Studies show diet and levels of anxiety contribute to depression, which can affect a student’s academic performance.

**Breaking the Stigma of Depression**

There are many myths associated with depression. As mentioned in the article “7 Myths of Depression,” people often misinterpret depression as a phase that is not serious and will fade over time. Another misconception is that depression only affects the weak and lonely, and that medicine can help eliminate all forms of depression just as medicines can help eliminate one’s allergy symptoms.

With all these myths floating around it’s hard for students to know the facts about depression. According to the American College Health Association’s (ACHA) National College Health Assessment, a 2011 nationwide survey of college students at two and four-year institutions found about 30 percent of college students reported feeling “so depressed that it was difficult to function” at some time in the past year.

“I think most students neglect to care for their mental health because they may think that they don’t need it, and that they won’t benefit from it,” said Marina Teo, 23, grad student in marriage and family therapy. “Also, the stigma of going to therapy still exists, some people may think that going to therapy means that there is something wrong with them or that they are crazy.”

According to the National Institute of Mental Health (NIMH), many college students who struggle with depression are not seeking help. They may not know of any resources, or they may believe that treatment will not work for them. Some students do not get help because they think their symptoms are nothing out of the ordinary and others worry about being judged or being made to feel weak if they seek mental health care.

**How anxiety and depression affects academics**

The ACHA claims stress in moderation may actually be beneficial, claiming that managing stress rather than eliminating it altogether may be healthier for students overall mental well-being. According to the ACHA, when stress is associated with a physiological response, the stress reaction may actually help increase a person’s adrenaline so that they may meet daily challenges efficiently.

Stress is a double-edged sword. Without consistent rest periods while under stress, irregular habits may begin to surface. Diet changes, sleeping patterns, fatigue and anxiety are common occurrences among college students who mishandle stress. Stress may also take physical form and cause weakness, digestive problems and immune system vulnerability. Stress may take an emotional toll and cause irritability, confusion and even cause...
The Beat the Blues and Trans Awareness Week hosted a combined candlelight vigil to commemorate the lives of those lost to suicide and to strengthen and encourage those who have experienced depression. Guest speaker, Finn McMillan spoke about his own depression and struggle to feel comfortable as a transgendered man.

McMillan, 23, was born with female sex organs but he has always identified as a man. In high school and college years, McMillan suffered a number of urinary tract infections because he would not drink water in order to avoid the awkward encounters in the gender specific restrooms. Instead he would wait until he got home.

McMillan states that 41 percent of transgender people have attempted suicide in comparison to the 1.6 percent of the general population. In the past years, McMillan has struggled with over-eating and cutting in order to cope with his internal discomfort and depression.

Coming from a conservative family, he knew that coming out would be very difficult, most notably on his father’s side. To this day, McMillan is still working toward feeling accepted by all his family members and friends.

“I am filled with battle scars of my internal war,” McMillan said of referring to the many times he thought something wrong with him. The stigma that circled within his small conservative town is that transgender people are “freaks.” It took a lot of courage and education for him to come to terms with who he is.

McMillan’s lasting message to those in attendance was to read more in order to arm themselves “with the illuminating sword of knowledge.” Knowledge is the key to understanding, McMillan said, and from understanding there will be tolerance.

Wendy Ramirez, the host of the Candlelight Vigil, said the Blues project has been around for nearly 30 years. Its purpose is to get students involved interactively. The candlelight ceremony is meant to remind students “that we are here for each other,” Ramirez said. No one needs to fight depression alone when there is a community of people to talk and relate to that is beneficial for all.

Ramirez was inspired to join by presentations she had seen about the Blues Project three years ago. “It is important to be aware of the warning signs and help people prepare,” Ramirez said. Ramirez joined the project about three years ago and eventually started giving presentations about the project herself.

“At first I was scared when I was approached by a student who had thoughts of suicide,” Ramirez said. “I let them know about the on-campus resources and that students are eligible for up to eight free sessions of therapy.”

Ramirez believes that knowing you helped a person, potentially saving their life, makes involvement in the program rewarding.

Claudia Chirino, the president of the event, was compelled to join the club after her friend attempted suicide in high school. Chirino said she did not see it coming because she did not know how to recognize the symptoms of extreme depression.

Freshman year of college she learned about the blues project and is now able to correlate her friend’s symptoms with the attempt. “A community must look out for each other,” Chirino said.

In addition, Chirino is now able to recognize signs of depression in her own family members and has helped them get the help that they need.

