Mental health on campus

Jenn Shue had just graduated high school, and was struggling with health issues and a host of new pressures. She was moody, often cried and was prone to panic attacks. It all became too much for her.

"The sad truth is if it hadn’t been for Sally (Bratton, Ohlone’s Student Health Center director) and her team I wouldn’t be here today," she says.

Sara Kassed, right, votes in the ASOC elections on April 14 in Newark.

Rahul Patel elected student rep to college’s Board of Trustees

Rahul Patel has been elected as the student member of the Board of Trustees. Students also elected four of their peers to Associated Students of Ohlone College executive officer positions during the April 14 and 15 voting.

"As ASC senator, I assisted students with a variety of issues and dilemmas – I loved it," Patel said in his candidate statement. "I want to work with all of you and make a difference here."

Four candidates – Daniel Ayers, Irma Casteneda, Amella Angdjaja and Luis Lujan – vied with Patel to be the student board member. Another four candidates ran unopposed for four ASC officer positions.

Bubba Manzo was elected president and Kimberly Quinto vice president. Jack Smith snagged the secretary spot, while Harmeet Kaur was elected to be legislative representative. The newly elected officials will be sworn in next month.

No student ran for treasurer. Though a student ran as a write-in candidate, the student didn’t receive the 50 votes needed to qualify. A treasurer will be appointed Friday by the ASC board.

The ASC acts as a liaison between Ohlone students and administrators. They bring student opinions and concerns to the attention of the college’s Board of Trustees, and also lead fundraisers and outreach programs throughout the year.

The student member to the Board of Trustees will sit on the board during

Ohlone, other colleges see rise in stress, depression

ALBERT REBOSURA
Sports editor

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MITCHELL WALTHER
Editor-in-chief

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A three-part series

Part I

April 15 When is the future of mental health treatment? What can be done to increase awareness about the issue?

Part II

April 16 Help to heal the damage of mental illness on campus and in the community as a whole?

Part III

April 17 What is the future of mental health treatment? What can be done to increase awareness about the issue?

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Seeking help: one student’s story

VANESSA LUIS
Contributing writer

I was in a dark place and it gradually got darker. I gained 50 pounds, I lost most of my friends, my binge eating was up, and my school performance was down. I lost all motivation, I slept too much, and I was angry all the time. I felt confused, helpless and out of control.

I didn’t understand why I was no longer interested in doing anything. I had this urge to quit my job. I dropped most of my classes. I would close myself in my room, draw the curtains and avoid everyone.

The most confusing part was a write-in candidate, the student didn’t receive the 50 votes needed to qualify. A treasurer will be appointed Friday by the ASC board.

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Continued on Page 2

LAURA GONSALVES AND IVAN VARGAS / MONITOR

Communication Studies major Vanessa Luis, a Monitor contributing writer, was diagnosed with depression, anxiety and a binge-eating disorder. “It took all the strength I had” to overcome it, she says.

LAURA GONSALVES / MONITOR

Rahul Patel elected student rep to college’s Board of Trustees

LAURA GONSALVES / MONITOR

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