

Eastern Illinois University

The Keep

---

April

2022

---

4-13-2022

## Daily Eastern News: April 13, 2022

Eastern Illinois University

Follow this and additional works at: [https://thekeep.eiu.edu/den\\_2022\\_apr](https://thekeep.eiu.edu/den_2022_apr)

---

### Recommended Citation

Eastern Illinois University, "Daily Eastern News: April 13, 2022" (2022). *April*. 2.  
[https://thekeep.eiu.edu/den\\_2022\\_apr/2](https://thekeep.eiu.edu/den_2022_apr/2)

This Book is brought to you for free and open access by the 2022 at The Keep. It has been accepted for inclusion in April by an authorized administrator of The Keep. For more information, please contact [tabruns@eiu.edu](mailto:tabruns@eiu.edu).

THE WEEKLY EDITION

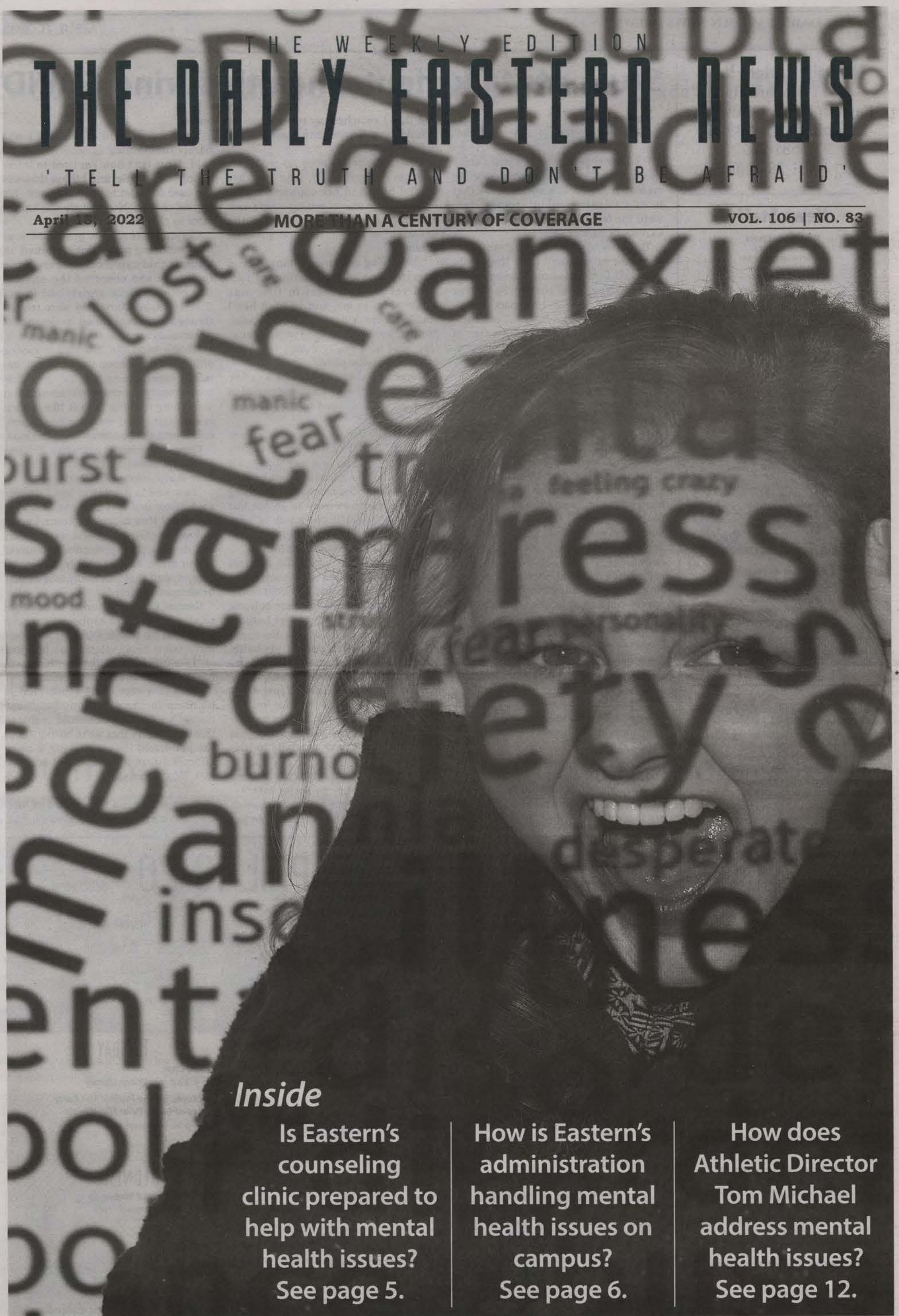
# THE DAILY EASTERN NEWS

'TELL THE TRUTH AND DON'T BE AFRAID'

April 13, 2022

MORE THAN A CENTURY OF COVERAGE

VOL. 106 | NO. 83



## *Inside*

Is Eastern's counseling clinic prepared to help with mental health issues?  
See page 5.

How is Eastern's administration handling mental health issues on campus?  
See page 6.

How does Athletic Director Tom Michael address mental health issues?  
See page 12.

**The Daily Eastern News**  
 1811 Buzzard Hall  
 Eastern Illinois University  
 Charleston, IL 61920  
 217-581-2812  
 217-581-2923 (fax)

**News Staff**

**Editor-in-Chief**  
 Corryn Brock  
 DENeic@gmail.com

**News Editor**  
 Madelyn Kidd  
 dennewsdesk@gmail.com

**Multimedia News Editor**  
 Luke Taylor  
 dennewsdesk@gmail.com

**Photo Editor**  
 Ashanti Thomas  
 denphotosdesk@gmail.com

**Associate Photo Editor**  
 Rob Le Cates  
 denphotosdesk@gmail.com

**Sports Editor**  
 Adam Tumino  
 densportsdesk@gmail.com

**Assistant Sports Editor**  
 Autumn Schulz  
 densportsdesk@gmail.com

**Opinions Editor**  
 Theo Edwards  
 denop.eds@gmail.com

**Faculty Advisers**

**Editorial Adviser**  
 Joe Gisondi

**Photo Adviser**  
 Greg Cooper

**Publisher**  
 Joe Gisondi

**Business Manager**  
 Betsy Jewell

**About**

The Daily Eastern News is produced by the students of Eastern Illinois University. It is published weekly on Wednesday, in Virdon, Ill., during fall and spring semesters and online during the summer term except during university vacations or examinations. One copy per week is free to students and employees. Additional copies can be obtained for 50 cents each in the Student Publications Office in Buzzard Hall.

**Advertising**

To place an advertisement or classified ad in The Daily Eastern News, call the ads office at 581-2812 or fax 581-2923. Visit our online advertisements at [dailyeasternnews.com/classifieds](http://dailyeasternnews.com/classifieds).

**Comments / Tips**

Contact any of the above staff members if you believe your information is relevant.




**Corrections**

The Daily Eastern News is committed to accuracy in its coverage of the news. Any factual error the staff finds or is made aware of by its readers will be corrected as promptly as possible. Please report any factual error you find to Editor-in-Chief Corryn Brock at 581-2812.

**Employment**

If you would like to work for The Daily Eastern News as a reporter, photographer, columnist, cartoonist, copy editor, designer or videographer, please visit at the newsroom at 1811 Buzzard Hall.

**Get social with The Daily Eastern News**

-  The Daily Eastern News
-  thedailyeasternnews
-  @DEN\_news

Visit our website: [dailyeasternnews.com](http://dailyeasternnews.com)

**Attention postmaster: Send address changes to:**  
 The Daily Eastern News  
 1802 Buzzard Hall  
 Eastern Illinois University  
 Charleston, IL 61920

# Students talk mental health during COVID

**By Ryan Meyer**  
 Campus Reporter | @meyer\_ryan\_twt

It's been a little over two years since Eastern students' spring break began on March 16, 2020, a spring break that most students wouldn't return from until the fall 2020 semester due to the COVID-19 pandemic.

The news of a switch to remote learning came in an email from University President David Glassman the next day.