Student and Blues Project team member Melinda Salazar had to be a rock within her own family after having experienced seven years of depression due to a number of consecutive deaths. “We kept losing members of the family and I had to stay strong. It does get better,” Salazar said to encourage attendees. “You have to keep hope.”
The life of a transgender activist

Bamb Salcedo, a transgender Latina activist leader, and Roland Palencia, executive producer for “Transvisible: Bamby Salcedo’s Story” participate in a Q&A after a screening of the documentary about Salcedo’s early life, and her rise to activism.
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ALL OF TIME & SPACE

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50 YEARS OF DOCTOR WHO
The adventure begins
1963

MEET THE DOCTORS OF YEARS’ PAST

1. WILLIAM HARTNELL (1963–1966)
8. PAUL McGANN (1996)
9. CHRISTOPHER ECCLESTON (2005)
12. PETER CAPALDI (2013–)

The fifteen faces of the Doctor over the past 50 years.
The Impossible Girl and the Doctor have a new adventure in the 50th anniversary.

With the degradation of the show, viewers are left to worry about the show’s crowning glory in the upcoming week: the 50th anniversary. Moffat already managed to destroy this 50-year-old cult hit by not releasing the smallest teaser of the special until this past month in anticipation of the special appear promising. Despite the heinous insult to convention-goers ever again. Moffat’s refusal to release even the smallest teaser for the special until this past month is ridiculous. Fans went six months since the end of series seven with no signs of what was to come in the anniversary. The minute-long trailer was released during Comic-Con, where Moffat infamously proclaimed if any fan were to leak footage, he would pull out of the show in series seven. Moffat has run the show into a recurring joke. Any possible scare-factor by making sure that all of these shitty moments might build into some kind of beautiful finale to redeem the series seven with no signs of what was to come in the anniversary. The genius has Moffat’s dictatorship as head dick. The Doctor is nearly 1,000 years old. He should at least look a bit like it.

I know, this kind of talk is heretical, but no, Moffat declared, put in a cute bow-tie and dangle him in front of the pre-teen girls, they’ll swoon! Soon every Hot Topic in America will have shirts with his face on them! So he said, and so it was. Besides Smith, Moffat’s choice in companions has been just as shocking as writing. Any Pond (Karen Gillan) is simply “The Girl Who Waited” and Clara (Jenna Coleman) is “The Impossible Girl.” While new companion Pearl (Arthur Darvill) is gifted the nickname “The Centurion” despite having managed to die in nearly every episode he’s been featured in. Don’t give me “girls” whose sole purpose is to faux over the Doctor and try to kiss him in every episode. Give me women that I can identify with and look up to.

Give me Donna Noble (Catherine Tate) smooching the Doctor over the head and calling him “Alien-boy,” or give me the “Defender of the Earth” Rose Tyler (Billie Piper) who bent space and time and unsatisfying explanations. Every episode was lacking a female being that the Doctor cared about. Moffat’s women simplistic relationships, something there to just move. Weeping Angels. These once horrifying monsters are just annoying at this point, as Moffat’s wasted any possible scare-factor by making them into a recurring joke. Every episode was lacking a theme, an arc, anything that could signal that all of these shitty moments might build into some kind of beautiful finale to redeem the whole season, which is what Moffat tried (and somewhat pulled off) with series five and six. But no. The Doctor’s penchant for romantic companions Amy (Rory Ponds) out of the show in series seven took less than one episode, which wouldn’t be too bad if their leaving wasn’t so horridly crafted. It was a complete dis-respect to the time those characters spent on the air, and a disappointing ending to the half-season.

Moffat has run the show into the ground with overly sensational adventures that have pointless plots, catchy lines, pretty people and unsatisfying explanations. Nothing connects, and nothing matters because it’s gone in a flash. The show isn’t hard to understand because it’s complex and deep. It’s hard to understand because it literally makes no sense.

We can only cross our fingers, and hope that Moffat has written something that’s actually worth waiting for.

The “Impossible Girl” and the Doctor have a new adventure in the 50th anniversary.
If you enjoy laughing like a true crazy person then this is the place for you. Nestled in Downtown Burbank, order an appetizer and a drink as you sit and watch “Chelsea Lately” comedian, Annie Lederman give her best one liners, along with other talented stand up comedians.

23
12 p.m. to 6 p.m.
Eat to the Beat
317 S. Broadway, between Third & Fourth sts.
Los Angeles, CA 90013
Free
What do you get when you combine progressive DJ beats with delectable free food? The best day ever. Visit the Grand Market located downtown and enjoy a full day of seasonal Thanksgiving foods as you dance around. The event supports the non-profit web radio organization Dublab.

