Counseling reality differs from expectations

Larissa Johnson
blaRal225

Just under 10 percent of the students at USC use counseling services in a year. Those roughly 1,100 students, most chose to return for a second session. But there’s a fundamental conflict, said of Counseling and Psychology Warrants Mann, between the expectations of the students and the services the university provides.

“Making it go away...isn’t necessarily the goal of counseling,” Mann said. “And I think that’s hard because what we’re used to is what happens when we go to the doctor and they...you know, say, ‘There’s the diagnosis, here’s what’s wrong, here’s what we’re going to give you, and if you take all those pills in about seven days this should go away.’ And mental health isn’t like that.”

But mental health services on campus are a lot broader than traditional counseling, from student initiatives to online programs.

On a Wednesday evening in the Office of Multicultural Affairs, a small group of students has congregated in the Intersection Lounge. Mostly peer listeners listen from the new Gamecock Reach group, of course, there are also a few supporters and a few people who just want to take a self-defense class. During the Stigma Free USC, Women’s Studies, and now runs a business selling self-defense techniques and now runs a business selling self-defense techniques.

Alexis Bertram, a second-year medical student, attended one of Gooding’s sessions and appreciated the educational aspects of the session. She especially appreciated the educational aspect of the service and saw it as a formative counseling.

“Gamecock Reach is there for students who want to vent and who don’t necessarily feel like a counselor would understand,” she said. “It’s for students who don’t necessarily want to be counseled by an adult and rather have someone their age there to talk to.”

While the program is still small, with just 11 peer listeners, Cohen said that she hopes it will expand soon. “The goal is to have at least one class, and now runs a business selling self-defense techniques and now runs a business selling self-defense techniques.

“My always been a self-defense class,” she said. “This was just really accessible to the students, so I jumped at the opportunity when I saw it.”

One of the core aspects of instructors focus in a number of ways that I don’t find it to be a weakness in so many other ways that I don’t think I’ve ever met

She is also just as issues instructors focus on in the classes is saying “no.” With every more the students make they are required to tell “no” in a loud, aggressive voice. The idea behind this is to intimidate the attacker and to give the confidence when taking physical action to defend herself.

If we’re already paying for it, we might as well take advantage of it.

She took the initiative to seek...on her own. While originally just to keep her struggles to herself, she’s opened up in college.

“I think I’ve proven my worth in so many other ways that I don’t find it to be a weakness,” Maguire said. “I went into painting around the same time she started having anxiety and now runs a business selling her work. She started using a counselor personally as someone who she arrived on campus as a freshman, which benefited her later in the year when she began feeling more comfortable in dealing with her relationship with her family.

“If you have a 3-minute thing, anything that anyone who did go to counseling and left felt worse or as they doing in,” she said.

In another program a few years ago,700 plus students in a number of ways that I don’t think I’ve ever met

Sara Yang

About 3,200 students use counseling

The Daily Gamecock

Students learn practical self-defense techniques

Juliana Morehouse
@tmorehouse

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“I need to give credit to our fans. A noon kickoff, and it was packed. We really appreciate that.”

— Coach Will Muschamp on the high turnout for Gamecock football’s Saturday game against the Florida Gators

Bond denied for Benedict student
accused of Five Points assault

A Benedict College student-athlete has been charged with first-degree criminal sexual conduct, kidnapping and assault and battery of a high and aggravated nature after an incident in Five Points. The 20-year-old was denied bond in a weekend hearing stemming from an alleged sexual assault early Wednesday morning. WIS reports. Benedict College says the accused has been “administratively withdrawn” from the school.

— Compiled by Mary Ramsey, news editor

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**DEFENSE PAGE**

And many students enjoy the physical aspects of the class. For second-year exercise science student Haley Jones, her favorite part of the class was the work on the mats. From wrestling on the floor to discussing awareness of one’s surroundings and eye contact, the students left the class with a better idea of what it means to defend themselves. These four-hour sessions are generally held once a month at the Strom Thurmond Wellness and Fitness Center. The last workshop of the semester is set for Dec. 1
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PMCProperty Group
Festival shares Jewish culture

Sophie Pelock

Now in its ninth year, “Bubba’s Broked & Rakyed,” an annual event held in the Beth Shalom Synagogue, gives Columbia residents the chance to sample over a dozen traditional Jewish foods and experience Jewish culture on Sunday.

Members of Beth Shalom cooked all the food including rugelach, challah, baba ganoush and other traditional Jewish foods.

For some, the event is a tradition. Alyssa Harris said she and her husband attended every year. “I love it because there aren’t many Jewish events going on in Columbia, especially ones with food,” she said.

Terri Hodges, the chair and co-founder of Bubbie’s, said all of the recipes are deeply rooted in family and tradition.

“Both my grandmothers grew up in Brooklyn and Manhattan, but, I mean they just brought all that good Jewish cooking down South,” she said. “Yes, it’s a tradition. It’s just generation after generation after generation these recipes are handed down, and I’m just thankful they’ve handed it on.”

Bubba’s Beth Shalom’s biggest fundraiser with 500 to 800 in attendance every year. With the melding of the food and the atmosphere, it takes months to plan. Food preparations started in early September this year, and more than 400 pounds of corned beef were prepared for the event’s most popular dish — the corned beef sandwich.

Despite its continued success, Hodges said the event’s biggest goal isn’t to make money; it’s to bring people together.

“It’s just the feeling of warmth, self-respect, good friends and community, just getting out there and remembering that name out there, and just having a good time,” Hodges said.

Andrew Balaguer, a first-time attendee, was impressed by the food and the friendly atmosphere. “This truly is a great way for them to get their name out there,” he said.

But Hodges hoped that people get more out of the event than the food itself. “It’s about coming out; it’s about connecting with people,” he said.

