At Chapman, just 1.7 percent of students are black, while around half are white. Sophomore Troy Allen is one of those students, but she's leaving. Why? In her experience, students at Chapman are often not receptive to the experience of their black peers.
SAE suspended in 2014 due to hazing, administrators say

Some fraternity members were 'kidnapped,' may have been taped to chairs and had alcohol poured down their throats. This took place during an annual SAE celebration at Chapman in spring 2014.

Rebeccah Glaser | Editor-in-Chief
Lou Vanhecke | News Editor

New information provided by university administrators sheds light on why Chapman's Sigma Alpha Epsilon (SAE) chapter was suspended from campus almost five years ago.

At a celebratory event in the spring 2014, some members of SAE had words and "things" drawn on their faces with marker, had alcohol poured down their throats to "guzzle" and may have been taped to chairs, said DeAnn Yocum Gaffney, associate dean of students.

"I think this is something that they all signed up for, as a 'Let's celebrate Murphy's Paddy Murphy celebration in spring 2014,'" Yocum Gaffney said.

At the time, the chapter was already on probation due to a cumulative drop of nearly one point in the fall 2013 new member class' GPA. "People fluctuate and can have different challenges, but to see that collective drop presented a concern," Yocum Gaffney said.

The event that sparked the investigation took place during the Paddy Murphy celebration in spring 2014 - an SAE tradition commemorating the actions of member Paddy Murphy who, as the fraternity's legend details, saved a fraternity brother from death at the hands of gangster Al Capone.

The tale varies in detail, but according to an account of the legend posted on Kansas State University SAE chapter website, the celebration of Murphy is acknowledged by "every SAE chapter."

Yocum Gaffney described the events that transpired during Chapman's Paddy Murphy celebration in 2014 as hazing.

"The fact that this happened during probation, looked like hazing behavior and is a ritual for graduating is very concerning," she said.

In an email to The Panther, Dean of Students Jerry Price wrote that the university is drafting a document that will lay out how Chapman will respond to fraternities and sororities that fail to meet the expectations set by the university and the Greek national offices. The guidelines, Price wrote, will enforce various sanctions when organizations are involved in violations, ranging from "corrective measures" to immediate suspension.

"The same expectations will apply to SAE as any other chapter," Price wrote. "Since this is a new group of men unaffiliated with the suspended chapter, we don't think it appropriate for them to be expected to meet expectations beyond that of other chapters."

In an interview with The Panther, Brad Cohen, a Chapman donor and former SAE national president, said that Price and President Daniele Struppa put their necks "on the line" for SAE.

"(They) basically said, 'We're not going to put SAE through this whole Interfraternity Council (IFC) protocol,'" he said.

But in an email to The Panther, Struppa stressed that SAE did not circumvent the IFC process. SAE's chapter president isn't new - it's a reinstated chapter, which carries a different protocol, he wrote, adding that he looks forward to SAE proving "the right thing" by bringing the chapter back.

"I know Dean Price, and I don't think he cares very much where his neck is placed … it is often placed next to mine, but that comes with the job," Struppa wrote. "I turned to the guys that Devon Cohen said he had been assured would support all chapters on our campus, "the email said.

Cohen criticized IFC in an interview with The Panther, saying it's "not a strong national organization."

"The IFC needs to get over themselves, with all due respect, and say 'SAE is here, let's work together. They're not going away,'" he said.

"While we understand and sympathize with frustrations surrounding this decision, as an executive council and Greek community, we must work to support all chapters on our campus," the email said.

Cohen said he had been assured that the Instagram account had been shut down, but learned from The Panther that the account was still active.

"I turned to the guys that Devon had spoken to about joining SAE and said, 'If you guys have anything to do with anyone from the old group, we're not even going to go and ask if we can come back,'" said Cohen, who was under the impression the account had been deleted.

Cohen said he had been assured that the Instagram account had been shut down, but learned from The Panther that the account was still active.

Cohen, whose son Devon Cohen is a sophomore at Chapman and hopes to join the fraternity, called the unidentified individuals who run the Instagram account "jackasses."

Despite his son's new status, Brad Cohen, a Chapman donor and former SAE president, is not going to Chapman's old SAE chapter showed half-naked women with the fraternity's letters drawn on their bodies until an article by The Panther, saying it's "not a strong national organization."