24
10 a.m. to 7 p.m.
James Turrell:
A Retrospective
LACMA
5905 Wilshire Blvd.
Los Angeles, CA 90036
$15
Feed your creativity with this light exhibition which includes holograms, drawings and prints. Influenced by the 1960 and 1970, you’ll feel like you traveled through time and landed in a scene from “Tron.”

25
8:30 p.m.
Monday Night Residency
The Echo & KROQ
1154 Glendale Blvd.
Los Angeles, CA 90026
Free
If you are 21-years and older than come on by to the Echo and discover the lyrical sounds of Cillie Barnes and the acoustic performance of Z Berg. Let the unique sounds de-stress you before a hectic finals week.

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All-nighters risk grades and health

BIANCA SANTILLAN

STRESS IS IN THE AIR. Coffee sales go up and finding a seat in the library becomes a hunting strategy. But the biggest problem falls not in where to study, but when and how long. This is when the popular “all-nighters” are the answer for most students. Ironically, studies show that depriving the body of sleep works against the individual and may even put the body at risk.

The Institute of Medicine published a study in 2006 where they estimate that 50 to 70 million Americans suffer from insufficient rest or sleep. Many students attending four-year institutions face having to balance work, school and a social life. Such a busy schedule can be hard to fit into a 24-hour window and still allow for a minimum of eight to nine hours of sleep.

The National College Health Assessment surveyed 20 million college students last year and estimated that 43.9 percent of the participating students felt “tired, dragged out, or sleepy” 3 to 5 days out of the week. About 48 percent of students think that sleepiness interferes with their daytime activities. The study also asked whether they have received any information regarding sleep difficulties and deprivation. About 78 percent answered their school had failed to provide them with helpful information.

Mariela Mejia, a freshman English major, said she was warned about the long hours of studying from her older brothers who graduated from California State University, Los Angeles two years prior to her acceptance to CSUN. Mejia said since the first weeks of school she has had to put sleep at the bottom of her to-do list because she wants to successfully finish her first semester of college.

“In high school, I pulled some all-nighters, but honestly I think that was three times,” Mejia said. “Now, I can’t remember the last time I actually had a full night of sleep. I don’t blame it all on the work load, but it’s a combination of personal interests and school.”

The National Sleep Foundation found that short sleep duration increases the risk of motor vehicle accidents, obesity due to an increased appetite, diabetes, heart problems, depression and substance abuse. Short hours of sleep can also increase irritability, lack of motivation and anxiety. Sleep deprivation decreases the ability to pay attention, react to signals or remember new information. The latter can also make the difference between getting an A on your next exam or failing below average.

Christian Horstman, a junior business major, said lack of sleep cost him an entire semester his sophomore year. Horstman plays basketball in a private league for adults, works in a retail shoe store in Santa Clarita and commutes to and from school. He admits to having a full schedule with few to none gaps for free time or sleep.

“My sophomore year, I spent an entire day studying and didn’t go to sleep until I had everything memorized for the final next morning,” Horstman said. “When it came time for the test, I remember looking at the first page and then blacking out. I slept through the entire final! I had to repeat the class and now I’m one semester behind.”

The Klotz Health Center on campus also offers information and primary care physicians that may help those who believe they may be suffering from sleep deprivation or any other sleep disorder. The center also emphasizes the link between lack of sleep and stress. They suggest seven to eight hours of sleep to reduce irritability and stress.

“I can feel my body and mind asking me to sleep,” Horstman said. “I guess college is where most in the ‘real world’ learn how to time manage. Something I haven’t mastered yet.”
A story about a girl who cried wolf

ESMERALDA CAREAGA
DAILY SUNDIAL

SHE LIES IN HER BED, asleep, probably dreaming. As she opens her eyes, she sees a night prowler in her room. She reports it to the police, who question her about what happened. As officers dig, she doesn’t seem to realize how serious the situation is. Details emerge from the woman and she is exposed as the investigator and the truth becomes clear — she was lying.

In California, if you file a false police report, you will either be charged with a misdemeanor or a felony, depending on the severity of the deception. According to the National Crime Victimization Survey, about 232,960 women in the U.S. were either raped or sexually assaulted in their homes. The New York Times reported that one-third of females have said to be victims of rape, beating or stalking. Additionally, the Federal Bureau of Investigation reported about 85,000 forcible rapes occurred during 2010.

With such an obviously serious matter, you have to ask: why would a student at CSUN falsely report a prowler break in?

"To recop what happened earlier this month, 19-year-old Yeni Martinez reported to CSUN PD police that she awoke to a man standing over her, touching her bare leg. According the police, they investigated the crime and concluded the crime was false. This resulted in CSUN PD filing charges of false reporting against Martinez.