According to a survey by Active Minds called "COVID-19 Impact on College Student Mental Health," conducted during April of 2020, 80 percent of college students felt that their mental health was negatively impacted by COVID-19, and 63 percent found it difficult to keep in touch with others.

William Meyer, a freshman theatre major, said that one of COVID-19's longest-lasting effects was the damage it did to connecting with others.

"People need people," Meyer said. "That's the thing. And COVID really did a lot of damage with the social connectivity with a lot of people and some people thrive on that. And I think that, besides the people that got sick, that's probably where the most damage was done."

Feelings of isolation were a recurring theme for many respondents to a survey conducted by the Daily Eastern News.

"Having limited social interaction has impacted my mental health," one wrote. "I am generally a social and enthusiastic person, but I feel as if my energy I once had is non-existent."

"Isolation makes me very depressed so depending on the time during the pandemic, that's been an issue," wrote another.

"It made school tremendously harder, and I hated taking classes over Zoom," one responded. "It was harder to make friends and communicate with others face-to-face. It had affected me so

bad that I switched my major because I couldn't stand the environment I was in."

Kirsten Paape, a junior 2D studio art and psychology major, said that her mental health in her sophomore year suffered from fear of getting others sick and having to move to a dorm in the basement of Pemberton that got little sunlight.

"(My) living condition changed, and then masking and not having the vaccine yet at that point in time was so stressful to me, and so I felt like I couldn't leave and be safe," Paape said. "So that kind of combined with my anxiety, and so I really didn't leave my room or socialize often."

Meyer said that although he was fine being at home for an extended period of time, people still need to get out every once in a while.

"Personally I'm not someone who goes out a lot," Meyer said. "I prefer to stay at home kind of so in a way this was a little good for me because I didn't really have to go out that much. But the thing is, I do sometimes need to go out but now I can't. A little too much of anything isn't good for you, a little bit too much of inside is never good for you."

Paape said that while she did feel burnt out and lacked motivation when classes went online and she went home, she also doesn't think her time at home in the summer of 2020 was as hard as it might have been for others.

"I feel like other people probably struggled a lot being with their families," Paape said. "But I wasn't working that summer, so I kind of just didn't really have a sense of purpose for that time being. But I wasn't actively panicking or getting really bad mentally just because I didn't have anything to trigger my anxiety."

Meyer said it was difficult getting used to the change in social interactions, like only being able to see friends for a few minutes and from multiple feet

away. "In a way it kind of felt like I was barely functioning in society," Meyer said. "This isn't how I'm used to interacting with people, and I think that was the case for a lot of people as well. It's a great change. Most people don't acclimate to change very well."

Clayton Crozier, a graduate student studying psychology, worked on a thesis that explored this resistance to change and observed the correlation between social anxiety and fear of COVID-19, and how they were related through a concept called intolerance of uncertainty.

"That's basically this idea of having difficulty with ambiguity, newness, basically experiencing psychological distress from being uncertain about what something is going to look like, which is something that everyone has experienced with the pandemic," Crozier said.

Crozier also listed examples of questions and uncertainty that people may have surrounding COVID-19.

"How long is it going to last," Crozier said. "How bad is it going to be if I get the virus? How much longer am I going to have to stay inside and wear masks and do all of these protective measures? It can make a lot of people feel out of control, and that can really lead to that heightened anxiety."

Crozier said that studies like his are relatively new, and explained that the prediction for fear of COVID-19 and social anxiety being related was because of "this difficulty to cope with uncertainty," or intolerance of uncertainty.

"This is a very early study that is pointing in the direction that those mental health outcomes could be due to this uncertainty that we're having about the pandemic that is making it more difficult for us to cope with it and live with it," Crozier said.

**Ryan Meyer can be reached at 581-2812 or at [rameyer@eiu.edu](mailto:rameyer@eiu.edu).**

## WHAT'S HAPPENING APRIL 13-20

**WEDNESDAY**

- Tai Chi  
4:30 p.m. - Kiwanis Park
- Student Senate Meeting  
7 p.m. - Stevenson Hall

**SATURDAY**

**CONTACT US TO  
 HAVE YOUR EVENT  
 ADDED TO OUR  
 PRINT AND ONLINE  
 CALENDARS!**

**MONDAY**

- Race Chat  
4:30 p.m. - Booth Library
- Pictures on the Prairie: The Early Days of Local TV in Mid-Illinois  
7 p.m. - Buzzard Hall

**THURSDAY**

- Field Trip: Lovell Shoe Repair  
9 a.m. - 610 7th St.
- Council on Academic Affairs  
2 p.m. - Witters Conference Room, Booth Library

**SUNDAY**

Easter Sunday

**FRIDAY**

- Gallery Talks: 2022 EIU Master of Arts in Studio Art Exhibition  
12 p.m. - Tarble Arts Center

**TUESDAY**

- Student Senate Meeting  
7 p.m. - Stevenson Hall



Send your event information to [dennewsdesk@gmail.com](mailto:dennewsdesk@gmail.com) to be added to our online and print calendars!

*I am always anxious and worried something bad is going to happen now. I was never like that before.*

**The pandemic has increased the severity of my mental health with depression and anxiety, but the most shocking one was my disordered eating and self image issues.**

*It made me give up on school and my future goals.*

*It's made it harder to socialize, which I feel like has contributed to my depression.*

***Having limited social interaction has impacted my mental health. I am generally a social and enthusiastic person, but I feel as if my energy I once had is non-existent.***

The pandemic took the biggest toll on my mental health than anything else in the past. I find myself burning out way more quickly and having a harder time staying motivated. I have lost interest in a lot of the things that made me happy. And as a student, I do not enjoy learning the way that I used to before the pandemic. It sucks because I feel like the EIU administration thinks that because cases are going down and masks are coming off, that students can suddenly transition back to the way things were.

I'm not the student I was before. Many of us are not the students we were before. It's going to take a lot more than just a couple mental health days to help us get through this tough period of our lives. And I wish they were more understanding of that.

## How has the pandemic affected your mental health?

***The pandemic made me feel very isolated. Socialization with friends and family was very difficult for so long.***

***But now that things seem to be getting a little more normal, I feel like things are getting moderately better.***

*It made school tremendously harder and I hated taking classes over Zoom. It was harder to make friends and communicate with others face-to-face. It had affected me so bad that I switched my major because I couldn't stand the environment I was in.*

*It's okay now, things are back to normal.*

It has opened my eyes to many things but I was not mentally equipped enough for all of this to happen.

It has cost me some social skills and I easily become frustrated more. My depression became worse after quarantine and with school thrown back onto me it still has been a bit stressful ever since. It's also stressful and anxiety inducing seeing people act as if covid is not a serious issue still. Just because it is not affecting EIU and Charleston as much as it was doesn't mean it's gone away. I've lost friendships and support systems over this fact.

**The pandemic made me depressed.**

# Recovering from sexual assault mentally, physically

By Madelyn Kidd

News Editor | @DEN\_news

Sexual assault can have many impacts on survivors in multiple ways afterwards and even years later.

Following sexual assault, many experience various effects on their mental health, which could include:

- Anxiety disorders
- Depression
- Post Traumatic Stress Disorder
- Disordered eating
- Problems sleeping

A survey by the Rape, Abuse & Incest National Network focused on teenage girls who have been sexually assaulted, showed that in the following few months, 80 percent developed one mental health disorder and 55 percent developed two.

A local non-profit organization Sexual Assault Counseling and Information Service, SACIS, provides counseling, advocacy and information to Coles, Cumberland and southern Clark County.

Alyssa Cravens, the victim awareness campaign specialist for SACIS, explained one of SACIS' services- medical advocacy.

"One of the most immediate things we provide is medical advocacy," Cravens said. "So if someone has been sexually assaulted and they would like to get a rape kit done, or they just want to be checked out by a sexual assault examiner/nurse, they can go to the hospital and let the hospital know that they would like an advocate. Or they can call themselves and one of our trained medical advocates will come and just make sure that the survivors' rights and needs are being taken care of. And a lot of times, survivors might not want someone they know there right away, but they still have that emotional support from an advocate."

Cravens also talked about SACIS' two other main services provided.