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Cohen said he had been assured that the Instagram account had been shut down, but learned from The Panther that the account was still active.

"I can't control some idiot as to what they do, but I did make it very clear that I would get our legal counsel involved if they continue to use the SAE name," he said.
Some black students don’t think Chapman is a good fit. Here’s why

In fall 2017, the retention rate was 91.3 percent for black students, compared to 89.3 percent for white students, according to the Chapman website. The rate is an increase from previous years. In 2014, Chapman retained 82.4 percent of black students and 90.2 percent of white students.

Although the retention rate has improved, Marcela Mejia-Martinez, assistant vice president of admission at Chapman, said that the lower number of black students enrolled at Chapman is part of a nationwide pattern of minority students applying to college.

Admissions tries to counter this, Mejia-Martinez said, with diversity programming, that includes having students from target groups visit campus, and designating admissions counselor work on diversity initiatives.

“About 22 to 25 percent of students choose Chapman,” Mejia-Martinez said. "When I look at our African-American population, the yield rate—about 14 to 15 percent—is significantly lower," she said.

Although the Office of Admissions aims to admit more students of color, assuring that they will have a positive experience on campus proves more challenging.

The black experience isn’t the same for all students, Mejia-Martinez said. “We’re looking to bring that type of diversity to the table.”

One resource for students of color and marginalized groups on campus is the Cross-Cultural Center (CCC), established in 2017. “The CCC isn’t just for one identity, it is for all students so they can come by and learn about different communities,” said Tim Topper, a Student Engagement program coordinator. “It provides affirmation and support for black students who want to find people who can discuss like-minded issues,” he said.

Outside of Black History Month events, there is not much additional programming for black students, except for a black graduation ceremony; said Negen Loth, another Student Engagement program coordinator.

Despite the administration’s efforts to foster a more diverse student body, some stratification still exists.

Tendo Sematimba, a former Chapman student, transferred to Chaffey College after their freshman year ended in 2016. Chaffey, located in Rancho Cucamonga, California, had an 8.8 percent black student population and 17.7 percent white population in 2015, according to the college’s official fact sheet. After their year at Chapman, Sematimba felt that their ethnicity had a predominant role in their experience on campus.

“Other students were not as welcoming and there were a lot of issues in the cross-cultural office,” Sematimba said. “There weren’t many resources for black people on campus.”

While Sematimba was a student at Chapman, the Cross-Cultural Center had not yet been established. The Black Student Union “was all I had,” they said.

Sematimba told The Panther that they believe the current Cross-Cultural Center does not solve the “limited” resources that Chapman has on campus for black students.

Jerry Price, dean of students, said that the main focus of his department is to take into account the education students are receiving and their career goals, while also trying to address concerns related to identity.

“It’s naive to think that an African-American student on a predominately white campus will have the same challenges as another student of color. It’s going to be different,” Price said.

Chapman alumnus wins best picture Academy Award for “Green Book”

Patrick Don Vito, a 1991 Chapman alumnus, is transferring to Northwestern University in the fall, a move that the says is prompted by racial tensions.

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Patrick Don Vito, a 1991 Chapman alumnus, holding the Oscar awarded to “Green Book” for best picture alongsid “Green Book” writer Brian Hayes Currie.
\textbf{NEWS}

\textit{There is no difference: Laverne Cox talks gender identity in Memorial Hall}

\textbf{Sandhya Bhaskar | Assistant News Editor}

Actress Laverne Cox made an entrance in Memorial Hall March 1. But it wasn’t the one you might expect.

Atta...
Dark memes are made for coping

When I scroll through my social media feeds, whether it’s Instagram or Twitter, I often see an eclectic mix of content: Vacation pics, birthday shout-outs, news updates and... memes about suicidal thoughts and depression. To stay up to date on meme culture, one must follow some rather offbeat accounts. Initially, it was on those relatively small accounts where I first noticed people posting about suicidal thoughts and mental illness, but now, pretty much everyone does it. (Some accounts have even glorified depression in some pretty twisted way, but that’s another topic.)

