

Martin Discusses Mental Illness On Campus

by Susan Lee
Clarion Staff Writer

Mental illness is when you lose the capacity to do every day things, such as getting enough sleep, eating right, managing relationships, and dealing with the pressures of being in school. The most important thing when trying to get over a mental illness is to take the problem one day at a time, or one semester at a time.

At Brevard College, there is no more mental illness than you would find anywhere else. There are a wide range of problems from eating disorders to sleeping problems. Most of the

problems the students have were already there before the student came to school, according to Steve Martin, BC campus counselor.

Martin explained the mental illness that is found most commonly on the Brevard campus is depression, anxiety, and manic depression. The counseling for these problems depends on the problem and the student. One of the things you might say to the person is, "what can I do to help today?" The most important thing is to follow the student's lead. Martin teaches the peer counseling class and says to remember that each student is an individual.

Martin also helps to train the RAs in the summer so that they can help counsel students with a mental illness.

A lot of students who have some type of mental illness do not withdraw from Brevard because of the mental illness. "Sometimes a student will have a problem that is bad enough and the student will withdraw from the school and get the help that he or she needs. Hopefully, they will get the problem under control and will be able to come back to school," says Martin.

Besides Martin the counselors for Brevard College are Kathy Meehan, and Jennie Latimer. The school also uses

off-campus counseling. The support groups that are offered on the campus are Alcoholics Anonymous, which meets every day, an eating disorder group which meets on Mondays at 7 p.m. in the Weaver room. Both groups are open to those who have similar problems.

The Survivors of Sexual Abuse group meets Monday at 4:30 p.m., and that is a closed group. If you want to go to this group you need to call The Healing Place.

If you are having a problem please talk to Martin in his office, room MG 208, or call him at EXT. 2229

PIO Helps To Paint Small School For Refugees

by Stephanie Gardner
Clarion Staff Writer

On Friday afternoon, March 19, seven students led by Project Inside-Out coordinator Fran Lynch left for Jubilee Partners in Comer, Georgia.

Jubilee Partners is a shelter for foreign refugees who are entering the United States or Canada and need help adjusting to our society and learning the English language.

The group spent Saturday and the early part of Sunday painting the small school where the refugees are taught English. Over the weekend it was transformed from dark brown and green colors to a traditional red schoolhouse with tan trimmings.

The group was introduced to the community lifestyle of Jubilee Partners by an orientation session on Friday night and a tour on Saturday by group member Robyn Mossely's parents. It wasn't long until the Brevard students

were playing afternoon volleyball games and washing dishes along with the volunteers and residents of Jubilee

Partners.

The students who attended this PIO trip were Seiko Kuramoto, Niel Sutton,

Aki Emoto, Randy Marlow, Robyn Mossely, Stephanie Gardner, and Wayne Richardson.



Participants in the latest PIO trip were, front row, left to right, Aki Emoto, Seiko Kuramoto, and Stephanie Gardner, and back row, left to right, Neil Sutton, Robyn Mosely, Fram Lynch, Randy Marlow, and Wayne Richardson Jr.

Wilson

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mountain to meet the fast group as planned. Fortunately though, we had Clyde. He just zipped up to the top and brought down the fast, food-carrying group to us.

Being able to survive in the wilderness seems to boost self-esteem. It also has a way of bringing people closer together. I guess that is because you are working for a common goal, (like getting a fire going so you do not freeze to death.)

On the last day of our trip we saw a most unusual rock. It appeared to have a "smiley face" on it. It is funny how nature seems to reach out to you. This trip was filled with many unique gifts of nature. I think being in the wilderness helps a person see how beautiful life can be. It also makes you appreciate bathrooms more.

At J.A. Jones Library

Metcalf Wins Jellybean Contest

Special to
The Clarion

For National Library Week, April 18-24, the J.A. Jones Library sponsored

a Jelly Bean Contest. Every time a student checked out books, he or she could guess the number of jelly beans in a jar at the circulation desk.

Chrystal Metcalf guessed the correct number (121) of jelly beans. She won a \$25 gift certificate from Highland Books, and the jar of jelly beans. Congratulations, Chrystal!