"We also do legal advocacy," Cravens said. "So if someone wanted to pursue a stalking no contact order or just an order of protection, whether it's on campus or actually through Coles County or the county where it occurred. We can help with the court process and the paperwork process. We can also help with actual court cases. And then we offer counseling and all of our services are completely free and confidential."

For many who have been sexually assaulted before, trusting and starting to date or have sex again can be difficult.

For Eastern student Elise Keane, a sophomore neuroscience major who was assaulted in the past, there was a learning curve for dating and being sexually active after the assault.

"My entire teen life was trying to reconstruct the relationship I had with my childlike self, and somehow reconnect to my still trying to be a teenager at the same time is a difficult balance between the two," Keane said. "I made mistakes in relationships with choosing the people that were maybe not the best for me, but felt the most comfortable because that's what I was used to previously... Then trying to figure out where does my trauma settle into my identity as a whole and navigating that was a little difficult, but I have a good grasp on it now for the most part."

Keane explained how being rushed to grow up after being assaulted at a young age impacted what they thought they



BY ROB LE CATES | THE DAILY EASTERN NEWS

Elise Keane, a sophomore neuroscience major, poses for a picture.

were ready for in their teens.

"I feel like in high school; I really rushed into adult relationships because I felt like I needed that stability," Keane said. "I really pushed myself a lot farther than I needed to go because I was overcompensating for what had happened to me. I threw myself into sex way too early because it felt like that was what I was used to, so it made sense to go back to that place."

When it comes to dating, Keane slowly learns to trust again while staying within their comfort and safety zone.

This includes safety measures set up with friends before going on a date and learning how to adapt and explain their triggers from their assault to someone they barely know.

"I have certain things that I have in place [for dates]," Keane said. "I always send my friends a geolocation thing. Like here's where I plan to be, and if you see me moving and if I don't tell you otherwise, maybe check in on me. It's always very difficult to trust someone enough to have what I deemed a conversation prior to anything happening."

The need to trust someone to explain what has happened to Keane in the past stems from Keane's triggers from their assault.

"I would like to be this happy go lucky and super into you, and even if I am, but you just happen to brush up against [triggering part of their arm] something that connects to my brain is still so

foundational," Keane said. "That maybe I don't like this person, maybe it's a lie, maybe I'm not attracted to anybody, which isn't true, but it feels that way at the moment."

Preventing triggering moments is important because it leaves the person triggered in a vulnerable position in which they feel like they are in danger.

"Reasonably, I can talk through the fact I'm safe... But I'm immediately set back to this place where I feel unsafe and in danger," Keane said.

Cravens called the process after an assault a "healing journey."

"A lot of times you see all sorts of feelings associated with the trauma of sexual assault, and those can include anger, fear, sadness, shame," Cravens said. "And because it's trauma, those just kind of come and go at random times, which is why a lot of times people refer to it as a healing journey for survivors. Because it's very abstract, there is no cycle that everyone goes through, and there's no two stories that are the same. It has different mental health effects on everyone."

Another part of dating and sexual relationships that is hard for Keane is trusting the other person with themselves, and that the other will not abuse that trust.

"I have a very hard time letting go of my body, of pieces of myself, because in order to commit in a relationship you have to give up pieces of yourself to the person that you're with," Keane said.

"And oftentimes, giving up pieces of yourself means that you have to let them in a way that you maybe have not let people in before."

A vital part of Keane's ability to date and have sexual relationships now comes from the support they had in their teens while recovering from their trauma.

"I didn't have any friends in high school that I could talk to about this," Keane said. "I didn't have any people besides my mom and my therapist that I could really just share every inner thought too... Without that support, I don't think that I would have the relationship that I have with my body now."

Cravens stressed the importance of a support system for survivors while they process what happened.

"There's a lot of feeling of shock or disbelief and just kind of processing what happened," Cravens said. "And sometimes the process of processing what's happened to you takes a while, which is why support systems like friends or counselors or mental health professionals are a good idea in our options for survivors."

A common experience after a traumatic event is blaming yourself. Keane explained how those raised female, are told to blame themselves for sexual assault or harassment.

"Especially as people who are raised female, we were taught our entire lives that the things that happen to us are because of us," Keane said. "Even if your parents had it instilled that that was not true. That doesn't matter because your entire childhood was being told boys will be boys, and that things are going to happen to you. And that you're going to get catcalled on the bus."

Keane explained the process those raised female grow up thinking.

"You're going to go from fourth grade on thinking that everything that happened was your fault," Keane said. "Because that's what you've been told, you have no other evidence as to why, and then you get in a relationship with a bad person who makes you feel like shit. Who just gaslights you and makes you feel like you did everything wrong."

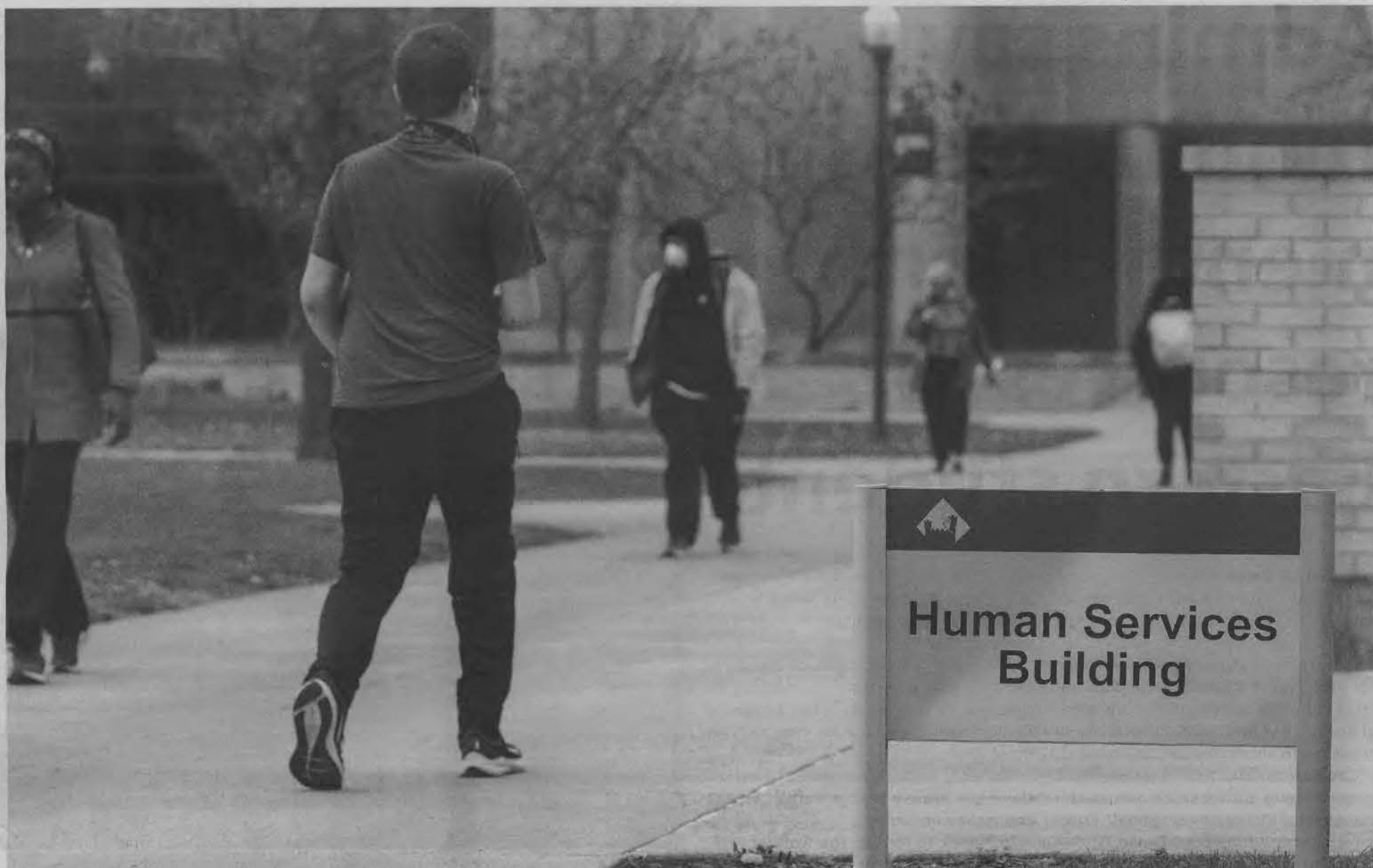
For Keane personally, they have had to tell themselves it was not their fault what happened.