While it seemed sort of taboo to joke about suicide, these jokes have become very common, even sort of run-of-the-mill. If someone doesn’t do it on a test, they might quip about hopping in front of a moving car. If someone has to do all of the work in a group project, they might laugh about jumping off Beckman Hall’s roof. As I write that, I know it doesn’t sound funny, but in the moment, everyone chuckles.

Often, when these kinds of memes appear on my feed, I double tap the pictures and like the tweets. Even though I find them funny, I know I don’t have thoughts of suicide in my head. But I can’t say that’s true for the other hundreds, or sometimes thousands, of people who also like the posts.

Instagram and Twitter both show if someone you follow has liked a certain post. Usually when I see that a friend has liked a sad meme, I brush it off. But sometimes I get worried. I wonder if maybe I should reach out, but I never have, because I’m liking the same memes and for some reason, that makes the content OK to me. Not all of these jokes are funny – some of them are pretty concerning.

Why have jokes about wanting to be dead become the new norm? To me, it seems like joking about suicide has turned into our generation’s version of the “My wife is annoying” bit. Like with 1970s comedians complaining about their significant others, most of these memes aren’t meant to be taken seriously. No one is really going throw themselves in front of a bus if their cute girlfriend gets annoyed with them. But is that really something to joke about?

About two years ago, I made a joke about hanging myself to a friend of mine who had attempted suicide. The moment slipped by, but I regretted it. My friend laughed and didn’t say anything about it, but I know his struggle with suicidal thoughts was something that was told to me in confidence. Because these kinds of jokes have become so common, saying that meant nothing to me until I realized what I had done.

Ever since then, I have remembered to pay attention to who is around and to watch what I say more carefully when making jokes. On the internet, though, it is much harder to tailor your jokes to the audience because the audience is essentially anyone with a Wi-Fi.

Many of the Instagram accounts that post these kinds of memes appear on my feed, double tap the pictures and like the tweets. While it once seemed sort of taboo to joke about depression in some pretty twisted way, but that’s another topic.

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Let women write ‘herstory’

The Panther Editorial Board

You might not, but your mother likely remembers the original “Year of the Woman.” Spurred on by Anita Hill’s testimony in 1992 during Clarence Thomas’ Supreme Court confirmation hearings and Bill Clinton’s affair with Monica Lewinsky, a record-breaking number of women ran for office, with 24 winning in the U.S. House and 11 in the Senate.

In 2018, on the tail of Supreme Court Justice Brett Kavanaugh’s confirmation despite sexual assault allegations, those records were shattered again, with more than 100 women elected to the House and 24 to the Senate.

This parallel has many calling 2018 the return of the “Year of the Woman.” But what do these two landmark events, 26 years apart, show? That nothing has really changed. There’s an eerie similarity between Hill’s testimony and Christine Blasey Ford’s testimony against Kavanaugh in September 2018.

The political climate surrounding the testimonies is also very much the same – three of the members of the Senate Judiciary Committee for Hill’s testimony were also present for Ford’s.

History repeats itself, and we are seeing that live. Despite statistical progress in women’s representation, female politicians are still ridiculed for what they say, what they wear, how they act and even what they did in college. (Really, what’s so bad about dancing in public?) Sixty-one percent of those surveyed by the Pew Research Center believe that male politicians are held to a lower standard for proving themselves than women.

So what gives? Why, despite years of championing for change, incremental progress and the re-surgence of the movement to have more women in government, are men and women still not always seen as equals in politics – or any other facet of society, for that matter?

It’s symptomatic of a deeper issue. Women are often noticed for their outfits or physical appearance as much as by the ideas that they bring forward.

Enter Women’s History Month. Too often, the history of the women’s rights movement and women’s contributions to society, science, technology and literature are glossed over, summarized or just plain ignored. Did you know about the thousands of women who served as top-secret code breakers during World War II? That one woman was the first black candidate to run for a major party’s presidential nomination in 1968?

Most people don’t, and that’s the problem.

Women’s contributions today can’t fully be appreciated without acknowledgement of the groundbreaking, historic strides made in the past.

It’s great that women are slowly gaining representation in government. But we can’t forget that events like the “Year of the Woman” cycle often not driven by passion for the work, but perpetuated by women growing tired and annoyed. We’ve been here before, and we’ll be here again. But it doesn’t have to be a cycle, the change can be permanent. Don’t let complacency and exhaustion take over.