A girl who cries wolf like this does not just lie to her friends coming forth who have had some sort of situation occur. I cannot wrap my mind around this. Why on earth would this woman make up a lie like this? Is she in need of attention? Did she think it would be funny?

So I decided to ask the CSUN public information officer what Martinez’s motive was for making a false attack report.

Christina Villalobos, CSUN PD public information officer, said that it was still an active court case and so she couldn’t give any details of the investigation. I decided to head out to CSUN’s campus to see if my opinion was fair.

Betsy Chacon, 21, psychologist major, speculated that Martinez might have some underlying issues behind her false report.

“Maybe the girl wanted attention and she has serious issues, or maybe she didn’t understand the degree of consequence,” Chacon said. “This might affect future victims. This might offend real victims of sexual assault.”

Colton Kowalsky, 26, film production major, believes that one woman who cries wolf won’t discredit everyone who actually faces crimes.

“No, I don’t think it will discredit people,” he said. “It’s the job (of) PD to look into every crime reported. They have to investigate. Not every crime turns out to be true.”

Even though a part of me agrees with Kowalsky, I still believe false reports have a much larger effect because all those people who have been vic- timized a false report like this one is not funny nor right.

Now, most people are familiar with the story of the boy who cried wolf. For those who aren’t, the story goes as follows: a boy gets bored watching over a flock of sheep so he decides to yell, “Wolf! Wolf!” All the villagers came running to the rescue.

After a number of false cries the villagers became tired of the boy. One day a wolf actually showed up and the boy cried “Wolf! Wolf!” But the villagers did nothing and all the sheep were killed by the wolf.

The boy of course learned a very important lesson. People won’t believe a liar, even when he or she is finally speaking the truth. No one will believe you.

There will be people who lie for a number of reasons. Crimes are committed everyday and most of the time the people who commit the crimes never expose their motivs. But for women and men who fall victim to a crime, they should know that false reports don’t ruin the credibility of those who speak the truth.

The reason police conduct investigations is to find out the real story, and help those who need their protection. Maybe Martinez didn’t the seriousness of the accusations she was reporting.

Regardless of the motive behind the lie, her actions are unjustifiable.

But remember the story of the boy who cried wolf. In this scenario, CSUN PD are the villagers and they can charge you with a felony or a misdemeanor, depending on the trouble one has caused.

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panic attacks from an increase in anxiety. According to the Anxiety and Depression Association of America (ADAA), severe anxiety can be attributed to years of uncontrolled and increasing stress levels. Inefficiently managing stress is just one factor that allows the apprehension of anxiety levels in one’s mind to increase, potentially causing one to become emotionally unstable.

In 2011, the ADAA’s national survey found more than 62 percent of students who withdrew from college with mental health problems did so because of an anxiety disorder. CSUN alumnus Atousi’s, 25, struggles with anxiety and has affected her academic career in more ways than one. “Depression and anxiety has affected me to the point that I’ve gone part time in attendance since 2013,” said Atousi. “Ultimately, my experiences with depression and anxiety lengthened my academic career. At the same time, I have been able to pinpoint depression and anxiety as some of my reasons that I’ve gone part time in attendance in more ways than one.”

Along with taking antidepressants, talking with a mental health professional and taking advantage of mental health resources available at CSUN, Touzi was successfully able to earn his bachelor’s degree in 2011.

What you eat may cause anxiety and depression

According to Students Against Depression (SAD), in order to help keep stress and anxiety levels down, it is important to be mindful of what one eats. These days, it is expensive to eat healthy depending on the store, especially with nutrition fees, books, and monthly rent and utilities to pay for.

Typically, full-time college students may find themselves at a drive-thru, or snacking on whatever may be available regardless of it’s nutritional content. College students who are on-the-go and always have the luxury of time and money to invest in healthier food choices or a gym membership. Some students even eat too little or too much without much consideration of the consequences. “Not eating, or not eating properly and lack of exercise lead to a chemical imbalance,” said Gabriel Sebran Cendroroglo, 22, music major who is currently battling depression. “Lack of deficiency also causes feelings of stress. I have self-esteem problems and for some reason, it tends to become a vicious circle of depression. I think I can see all of these contribute to my depression.”

According SAD, eating regular, healthy meals and boosts a person’s metabolism, which allows for effective use of energy. Being conscious of the food’s ingredients is beneficial because what people consume affects their mood. For example, according to the SAD, tryptophan can be found in poultry, oil-rich fish, beans, baked potatoes, oats, nuts and seeds. If a college student dines on dollar-menu, preservative-packaged deep fried chicken on a regular basis, it may have an adverse effect on their overall well-being, and consequently, could affect their sleeping habits.