"I had to constantly reason with the fact that I did nothing wrong even when it felt like everything I did led up to this very moment and then what I did was inexcusable," Keane said. "I came to a point where I basically just have to reckon with the fact that I'm responsible for my emotions and my feelings only."

There is one thing Keane wishes for other survivors to remember.

"I want people who are reading this and have had a traumatic event to know that that does not define your life, and that love does come after trauma and that you deserve a happy, healthy, fulfilled life," Keane said. "And if you choose so, a happy, healthy, fulfilled sex life. It's really important to put yourself back out there with people that you feel comfortable with and that it's OK. It's OK to feel pleasure in places that have been hurt before. That doesn't mean that you're broken."

Madelyn Kidd can be reached at 581-2812 or at [mekidd@eiu.edu](mailto:mekidd@eiu.edu).



Students walk outside the Human Services Building Monday afternoon.

BY ROB LE CATES | THE DAILY EASTERN NEWS

# Understaffed and overwhelmed

## *The counseling clinic is in crisis mode.*

By Corryn Brock

Editor-in-Chief | @corryn\_brock

The interim assistant director of the counseling clinic, Lindsay Wilson, said the clinic is trying to keep its head above water with a waitlist of 41 students with one counselor-administrator hybrid, two full-time counselors, two part-time counselors, one professor helping when available and five graduate students working on limited hours.

With the clinic's current staffing, Eastern does not meet the requirements for accreditation with the International Accreditation of Counseling Services which states that accredited programs should make every attempt to maintain a staff to student ratio of one FTE professional staff member to 1,000-1,500 students. Eastern is currently at a ratio of one FTE professional staff member to 1,736 students, not accounting for high school dual-credit students.

IACS defines a FTE professional staff member as one full-time clinical/administrative position, excluding clerical staff and all trainees.

However, Eric Davidson, executive director of the Health and Counseling Clinic, said that the counseling clinic does meet the requirements of IACS and is close to the recommended ratio from the Illinois Mental Health Early Action on Campus Act, which states that a ratio of one counselor to every 1,250 students should be maintained, with assistance from local mental health services if needed. Davidson uses the on-campus headcount from the Spring 2022 semester, which is 4,388.

When using those numbers, the ratio comes out to 1,291.

Additionally, the counseling clinic does not currently meet the IACS standard of having non-student support staff to perform non-tasks like receptionist duties, scheduling, data analysis, word processing, handling of any psychological tests or inventories, and billing.

The staffing shortage is not unnoticed by students. In a recent survey by the Daily Eastern News, students shared their concerns about the challenges the clinic has been facing.

Responding to a question on their experiences with the counseling clinic, some students shared positive experiences, but a majority of students felt they had negative experiences. They shared following:

- "I feel like my experience has been positive overall, but it feels

like they are overwhelmed this semester. I have heard about several people having issues getting connected with a counselor."

- "I've never gone because I know they have a waiting list and are very short staffed. I'd feel guilty going to counseling and taking up a time slot someone else needs more."

- "I have heard only negative things about the on-campus counseling services, so I chose to go off-campus instead."

- "I got put on a waiting list then was never contacted again, that was in Fall 2019."

- "They are pretty much swamped with students and won't get you help unless you say you are suicidal."

Wilson said the understaffing puts limits on the work the clinic can accomplish. Part of the problem, according to Wilson, is the lack of an office manager in the clinic.

After the former office manager retired, counselors have taken on the task of working in the clinic's front office, which can lead to them having less time to counsel students or the front desk going unmanned.

Wilson described it as a lose-lose situation: Either they take away from time that could go towards helping a student and have someone available to greet students and answer phones, or the office is left

locked up with no one to address students' needs while some time is gained to work with students.

"We need to be accessible to our students," Wilson said.

Struggling to maintain this balance can lead to counselors "feeling like (they are) drowning at times," according to Wilson, but she said it is a testament to the counseling clinic's staff that they are able to work through their current situation.

"We couldn't ask for a better team here," Wilson said. "I can't imagine how much more difficult it would be if we didn't have the team that we have, if we didn't have the freedom and the comfort level to be able to talk with each other and support each other."

Wilson said in an ideal world, they would have an infinite number of counselors to meet the needs of students, but six full-time permanent counselors and a permanent administrator would be a close second.

As for addressing the current needs of the clinic, Eastern has begun to fill positions, including hiring a permanent director for the clinic, completing interviews for a new full-time counselor and beginning the process for hiring a new office manager.

Corryn Brock can be reached at 581-2812 or at [deneic@gmail.com](mailto:deneic@gmail.com).

# Admins say funding limits mental health resources for Eastern students

By Rob Le Cates

Assistant Photo Editor | @robertle-cates

Eastern's university president and vice president of student affairs said administration is striving for more mental health resources for students, but is struggling to obtain the funding needed.

"Student mental health needs have been rising at universities across the country and EIU is no exception," Eastern University President David Glassman said. "We are working diligently to meeting the health needs of our students and increasing the numbers of mental health counselors we have on campus as well as several other activities to promote positive mental health."

In August 2019, Illinois passed the Mental Health Early Action on Campus Act in order to address mental health gaps in higher education in Illinois; through this act, an 11-goal system would be in place in colleges and universities.

These goals aim to imbue mental health services, training and awareness, screening tools, peer groups and the formulation of strategic partnerships with local mental health services on college campuses.

This training would ensure non-counseling staff are properly trained to identify and respond to a student with a mental health concern.

Vice President of Student Affairs Anne Flaherty said the administration wants to implement these plans at Eastern, but don't have the funds to do so currently.

After two years, the legislation remains unfunded, leaving the bill dormant.

On Jan. 31, the Mental Health Early Action on Campus Appropriations Act received its first reading in the Illinois General Assembly, amending the previous bill.

The new bill will appropriate \$19 million in the fiscal year 2023 in support of improving the mental health of students in higher education.

As of April 7, the bill was referred to the Rules Committee of the Illinois General Assembly where it will be examined, and its chances of passing through the entire Congress are determined.

This semester, Eastern started to make plans for if this bill makes it through Congress.

The Mental Health & Well-Being Re-

view group at Eastern have been meeting since January every week to discuss the 11 goals and how to implement them on campus.

The group will present their results at the next Board of Trustees meeting on April 22, to show what could happen if Eastern had the resources to implement these goals.

Flaherty said in her time at Eastern there has always been a waitlist for the counseling center.

In hopes to reduce the waitlist size, the counseling center hopes to gain new counselors, according to Flaherty.

The new positions will include an associate director, who will spend half their time as director and the other directly counseling students, and a new counselor.

LifeLinks, a service in Mattoon, Ill., has a partnership with Eastern to offer resources to students on and off campus, at their facilities.

The non-profit group aims to assist people whose mental health has been negatively affected by COVID-19 pandemic.

After this semester, Flaherty is uncertain if LifeLinks will continue to receive federal funding through the CARES Act to help aid Eastern students.

If the funding goes away, Flaherty says she hopes the new counseling additions can help fill the gap left.

An email sent April 4, informed faculty of the services on campus to support students and fellow faculty during the final five weeks before the end of the semester.

Included in this email is an online referral form submittable to the Student Support Team, who specializes in providing assessment, counseling and referrals to students displaying concerning or distressed behavior.

Also included is a "Distressed Student Handbook" providing staff guidance on how to respond in specific scenarios.

Flaherty said administration knows students need help, but students are not utilizing all the resources available to them.

Flaherty referenced Eastern events like the therapy dogs in Booth Library, mental health pop-up events and other events as resources students do not utilize.

Robert Le Cates can be reached at 581-2812 or at rllecates@eiu.edu.



From left, Izzy Hill, a sophomore art major, and Bob Sak, a sophomore accounting major, pose for a picture outside of Olin Library. "just a day to relax."