Illustrated by Gaby Fantone

THE PANTHER
Colton Underwood’s virginity isn’t our business

I am a history major, a podcast enthusiast and a bookworm, like to think I’m cultured, but I have shamelessly been glued to my television every Monday night since Jan. 21 to watch ABC’s “The Bachelor.” Typically, I wouldn’t give a rat’s behind about anything related to reality television, but just can’t shake Chris Harrison and the dramatic fence-hopping that makes up Colton Underwood’s season.

But there’s one thing that has bugged me throughout these eight drama, group-date filled episodes, Underwood, a 27-year-old football player, would be honest, a great face and a body that looks like it’s been Photoshopped, is a virgin. And people won’t shut up about it.

If I had to guess, I’d say the word “virgin” was said 10 times in the first five minutes of the season’s premiere, and it’s a theme that’s been interwoven through just about every episode.

Now that we are approaching “Fantasy Suite Week” – the coveted time period in which overnight dates can lead to exactly what you think a 27-year-old man would want – Underwood’s virginity is once again front and center. My question? Why has Underwood’s virginity been such a hot topic? And why do some want us to know so much?

Personally, I don’t care who or what Underwood has put this penis in and don’t think it should alter how anyone feels about dating him. Yes, he is dashing his dating life in front of our eyes, and I don’t think that some of us can help sharing our thoughts. But I can imagine that a large number of the people watching his romance unfold haven’t had sex themselves and might not be in a relationship, and yet, find it okay to judge him.

Now, I would never be caught dead on the set of “The Bachelor,” but if I had produced this season and had the chance to control the content, I wouldn’t have proposed making Colton’s virginity the season’s talking point. It’s his business, just like my sex life is my business and your sex life is yours.

On March 1, a Snapchat picture that was reportedly taken from one of Underwood’s Snapchat friends, was released by tabloid-news platform TMZ. It featured a close-up of Underwood’s face, with text that read “I (expireptive) a big titted hoe last night.” Underwood came forward that day, disputing the legitimacy of the photo and saying that it was fabricated.

Honestly, I would jump that man at the first chance, so I find it hard to believe that he hasn’t done the deed. But the Snapchat picture shows that someone actually cared enough to do it. Whoever fabricated the photo took the time to Photoshop its caption, which dragged Underwood’s reputation, and a choice he says he has upheld for his entire adulthood. I just don’t understand why someone would go to such lengths. Why do you care so much?

This column feels a little like I’m shouting into a void made up of reality TV-watchers, who could easily yell at me and tell me that their judgement of Underwood’s virginity is vital to their enjoyment of the show.

To be fair, he has played into the identity of the 27-year-old virgin completely, and has brought the topic up himself a fair amount of times. Did he talk about his virginity out of sheer excitement of losing it? To get the ladies excited? To get attention? That’s something I’d have to ask him, and I don’t really feel like going to the lengths of tracking him (and rumored girlfriend Cassie Randolph) down to find out.

What I’m trying to say here is that sexuality is a personal choice. It shouldn’t be an element of ourselves that is exploited on national television. It shouldn’t be an aspect of someone used to judge another. Call me old-fashioned, I guess.

Let’s hold SAE and each other accountable

Chapman’s decision to include Sigma Alpha Epsilon (SAE) in the university’s lineup of fraternities sickens me and completely undermines the values and beliefs that Chapman holds as its “pillars of strength.” Letting a fraternity back onto our campus, especially one that has been given the nickname “Sexual Assault Expected” shows the university’s unfortunate lack of care for its students’ safety when it comes to Title IX.

The solution seems easy: just don’t let them on for safety and community.

We already have eight fraternities. Is that not enough? Why is there this die-trying effort to add another, especially one that carries so much controversy? Why can’t you recruit another fraternity that prioritizes different values, and doesn’t come with the national scrutiny that SAE carries. In the end, though, SAE is coming back – and I can’t prevent that. So what can we do?

Be an active bystander. Learn how to intercept, stop and scope out possible sexual misconduct situations that could potentially lead to the endangerment of other students. Stand up for sexual assault victims’ rights. And never be afraid to talk, call or seek help when you or a friend are in a situation that could potentially have devastating repercussions.