He was also invited to learn more about the Jewish faith by taking some classes.

“I want them to take away a feeling of community,” she said. “I want them to take away, ‘Wow, Jewish food is great.’ But I also want them to just kind of see all what a synagogue’s like.

By exposing people to Judaism and its culture, Hodges thinks this event has the opportunity to make many more people aware of the religion.

“Hopefully if it just open up some of the gaps that people just don’t understand about the Jewish religion, she said.

Local fundraiser to send monetary aid to Puerto Rico

Larissa Johnson

As soon as I walk up the stairs and sit down, Augusta comes up and tries to sit on my lap. Cream and gray and luxuriously soft, she nuzzles against my face. She has no idea what’s about to happen when the doors open in five minutes to Catitude Cat Cafe, the first such venue in Columbia.

“On my birthday and one of my favorite days, wanted to take me to my favorite things in the world—coffee and kittens,” USC art history professor Elizabeth Pett said.

Petty has two cats of her own, Monkey and Cricket, but others at the grand opening either had allergic-family members or weren’t allowed to have cats in their apartments.

While playing with Creamside, a young, vively, third-year media arts student Jordan Mullin couldn’t stop from crying.

“You are just the sweetest little baby and I love it,” she said. Her husband is allergic so she doesn’t get to play with cats very often.

Both Petty and Mullin were pleased to get a discount—students, teachers and other public servants all get $5 off the $15 entrance, which includes a cup of coffee or tea.

Jamie Andes Ortega, co-owner of Catitude, said that recognizing that this was one of them so I took it. He turned in his notice the next day. Riosuper is still a visual communications student at USC, but they’ve worked together for months to get the cafe ready to start business.

Adding a special significance to the grand opening, Ortega proposed to Riosuper as they were officially unlocking the front doors. The line burst into applause.

“We’re going to change the lives of thousands of cats,” he said. “And I give me the opportunity to be closer with her and closer with her cat.”

Columbia welcomes first cat cafe

Catitude Cat Cafe is open at 118 State St. from 10 a.m. to 10 p.m. every day.
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5:30 – 7:00 pm
W.W. Hootie Johnson Performance Hall
Darla Moore School of Business

Free event. Seating limited.
For information and registration

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Keep Starbucks out of TCoop

Johnathon Fuerte
First-year political science student

In the wake of the Harvey Weinstein allegations, it seems that almost no figure in the entertainment industry is beyond suspicion. A depressingly large percentage of men and women feel like they’ve come forward and shed light on the disgusting culture of sexual harassment in business. Sexual abuse and harassment are often the perpetrators of these acts are not held responsible for their abhorrent behavior without fear of repercussion. The #MeToo campaign is an effort to put the culture of sexual harassment, which lies within Hollywood, into the spotlight. As Weinstein has already produced some big names. Thanks to the brave whistle-blowers, it is now known that one in three women and one in six men have been raped or inappropriately touched by someone they know. For example, Louis C.K. — among many others — are, in reality, desperately powerful. The whole of Hollywood is shocked and deeply saddening and it raises the question about the responsibility of the artist.

It’s uncomfortable and upsetting to find out that figures you’ve respected or admired have committed these acts. It makes you feel as though you should have known about Spacey’s predatory behavior, the question of how to approach his work as an actor has people understandably confused. The actor is undoubtedly very talened, and his work in both film and television is impressive. Spacey has received. Still, the idea of watching a movie like American Beauty in the wake of disturbing truths about the lead actor just doesn’t sit right with some people. Likewise, now that Louis C.K. has been accused of sexual harassment by multiple women, his stand-up routine — which occasionally featured rape jokes, among other things — just isn’t funny to some people anymore. Immediately after the announcement, a deluge of tweets poured forth lambasting how they could no longer go in good conscience be a fan of the iconic comedian. As more and more figures are inevitably outed as sexual predators, the issue of how to approach the art of these people becomes more and more troubling.

The issue of separating the art from the artist is a difficult one and has no single answer. Each person is different and no two people are guaranteed to react to the same news in the same way. As for myself, I can separate the art from the artist and enjoy the work of otherwise despiseful people. Women’s victimization and Picasso’s abusive behavior doesn’t diminish the greatness and art of their creators. And I still recognize The Usual Suspects as a great and well-acted film, even if I think one of the actors in the film poses to go to prison.

Art, at a certain point, goes beyond the artist. While the experiences and personality of the artist obviously plays a big role in shaping their art, it is ultimately something that you can subjectively appreciate and interpret without the artist’s inspiration or backstory. This is more difficult in regards to actors or musicians. And though Spacey is a scumbag, it doesn’t mean you need to give up the enjoyment of a film. While the actress or the person, I still believe I’ll still be able to laugh in Louis C.K. jokes, even if I now think of the man himself as disgusting.

Letters to the editor must not exceed 300 words. Students must include their full name, major, and year. Faculty and staff must include their full name, position and department. Community members must include their full name and applicable job title. Verifiable statements of fact must include at least one source; if we cannot verify a statement of fact, your letter will not be published with the ultimate implement necessary changes or provide references, reputable sources for any facts in question. This includes irony, style and grammar. Email submissions to opride@dailygamecock.com or mail them to The Daily Gamecock

1400 Greene Street
Columbia, SC 29605

Separate art from artist misdeeds

Jared Bailey
Second-year political science student

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Separate art from artist misdeeds
Your routine is getting more fun (and profitable). Keep practicing your chops. Don’t get distracted by a trusted coach. Avoid fantastic claims. Master the basics. Don’t get distracted by ephemeral fantasies. Stick to basics, especially with matters of the heart. Practical options assure. Show your love simply.

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Carson Mosan

With two minutes remaining in the first quarter of Saturday’s football game against Florida, Mon...