BY ROB LE CATES | THE DAILY EASTERN NEWS

(Above) Zareb Islam, a sophomore computer information technology major, poses for a picture outside Booth Library. Islam said that he's never seen a college devote so much to mental health as this one. "I've never seen a college give so much emphasis on mental health," Islam said. "I feel like giving days off to students, they understand the value of it and I feel, administration wise, they are doing good work."

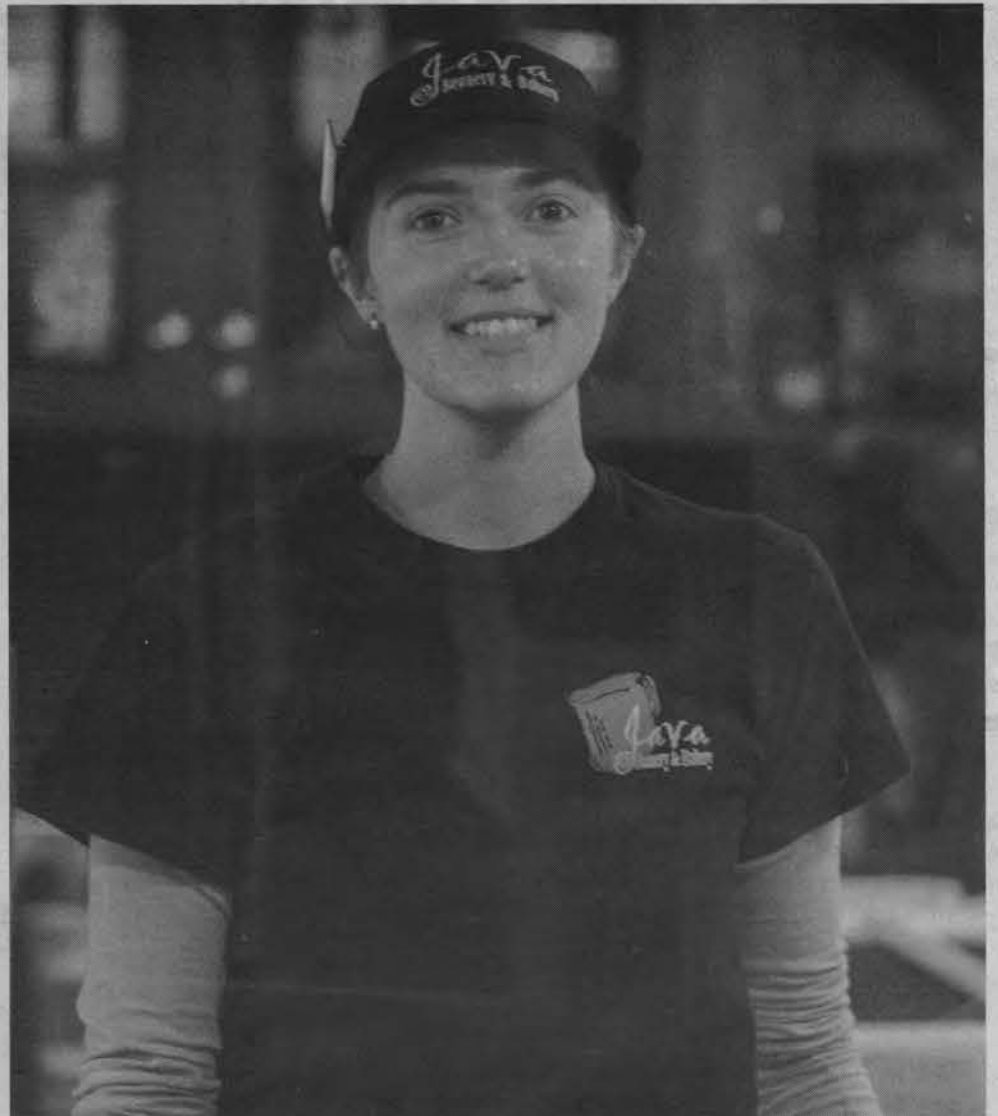
(Below) Sisters Serenity Gause, a junior human services program administration major, and Aryanna Tunstall, a sophomore biology major, pose for a picture outside Coleman Hall. Gause said there should be more breaks throughout the semester, just like the wellness days last spring, and some better planned activities. "They have school activities, but they tell you like two days before," Gause said. "There's no activities for months and then all the fun activities are on one day and then there are conflicting times [with schedules]." Tunstall said that she liked last semester's mental health days and she knew a lot of people who were starting to get overwhelmed. She also said administration needs to work with teachers on these types of breaks.





BY ROB LE CATES | THE DAILY EASTERN NEWS

next to a flowering tree. Although they both live off campus, the mental health days helped them a lot giving them



BY ROB LE CATES | THE DAILY EASTERN NEWS

(Above) Madeline Steiner, a junior English major, poses for a picture while working at Java in the Martin Luther King Jr. University Union. Steiner said in her classes students talk about mental health-related topics and more breaks dedicated to being breaks would be nice. "It's a good idea to give people a break, but on the other hand some professors don't really lighten their load [of classwork]," Steiner said. "So even on those days, I still spend my days doing homework."



BY ROB LE CATES | THE DAILY EASTERN NEWS

Sasha Redmond, a freshman theatre major, poses for a picture outside the Martin Luther King Jr. University Union. Redmond said Eastern has done a good job with addressing mental health. "You know, some of us are working, some of us have other responsibilities," Redmond said. "But I do feel like administration really puts us first as people instead of just, you know, as students."



(Below) Kaitlyn Ostick, a sophomore public health major, poses for a picture while working at Panther Pantry in the University Union. Ostick said administration seems more conscious of mental health on campus. "They are trying to like do stuff to help people," Ostick said. "I don't know how much that's working but they're trying stuff so that's nice."

## Support those who support us

Since the beginning of the COVID-19 pandemic, more and more people are turning to mental health resources to cope with new challenges brought on by new ways of life.

Services like those offered by Eastern's counseling clinic are in high demand but are often more limited than others: counselors can only be available for so many sessions in a week.

This year, the counseling clinic's decreased staff numbers have become a subject of interest this year as more and more students have been added to the waitlist to receive counseling.

Sometimes, conversations around this issue may sound as if the counseling clinic or its employees are at fault for not being able to provide services to every student.

We at the Daily Eastern News want to make it clear that this is not our stance. Rather, we hope that the counselors are getting the support they deserve.

Hearing what students are going through day in and day out, whether they relate to those struggles personally or not, cannot be easy for these counselors.



Graphic by Corryn Brock

Yes, this is the career they chose to pursue, but the choice and their training doesn't automatically make it any easier.

The knowledge that there are students who are still waiting for help likely doesn't make things easier, either.

We hope that the counselors are getting support in two major ways.

As cheesy as it sounds, we hope they have people to talk to in the same way people are able to talk to them. We hope they know how grateful the students who see them, and the rest of the campus community, are for all of their hard work.

Secondly, after months of Eastern's administrators speaking about mental health and providing for students, we hope that they will back that up in the main way they can: funding. We all know that money is what gets things done at a university.

Mental health is often a subject which gets spoken about in very inspiring and impactful ways. What doesn't happen as often is action to help people who are struggling.

Eastern's administrators have a chance to be leaders in this field which has repeatedly come to the forefront of local and national news. We want them to keep pushing for that funding; don't let this be ignored.

### Quote of the Week:

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."

Fred Rodgers

### Education

## Mental health issues hurt students, teachers

Mental health in the school setting has been a widely talked about topic in recent years. With COVID-19, students were in the spotlight of how they were coping and handling the pandemic. But, during the last two years, more and more teachers have been leaving the profession due to mental health struggles and overall unhappiness.

People are starting to realize the pressure of school and stress and how it affects the students. Things like therapy, medication and even just talking about the topic has been beginning to be destigmatized. People feel more comfortable about opening up about their struggles.

The use of technology has also enabled this. Some people may have the ability to anonymously post about their struggles and receive feedback from other users. Also, tele-therapy, or online ther-



Ellen Dooley

apy, has been increasingly available, especially when practices had to adapt to COVID-19.

From what I have seen, students coming back after the pandemic lockdown have been more aware of their mental health struggles. Whether they had developed them over quarantine or become aware

of them, they now know what they may struggle with.