Secondly, educate yourself and others on how to stay vigilant and protected from sexual assault. Be up to date on who to call and what we can do to end dangerment of other students. Stand up for sexual assault victims’ rights. And never be afraid to talk, call or seek help when you or a friend are in a situation that could potentially have devastating repercussions.

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Coffee in college is, well, a completely different experience. Gone are the days of cozy cafes and Afghanistan. You order a latte. Preferably with almond milk. The warm drink comes in a cute yellow mug with delicate latte art gracing its frothy top. It’s 11 a.m., you can see the ocean out the window and everything is right in the world. The caffeine fuels you for a day of running around with only a coffee perk. It is an A and praise from your professor. It is column feels a little like I’m shouting into a void made up of reality TV-watchers, who could easily yell at me and tell me that their judgement of Underwood’s virginity is vital to their enjoyment of the show.

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Don’t start drinking coffee, you’ll regret it

I could go back in time and give my parents some advice, it would be this: Do not start drinking coffee. Just. Don’t. Do. It.

Before college, drinking coffee is something cute you do on weekends with your friends. You go to a coffee shop or cafe and order a latte. Preferably with almond milk. But despite all that, sometimes coffee will bring good to your life. It’ll fuel you to write a 10-page paper in four hours that ends up getting you an A and praise from your professor. It becomes an excuse to hang out with your friends at random times. (If you search “Wanna get coffee?” in my text messages, you’ll probably get hundreds of results.) Coffee will be your companion during seminars and labs, late-night adventures and mornings spent reading The New York Times. And sometimes, you might even get to drink it out of a yellow mug at a cute cafe with your best friends.

On second thought, maybe I spoke in haste about the whole “don’t start drinking coffee” thing. Just don’t let the addiction get too intense – and stay away from extra shots of espresso.
Kayla Maran | Staff Writer

When sophomore swimmer Jailey Reeves arrived Feb. 21 at the Brena Villa Aquatic Center in Commerce, California, for the first day of the swimming conference championships, she was nervous. At a previous six-day-long swim meet, in which nine university teams including Chapman competed, the indoor pool became small, stuffy and overcrowded. The floor was more soaked than usual and it was hard for Reeves to breathe with the heavy scent of chlorine in the air.

Despite the chaos, Reeves broke her own record in the 200-meter breaststroke that she set at the championships in 2018. Her fastest time was set in the preliminaries with a time of 2:24.64, which is a 0.23 second decrease in time from last year. The moment, while not surprising, was bittersweet for Reeves because she had higher expectations.

“I was in shock about it; people were helping me,” Reeves said. “I was able to do what everyone was expecting me to do.” Reeves set her personal best record of 2:23.86, beating Chapman’s previous record time of 2:33.86.

“After the race, we all just sat there and cried together,” Reeves said. “We all did way better than we were expected to do.”

The victory was special to the relay team: It was the last race for the two seniors, Fong and Wiens, in their college careers.

“Our motivation was to do the best we could. It was an emotional day for everyone,” Davis said. “We really wanted to end on a high note.”

Davis also set a new school record in her individual 100-meter freestyle race, finishing with a time of 52.83 seconds. She broke a previous record held by her teammate Fong in 2014 by just 0.01 seconds. Davis said she was taken aback by this news.

“I didn’t even know that was possible or that I had the ability to do it,” Davis said. “It was such a happy surprise.”

Still, both Reeves and Davis said that they still suffer from anxiety and nervousness before an important competition. Reeves seeks “quiet time” to help calm her nerves. Davis prefers chatting with the competitors around her to distract herself.

“You put in all of this work and have one big meet at the end of it,” Davis said. “Everything you’ve done that whole season leads up to this moment. That’s where all the pressure and nerves come from.”

The men’s 400-meter freestyle relay team also broke a school record on the final day of the meet. Junior Dominic DelliQuadri, junior Austin Donahue, junior Clint Hurdle and sophomore Justin Lammert took fifth overall with a time of 3:06.84, beating the school’s previous record by a minute and 52 seconds.

Hurdle said the victory made the hard work from the season worth it.

“All the 6 a.m. practices on the pool deck in our Speedos in 36-degree weather — it all paid off,” Hurdle said.

