form of *diagnosable mental illness*.



42% of vegans chose this lifestyle after watching an *informational movie/documentary*.