Thus, the need for therapy or counseling had grown greater. That seems to be the main concern right now. Students recognize they need help, but they are unable to actually get the help they need due to long wait lists or a lack of professionals to assist them.

Students are not the only ones in the school setting feeling the pressure. There is a severe teacher shortage that puts extra stress on teachers who are actually working. Many teachers had to leave the profession due to health reasons or even because of the income. Teachers were recognizing that there were higher paying jobs, plus they did not have to deal with the stress of possibly becoming ill.

For the teachers still in the profession, they feel they are stretched way too thin. Because of the short-

age, they are taking on more duties and class loads. There are many teachers who are also helping students with their mental health issues while still trying to deal with their own struggles. They often put the needs of their own students before their own. Therefore, it creates a domino effect of stress and worry.

Mental health is a big topic in education. Everyone, whether they realize it or not, seems to be struggling with their mental health from time to time. But how can you help anyone if you are sinking?

We all may be feeling some distress, but we are also human. We all have struggles, but we can also overcome them. Keep fighting.

**Ellen Dooley is a sophomore special education major. She can be reached at 581-2812 or at em-dooley@ieu.edu.**

### Editorial Board

Corryn Brock

Caitlin Craig

Madelyn Kidd

Luke Taylor

Adam Tumino

Ashanti Thomas

Social Commentary

# Dear everyone, I am very proud of you

Since the pandemic hit two years ago, I've noticed that I've been a lot more down. Down as in I'm not really feeling myself and I miss the pre-pandemic world.

I'm sure other people are feeling the same way. We all miss the world where we could live freely and without worry about getting a virus that could kill us.

In essence, the COVID-19 pandemic gave me, and I'm sure other people, anxiety.

The World Health Organization said "In the first year of the COVID-19 pandemic, global prevalence of anxiety and depression increased by a massive 25%, according to a scientific brief released by the World Health Organization (WHO) today."

The article later said that the mental health of both young people and women were disproportionately affected by the pandemic.

An article by the Mayo Clin-



**Katja Benz**

ic agrees: "Surveys show a major increase in the number of U.S. adults who report symptoms of stress, anxiety, depression and insomnia during the pandemic, compared with surveys before the pandemic."

I myself know that I'm really busy and don't necessarily have time for self-care. Between two jobs, 16 credits, homework and

social obligations, self-care is usually bottom of the list for me.

And it shouldn't be that way.

So, in order to keep myself sane, I've tried to remind myself that I'm proud of myself everyday. That was also in order to practice self-care, and it didn't end up going so well.

I usually forgot to do it, meaning that if I'm too busy for that, I probably wouldn't have time for much else.

And that's what scares me. If I'm so down, but so busy, then how am I supposed to take care of myself mentally?

I then realized that I've been doing self-care that may not be considered self-care.

Self-care may be considered a face mask or something to that effect. I've never done one of those; they're not really my thing and they cause me stress if I forget to take them off or something.

However, I've noticed that I've done these things in attempt to take care of myself:

1. Gotten lunch or dinner with friends. I find that socializing with others makes my day.

2. Gotten coffee. I love coffee (the Java employees have my order memorized) and I like doing my homework there while drinking it.

3. Taken a good nap. I, like lots of people, love sleep, so taking a good 30-minute nap helps me get back to normal before getting back to work.

4. Spent some time by myself. While I'm an extrovert, I do need some time by myself.

While balancing stuff in college is hard, taking time for yourself is vital. I hope that we all finish strong; in fact, I know we will.

**Katja Benz is a junior English major. She can be reached at 581-2812 or at [kkbenz@eiu.edu](mailto:kkbenz@eiu.edu).**

Social Commentary

# Elon Musk is in every single corner of my life

I am wholly dedicated to making my life and the life of Elon Musk as separate as possible. If Elon Musk and I are the two circles of a Venn Diagram, I want the little middle part to be completely empty.

This was all going very well until April 4, 2022, a date that tragically caused my life to overlap with that of the world's most obnoxious billionaire. That was the day that Musk purchased a 9.2% stake in Twitter, a social media app I unfortunately enjoy a great deal.

Twitter is often the subject of debate about how it's a hellish wasteland of misinformation and hate speech, but I find that Twitter can be quite enjoyable depending on who you follow and what you engage with.

I feel that this is the beginning of the end of my relationship with



**Adam Tumino**

Twitter, as Musk's influence at the company will likely continue to grow. But I fear that Musk's intrusion on my life will not stop at Twitter. I have an inescapable feeling that our lives will start to overlap more and more until everything I enjoy and cherish is under the control of Musk. Once

he has taken everything from me on Earth, he has also robbed me of my means of escaping.

I cannot launch myself into space. I'll probably encounter that car he sent up there for no apparent reason back in 2018. Even if I make it to Mars, he will probably arrive soon after to colonize the planet. If I want to escape into an underground bunker, he will just burrow one of his highly impractical tunnels through my bedroom.

There is no way out. I am standing in a long, dark hallway. I see a figure at the end of the hallway, standing still. It is too far away for me to see what it is.

Suddenly the lights go out, then begin to flash every couple of seconds. With every flash, the figure moves slightly closer. I try to run but I can't move. I look down and see that my feet are

stuck to the ground. I look up. The lights flash again. The figure is getting closer still.

I must be dreaming. I try to wake myself up, but nothing is working.

Closer. Closer. I can see the figure more clearly now. It's him. He'll be here soon. I cannot escape. It is useless. I stand still and wait for his inevitable arrival. He is close now. In a few more flashes, we will be face to face. Three more. Two more. One more. The lights flash on, and he is gone. My feet are free. I turn around to exit the hallway, and there he is, directly in front of me. It's all over.

I embrace the Musk.

**Adam Tumino is a senior sports media relations major. He can be reached at 581-2812 or [ajtumino@eiu.edu](mailto:ajtumino@eiu.edu).**

**DO YOU KNOW SOMEONE WHO SHOULD BE NOMINATED FOR DEN PERSON OF THE YEAR? NOMINATE THEM TODAY AT [WWW.DAILYEASTERNNEWS.COM](http://WWW.DAILYEASTERNNEWS.COM)!**



# Eastern baseball team leading OVC standings

By Autumn Schulz  
Assistant Sports Editor | @autschulz

The Eastern baseball team still sits at the top of the OVC standings after a long weekend series against SIUE as the conference enters Week 4 of Play.

The Panthers are now 5-1 and 21-8 overall as they took the series win against the Cougars. The first game was a 5-4 win in favor of the Panthers. Redshirt senior Lucas DiLuca was vital to game one of the doubleheader as he hit a walk-off single in the bottom of the ninth to put the Panthers on top.

The second game of the doubleheader was not in favor of the Panthers as they lost 11-5, junior Logan Eickhoff and redshirt senior Nathan Aide both had two hits and an RBI. The last game of the weekend was a big one for the Panthers as they won 18-10.

They had an eight run first inning which helped keep the momentum going for the rest of the game. Senior infielder Dalton Doyle was 3-5 on the day with four RBIs and two runs scored. Redshirt sophomore Nicholas Rucker was 2-3 with three RBIs and three walks. Kyle Lang earned his first win of the season.

Southeast Missouri and Belmont are currently tied with an OVC record of 7-2. The Redhawks swept their OVC rival, Murray State, in three games. Senior infielder Tyler Wilber was a huge asset for the Redhawks this weekend as he went 4-for-5 with two runs, a double and two RBIs in the first game.

In the second game, Wilber went 4-for-4, hitting the game-winning home run to go along with three RBIs and two runs. Wilber once again came up clutch in the last game as he hit a solo home run to tie the game in the bottom of the ninth, going 3-for-5 with two runs and an RBI.

Belmont took the series win against Ten-



BRIAN BARRETT | THE DAILY EASTERN NEWS

Eastern utility player Ryan Ignoffo (7) high fives his teammates after the Panthers' 3-2 win over McNeese State on March 18. The Panthers won the series to improve to 13-4 on the season.

nessee Tech. Freshman catcher Tommy Crider hit a walk-off pinch-hit single in the bottom of the ninth to give the Bruins the 9-7 win for the first game of the series. The second game belonged to sophomore pitcher Andy Bean who threw 108 pitches over eight innings with five hits and one earned run while striking out seven. The momentum did not keep up for the last game, however, as the Bruins lost 8-1.