Luca Evans | Staff Writer

Every runner starts somewhere. Maybe on the playground or with a game of tag. There’s usually a reason for gravitating toward the lifestyle, as freshman Arabella Reece calls it. When Reece fell in love with running, it was a game of tag. Maybe on the playground or with a turkey.

When Reece set her first Chapman track record Feb. 16 in the 800-meter race at the Pomona-Pitzer Track and Field All Comers Meet, Reece ran a time of 2:25.74, beating the previous record set in 2014 by 0.11 seconds. Reece was also a member of two women’s teams that broke Chapman record times in the distance medley relay (DMR) and the four by 800-meter relay at the Rossi Relays held at Claremont Mudd-Scripps Feb. 23.

The DMR team, consisting of Reece, Emma Eglinton, Angelica Kolar and Carly Trent, broke the previous record by 22 seconds, with a time of 12:58.10. Reece also participated in the 4x800 relay with Trent, Gabi Siguenza and Tish Taij, finishing with a time of 10:15.96 and breaking the school record by over six seconds.

Having a chance to run in a relay with others on the team built a feeling of camaraderie, Reece said. For both races, she was positioned as “anchor,” the runner tasked with finishing the relay race.

“It’s scary, being the last one. Everybody expects you to make up for any mistakes if anybody messes up or gets placed really far back,” Reece said. “I was able to do what we needed to do for our team, which made me feel good that it’s not just for myself … but it’s also for the benefit of other people, and other people are helping me.”

Reece said she’s extremely close with her teammates and their support is one of the main reasons she continues. She said running creates a bond between team members.

“You really spend a lot of time with these people (on your team), and you’re in a lot of pain, and look very ugly. It’s not glamorous — you can’t really impress people,” Reece said. “It’s brutal, other times it’s hot, everyone’s dying, but the people make it great.”

Reece said five Chapman records broken since the beginning of her college career, Reece plans to keep pushing.

“I have the 5K, the 6K, the 800, the distance medley relay, the four by 800 (records), and now I just want to break all the other ones because I need to do it,” Reece said.
In May 2016, the lacrosse team won its first championship at Chapman’s Wilson Stadium, ending an undefeated season. Two years later, Wiley Bonham transferred to Chapman from Loyola University Maryland as a sophomore. During his first season with Chapman, Bonham was thrown into the same championship atmosphere when the Panthers took on Michigan State University in May 2018.

“It was really cool seeing all the cameras and equipment set up around the field and all the attention being on the game,” Bonham said. “The feeling of being at the last step of the season and needing one to win it all was pretty special.”

The Panthers lost 10-8. Despite the loss, being thrown into the competitive environment in his first season at Chapman was special for Bonham. Out of 17 games that season, Bonham scored 59 goals and had 26 assists. This year, he’s had seven goals and seven assists out of three games.

Growing up, Bonham was immersed in the world of sports. “The first time I picked up a stick was probably about three years old, and then I was on a team,” Bonham said.

Bonham attended Monte Vista High School in Danville, California. At 6 feet, 4 inches tall, Bonham took up basketball in addition to playing on the lacrosse team. “Our high school took basketball very seriously. All the kids on the team were strictly basketball players,” Bonham said.

Bonham, the only basketball team member who played an additional sport, said his teammates knew lacrosse was his priority. “I felt a part of the team like anyone else,” Bonham said.

During 2016, Bonham’s senior year, the Monte Vista Mustangs’ lacrosse team went on to win their fifth North Coast Section CIF championship. After high school, Bonham attended Loyola University Maryland to play lacrosse, but said he felt uncomfortable being far from the West Coast.

“I just didn’t like the East Coast as much as California. The lacrosse team was fun, and playing all the big schools was really cool, but I wanted to be happier as a person,” Bonham said.

After hearing about Chapman from a family friend, Bonham reached out to head coach Dallas Hartley. Bonham’s friend and now-teammate, junior Parker Halaburda, helped him contact the Chapman team.

“I was talking to him and telling him how I didn’t want to go back to Loyola,” Bonham said. “He talked (Chapman) up and gave me the coach’s information.”

On Feb. 22, the men’s lacrosse team played Georgia Institute of Technology at home. Chapman lost 12-11. Bonham scored twice that night while adding four assists. In addition to his lacrosse talent, head coach Dallas Hartley said Bonham has stepped up as a leader. “He’s tall, fast, hard shot and he’s got nice athletic movement. He’s turning into a good leader for us,” Hartley said. “He has an ability to get to good places on the field to put pressure on the defense.”