A study by SAD found what you can eat can cause low mood and could, in turn, cause anxiety and depression, which can go full circle to poor dieting and poor body image. Creating healthy eating habits, exercising regularly and sleeping on a consistent schedule can help decrease the chances of becoming chemically imbalanced and susceptible to anxiety and depression.

Recent study on genetics and depression found that doctors do not consider whether a person is depressed based on their genomes or whether the mental illness is purely psycho- logical and physical. There are only more suggestions that depression is caused by both nature and nurture.

According to an article in the Stanford School of Medicine titled “Major Depression and Genes,” it is not certain a person becomes emotionally unstable.

In addition, an article published in the Journal of Biological Psychology, “The role of depression and anxiety in the point that I’ve gone part time in attendance in more ways than one.”

When anxiety and depression go undiagnosed

Heather Morgan, a crisis line manager for UCLA Health Mental Health Services Suicide Prevention Center, said their clinic receives more than 4,500 calls, text messages and online chats a month. The center averages 150 calls every 24 hours. “Suicide is the second leading cause of death for college students,” Morgan said. “With that being noted, we receive calls from student daily. Since people go through different traumatic events in life: calls, texts and chats can range from relationship issues, LGBTQI questions or concerns, financial, and family issues or concerns – to name a few.”

College students in particular have the additional stress of academic life

“If my depression and anxiety went undiagnosed, I would not have reached the success I have,” Morgan said. “If left untreated, I would have been so pessimistic that things wouldn’t get done.”

Resources available on campus

Andrea Elzy, coordinator for peer educator programs at University Counseling Services (UCS), said their programs focus on real issues that affect students’ friends and their families. Programs on campus include Joint Advocates on Disor- dered Eating (JADE), The Blues Project, a depression and suicide awareness program, and Discovering Alternatives for Today’s Encounters (DATEE).

“It’s important that students know what resources regarding mental health are available on campus,” Elzy said. “Suicide is the leading cause of death on university campuses. People usually don’t have to want these conversations. These programs open up the dialogue.”

UCS offers eight free sessions to speak with a counselor per academic year. Students can schedule appointments in person, over the phone or online. UCS is located on the 5th floor of Bayern Hall.

“Therapy can help individuals learn better coping skills when dealing with stresses from school, work and personal life,” Teo said. “When an individual is more aware and can identify why they feel and think the way they do, they develop a better coping skills to cope with difficult situations.”
CSUN finishes 2-2 on road trip

The Matadors recovered from a slow start to the season and finished up their four-game road trip strong with two wins.

CSUN (2-2) overcame a halftime deficit by outscoring the Georgia Southern Eagles (1-3) 42-27 in the second half on their way to a 70-58 victory.

Georgia Southern’s Anna Claire Knight scorched the Matadors for a game high 28 points but had no other support as she was the only player for the Eagles to score in double figures.

The Matadors began the game sluggish, shooting 23.3 percent in the first half. The Eagles battled their own shooting woes connecting on 11-32 shots from the floor for 34.4 percent.

Despite a horrific shooting percentage, the Matadors were able to attack the basket and get to the free throw line. They shot 12-16, 75 percent, while the Eagles only attempted eight free throws in the first half. CSUN went into halftime trailing by three.

The game was a tale of two halves as the Matadors exploded offensively in the second half. CSUN jumped on the Eagles early with a 12-2 run and the lead eventually ballooned to 18 points before arriving at Georgia Southern.

Montana State and then Clemson represented the third straight year CSUN had a tough road trip, traveling first to Sacramento State, Montana State and then Clemson before arriving at Georgia Southern.

The Matadors will look to improve on their .500 record this Saturday against the 3-0 Brigham Young Cougars.

GOALS

Team: Win the Big West championship
Personal: Average a double-double and make the all-league team

EXTRAS

Other sports played: Football (offensive lineman)
When I started playing basketball: Seven-years-old
How I stay in shape during off-season: Spending time in the weight room, and running on the treadmill
Person I’d like to meet: LeBron James
Life after CSUN: Travel to various countries

CSUN will be competing in the Central Michigan University Tournament in Mt. Pleasant, Michigan.

The tournament will take place from Nov. 21-23. The Matadors will compete their road trip with a Nov. 28 game against Montana St. The six-game road trip to Michigan and Montana is the longest since the 2008-2009 season.

Follow @sundialsports57 for live scoring and play-by-play coverage of CSUN sporting events.