Murray State and UT-Martin are tied at the bottom of the conference standings with

a record of 1-8. Austin Peay swept the Skyhawks in a three-game series, putting the Governors at fourth in OVC with a record of 6-3.

Junior pitcher Tyler Delong struck out nine batters and only allowed one run in six innings during the first game of the series. Senior catcher Jack Alexander hit two home runs during the second game. Freshman outfielder Nathan Barksdale hit a three-run home run in the top of the ninth inning, his first collegiate homer, to cap off the series for

the Governors.

Morehead State won their series against non-conference opponent Presbyterian. The first game of the series resulted in the Eagles losing 11-7. In the second game, the Eagles out hit their opponents 16-6. The Eagles capped off their weekend behind Jackson Feltner's performance who batted .583 going 5-for-7.

Autumn Schulz can be reached at 581-2812 or [acschulz@etu.edu](mailto:acschulz@etu.edu).

## COLUMN

# Ranking my top 3 sports movies, and 3 that are overrated

I like sports. I also like movies. Therefore it would stand to reason that I like sports movies.

This is not necessarily the case. Many sports movies are frankly mediocre or downright bad. But there are some great sports movies, including a few that rank among my favorite movies ever. There are also sports movies that everyone else thinks are great, but I consider overrated. Here are my rankings, which are of course subjective but are also true and correct.

### Best Sports Movies

#### 3. *Rudy*

My third-favorite sports movie is one that contains all the tropes of typical sports movies.

Its hero is a stereotypical underdog, who has been told his whole life that he is too small and too stupid to play football at Notre Dame.

But young Rudy is determined. He quits his job, enrolls in a community college and works his way onto Notre Dame's scout team. "Rudy" is predictable, but Sean Astin is solid and likeable as the title character, and the ending feels authentic.



Adam Tumino

#### 2. *White Men Can't Jump*

Probably the funniest sports movie ever made, "White Men Can't Jump" stars Woody Harrelson and Wesley Snipes as a pair of street basketball players who hustle opponents to pay off their debts.

Writer/director Ron Shelton wrote some incredibly vulgar and creative trash talk for the basketball scenes, and the story focuses more on the characters than the results of their games.

It works as a comedy and as a sports movie, with Harrelson and Snipes looking surprisingly competent as basketball players.

#### 1. *Bull Durham*

Ron Shelton appears again on my list. His 1988 classic "Bull Durham" is the best sports movie of all time.

Kevin Costner starts as a veteran minor league catcher who is assigned with mentoring a young pitcher played by Tim Robbins.

Susan Sarandon plays a woman who dates on player each season, who almost always have the best season of their careers. Predictably, Costner and Robbins get involved.

Like "White Men Can't Jump," Shelton's writing is funny and original, and the story focuses on the characters. There is no big game they have to win, but there is plenty of good baseball action featuring real minor league players, making it feel authentic.

Robbins' pitching mechanics are awful, but that is a relatively minor quibble.

### Overrated Sports Movies

#### 3. *Caddyshack*

"Caddyshack" is occasionally very funny, but overall is not very good. It feels like it was edited almost at random and every scene feels like it was totally improvised.

This yields a few very funny scenes, but overall the movie is a mess. The fact that it shows up on lists of the greatest comedies of all time baffles me.

#### 2. *The Blind Side*

This movie was insanely popular. Why it was so popular remains a mystery. Sandra Bullock won an Oscar as a white woman who takes in a Black teenager who becomes a football star.

Bullock has given superior performances in better movies that did not have a white woman as the main character in what should be the story of a Black athlete overcoming adversity to be a star. This movie is like "The Help" if it had a Nick Saban cameo.

#### 1. *The Sandlot*

This may be the closest thing I have to a hot take, but "The Sandlot" is not nearly as good as people think it is.

It's fine. Just, fine. It has a few funny scenes and likeable characters, but the ending is kind of insane. I loved it when I was a kid, but now I can acknowledge that it is only okay. It does use music well throughout, and I wish I had their treehouse.

And Benny "The Jet" Rodriguez is an awesome name, too.

Adam Tumino can be reached at 581-2812 or [ajtumino@etu.edu](mailto:ajtumino@etu.edu).

# Eastern softball team slides to 6th place in OVC

By Adam Tumino  
Sports Editor | @adam\_tumino

After getting swept by Southeast Missouri over the weekend, the Eastern softball team dropped to 6-8 in conference play and sixth place in the OVC.

The Panthers are still just three games out of the top half of the conference with about a month left in the regular season, and a series against Tennessee-Martin up next on the conference schedule.

Eastern lost the opener of the series 13-1 in five innings and dropped both games of a doubleheader Sunday, losing 7-6 and 8-0. The usually dependable Eastern offense was held to just one hit in the opener and three in the finale. Southeast Missouri does rank third in the OVC with a team ERA of 3.17.

The Redhawks are now 9-3 in OVC play, placing them second in the conference.

They trail only Murray State in the standings. The Racers are 11-3 in conference play, with two of their losses coming to Eastern.

Belmont sits in third place with a 10-4 conference record, and have a pivotal series coming up with fourth place Tennessee Tech. The Golden Eagles are 9-5 and have won three games in a row.

Tennessee-Martin heads into the upcoming series with Eastern one spot ahead of the Panthers, sitting in fifth with a 7-4 conference record.

Austin Peay sits in seventh at 6-8 in conference play, one game ahead of 5-9 Southern Illinois-Edwardsville.

Tennessee State has fallen to ninth place after losing 10 of its last 11 games, including being shutout six times in that span.

Morehead State is at the bottom of the



HAN BYER | THE DAILY EASTERN NEWS

Eastern shortstop Megan Burton slides into home in the second game of a doubleheader against Purdue Fort Wayne on April 6 at Williams Field. Burton walked and scored a run in the game, which Eastern won 3-2.

standings with a 1-12 conference record.

Individually, Eastern's Hannah Cravens remains the OVC leader in home runs despite struggling in the Southeast Missouri series. Cravens' 13 home runs, tied for 21st in the nation.

Cravens also leads the conference with 41

RBI and ranks fourth with a .767 slugging percentage.

Eastern's Megan Burton, who was the team's leading home run hitter last season, is tied for sixth in the OVC with seven home runs.

Murray State's Hannah James leads the

conference with a 1.45 ERA while ranking second with 115.2 innings pitched. Her teammate Jenna Veber ranks second in ERA at 1.59.

Adam Tumino can be reached at 581-2812 or [ajtumino@eiu.edu](mailto:ajtumino@eiu.edu).

## Eastern track and field teams continue outdoor season



BY ADAM TUMINO | THE DAILY EASTERN NEWS

Eastern Jaime Marcos (3) competes in the first heat of the men's 1,500 meter run at the EIU Big Blue Classic held at O'Brien Field on April, 1.

By Adam Tumino  
Sports Editor | @adam\_tumino

The Eastern men's and women's track and field teams continued their outdoor seasons over the weekend, combining for 17 first-place finishes in the Indiana State Pacesetter meet and the Huntsman Family Invitational.

In the Pacesetter meet, several Panther athletes set new personal bests, including Marie Koch who won the women's discus with a throw of 47.03 meters. That also ranks fourth in program history.

Matthew Gladioux set a personal best in the men's shotput, recording a throw of 15.92 meters and placing third.

The sprints groups for Eastern com-

peted in the Huntsman meet, with Sean Hopkins have a few standout performances.

He placed first in the men's 100 meter dash and triple jump and ran the second leg of the 4x100 meter relay team that placed first.

On the women's side, Vivica Coleman won the 100 meter dash, Zakiya Johnson won the 200 meter dash and Akiya Kollore won the 100 meter hurdles. All three also ran the 4x100 meter relay with Danielle Frank, placing first.

The teams head out west for their next meet, which is the Mt. Sac Relays in Torrance, California. The meet takes place Thursday through Saturday.

Adam Tumino can be reached at 581-2812 or [ajtumino@eiu.edu](mailto:ajtumino@eiu.edu).