Bonham said he believes the team has potential, but young team members and the fact that “everyone is still trying to get their feet under them” leaves room for improvement. “It’s a little tough right now and that’s why we are having those growing pains. We will figure it out … our ultimate obstacle is ourselves, in the end,” Bonham said.
Sophomore sprinter Aki Shigeyama injured his hamstring during the spring 2018 track season, but after fully recovering, Shigeyama looks to break his previous season record in the 400-meter race.

I just race: Sophomore sprinter looks to make comeback

Rebecca Glaser | Editor-in-Chief

If you stand close enough to Aki Shigeyama on the track in the minutes before the starting pistol goes off, you might hear the faint strains of Earth, Wind and Fire’s “September.”

Before most races – especially the 400-meter sprint – Shigeyama feels a little on edge. His legs go weak. His palms get sweaty. But a range of tunes, from what he describes as “old school music” to Cardi B’s latest hits, tend to quell his nerves. And then he’s off.

“Once the gun goes off, all that stuff goes away,” Shigeyama said. “I just race.”

For Shigeyama, a sophomore business administration major, the days surrounding a meet are a routine. Ice bath. A light breakfast, usually oatmeal and fruit. Stretching and cooling down. And the same order each Saturday from Jersey Mike’s sandwich shop before him and his teammates board the bus to Chapman, asking her for a chance to be on the roster.

“We don’t take people who don’t have track experience,” she told him.

But Shigeyama persisted. He’d considered not playing a sport in college, but the novelty of the track team had drawn him in. He told Wlodarczyk about the sports he’d played competitively in high school. That he was dedicated. Could she give him a shot?

Wlodarczyk had left by the time Shigeyama came to Chapman, but someone else did give Shigeyama a shot – the new coach, DeAndráe Woods.

Woods, who was previously an assistant coach at Concordia University Irvine, is short, muscular and intense. When speaking, he’ll occasionally stop to, well, coach. At one point, he called after a player who was doggedly attempting a javelin throw.

Woods remembers the transition to becoming Chapman’s new head coach; how he had to balance his role as coach; how he had to balance his workload, Shigeyama was already on his radar. He’d made it this far – Shigeyama already recovered from a hamstring tweak a few months earlier in his freshman season. But this time, he knew he was overworked and he knew his season was over. And it was only late March.

“The way I injured it in that moment, I knew I was out,” Shigeyama said.

Woods remembers the moment he saw Shigeyama fall that day. He knew Shigeyama had tweaked his hamstring a few months before this. And in that moment, it was more serious.

“It’s always difficult. You don’t want to see any of your athletes injured,” Woods said.

After nearly a full season of adjusting to the sport and its workload, Shigeyama was already on hiatus, and the injury – never officially diagnosed, but thought to be a spasm or a tear – didn’t just affect his athletic life. Often, he struggled to bend to pick something up if he’d dropped it. He had to be careful about how he moved his leg. That didn’t deter Shigeyama, though – it drove him to come back, stronger.

“When he decided to come to Chapman, he knew he wanted to play something, but one thing was standing in his way: Chapman doesn’t have a men’s volleyball team, and Shigeyama didn’t want to continue basketball in college.

He emailed the track and field team’s then-coach Anna Wlodarczyk before he started attending Chapman, asking her for a chance to be on the roster. “We don’t take people who don’t have track experience,” she told him.

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“Of course I was discouraged, but I never once thought of quitting track,” he said.

Now, nearly a year later, a fully recovered Shigeyama wants to make it to the conference championships. He’s also aiming to break less than 50 seconds for his 400-meter race, undercutting his previous best time of 52.34.

“In track, two seconds is a lot,” he said.

Max Weirauch | Staff Photographer

Of course I was discouraged, but I never once thought of quitting track.

-Aki Shigeyama, sophomore sprinter

Woods can often tell what an athlete will excel at within a few moments of watching them run. For Shigeyama, he knew the 200- and 400-meters were his best bet. But, as much as a coach can. Woods steps aside when it comes to athletes’ season goals.

“Whatever he wants, I want for him,” Woods said. “It’s his athletic experience. I already had mine.”