## Athletes of the Issue

### MARIE KOCH



Eastern senior Marie Koch had a successful weekend competing in the Indiana State Pacesetter meet.

Koch finished first in the women's discus throw, setting a new personal best with a throw of 47.03 meters. Koch cracked the top five in Eastern history with that throw, which ranks fourth all time. Koch also ranks sixth in program history.

### SEAN HOPKINS



Eastern freshman continued an outstanding first year at Eastern with a strong day at the Huntsman Family Invitational over the weekend.

He placed first in both the men's 100 meter dash (10.51 seconds) and triple jump (14.14 meters), while also running the second leg of the first-place 4x100 meter relay team.

## How Eastern supports athletes' mental health

By Corryn Brock  
Editor-in-Chief | @corryn\_brock

In a year where Eastern athletes have gone through the effects of a pandemic, the loss of a member of the athletic community and all of the regular stressors of college, Eastern Athletic Director Tom Michael said he wants them to know Eastern Athletics stands behind them.

With mental health traditionally being a taboo topic among athletes, Michael said he has seen a welcomed change on the attitude around it in recent years.

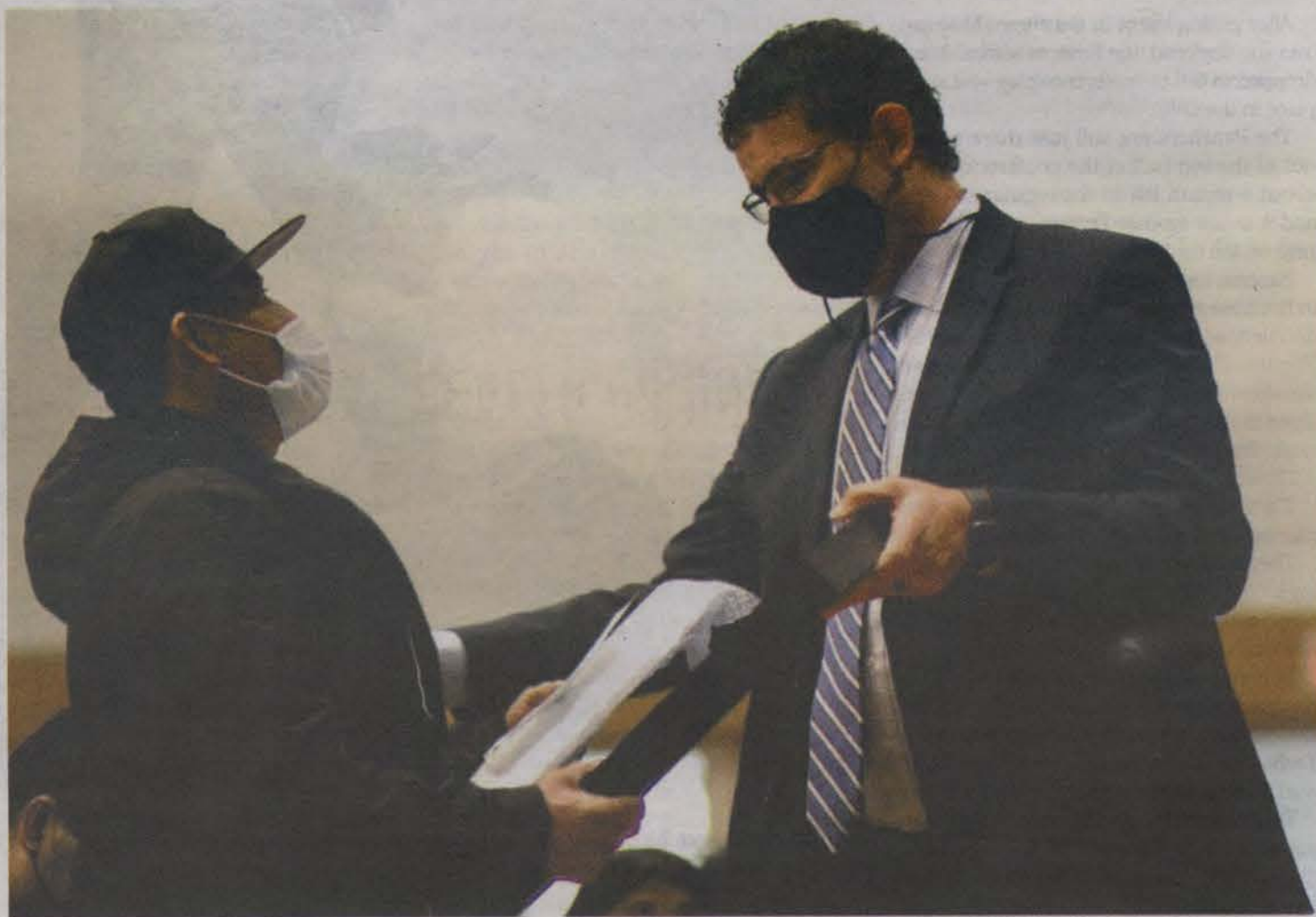
He said in his time as an athlete in college, opening up about mental illness was a sign of weakness. Now, Michael said he does not want any Eastern athletes to feel like they cannot talk about their concerns. Part of overcoming those feelings is creating a different atmosphere in the athletics community.

He said while he knows all of the coaches working with him would be willing to work with students on their mental health issues, some students may be hesitant to discuss their problems with their coaches.

"If the student doesn't believe that or feel that, that's what we have to change. So that's what we continue to try to work on, work through," Michael said. "Certainly, we can't just sit back and say, 'well, if they're not going to tell us then we're not going to know,' we have to be more aggressive and we have to really challenge ourselves to get better through this through this entire process."

Michael said he wants athletes to connect with the support systems available to them within their teams and the department as a whole. Specifically, he hopes they build relationships they can lean on in times of need.

"I think it comes down to the relationships so that they feel comfortable being able to come to someone, whomever that might be, whether it's administration coaches, support staff, whomever it is, when they are feeling overwhelmed but then it's also making sure that our staff is attuned to the individuals who are part of their programs so they might be able to see when someone is struggling."



BY ROB LE CATES | THE DAILY EASTERN NEWS

Eastern Athletic Director Tom Michael offers Jason Aguilar's father a framed track uniform in honor of his son. The memorial service for Aguilar took place at the Martin Luther King Jr. University Union Grand Ballroom on Nov. 18, 2021.

However, Michael said that even with those ideas in place, there is always room to improve the connections between students and their coaches and support staff.

"It's being in tune to some of that and the frightening part about it is that we still may not be able to, but I think we help our chances if we continue to work on improving those relationships. I think our coaches have good relationships with our kids. But without question, we can always make that better," Michael said.

These conversations were elevated within the athletic department following the death of Jason Aguilar.

Aguilar, a sophomore accounting major and track athlete, died by suicide on Oct. 30, 2021. His death shook his teammates and members of Eastern's athletic community, as well as the campus at large.

Michael said Aguilar's death is one of the biggest challenges he has face in his professional career.

"It is as challenging of a situation to try to lead and guide a department through as I've experienced in 25 years," Michael said.

He said it was difficult because "he was one of them. He was one of us."

"That's the rawness. That's the reality. The real piece of all of this," Michael said. "In athletics, we like to be in charge

and in these situations, we don't get to be in control. And that's what's hard."

In the future, Michael hopes that the athletic department can continue to adapt to best support athletes.

He said while he wants coaches to be aware of the struggles their teams face, he also wants them to know that they are not at fault in the worst-case scenario.

"I just hope that we can get our kids the help that they need and support systems around them to be able to, to recognize and see that there's people that'll help," Michael said.

Corryn Brock can be reached at 581-2812 or at [deneic@gmail.com](mailto:deneic@gmail.com).

### COLLEGE ATHLETES' MENTAL HEALTH DURING THE PANDEMIC

On average, mental health concerns addressed in survey questions went up by

**109%**

at the beginning of the pandemic.



felt overwhelmed by all they had to do



felt mentally exhausted



felt things were hopeless

Athletes who felt negatively about their family's financial status reported mental health concerns

**at nearly twice the rate** of those who felt positively.

NCAA Student-Athlete COVID-19 Well-being Survey with 37,658 respondents in April 2020.

Graphic by Luke Taylor