

# Editorials

## “ ‘Me Time’ is very important...”

**Rhonda L. Parker**  
Editor-in-chief

Living off-campus and coping with work and school have taught me a lot about my priorities in life—and a lot about me as a person.

For the past two years, I've been dealing with depression. With all my added responsibilities this year, things

just got worse. But I've learned a little trick to help myself deal with reality and all its ups and downs.

Mostly, things went haywire this year. I didn't have any time for myself, and I really still don't, but I've learned to make time. Even if it's just standing outside smoking a cigarette with friends or listening to music while you're reading or working on something, it's "Me Time". "Me Time" is very

important, even if it's only fifteen minutes. It gives you a chance to breathe, to collect your thoughts, and relax. It's a little touch of time that makes you say "Buh-bye" to your troubles for a while.

Usually for me, "Me Time" consists of a little Metallica or Alanis Morissette, and drive and smoke for about thirty minutes. It doesn't matter what time of night it is—I still go. I've

learned that I need at least five hours of sleep a night, so this works out well for me.

Believe me, even something as simple as sitting down for a while can work wonders. Of course, getting plenty of rest would help too, but as a college student it's hard to find that unknown entity.

## “Do I make myself some coffee, or do I take a shower...”

**Rick Call**  
Asst. Editor

There I am, in all my glory, holding a towel in one hand and a toothbrush in the other. "Now What?", I ask myself. I am running late for class, I have not put the dog out, I have not been able to wake up due to the test I was up late studying for all night, and most importantly, I have not had a cup of coffee in hours.

I have to make decisions here! Do I make myself some coffee, or do I take

a shower? Knowing that I have not showered since Carter was president, I decide to take a shower. During this ritual, I keep thinking of how good a nice hot cup of coffee would be as I sit outside, overlooking the lake.

I don't always have the want for coffee, but it does help to jump-start my body in the morning, and it would be nice to know that if the want is there, coffee would be made. Unfortunately, most of my mornings lack the time to make coffee.

I live off campus and as I found out real quick, there is no place on campus

for a commuter to sit down with a cup of campus brewed coffee without paying for a full meal. I was floored when I asked for a cup of coffee at the cafeteria and was told I would have to pay full price for breakfast in order to enjoy a hot cup of coffee with the hostess.

Maybe I am missing something here, but it seems that the college could have a place for students to go and have coffee ready to drink without paying \$3.00 or so. I noticed that after 9-10:00 p.m. there is coffee to be had on campus, but I am usually not in the mood for coffee at that hour, neither am

I on campus at that hour.

As I watch a faculty member spill a spot of coffee on the floor when taking a sip, I can only wish that they choke on what is the one thing this campus does not seem to want students to have.

This is an out-cry for support. We need to unite in the quest for low cost campus coffee. There are many under-fueled hours of study going on without the intake of caffeine. We need our caffeine. I need more shower time.

# Guest Commentary

**Kristin Cherry**  
Guest Commentary

When we try to imagine what our world will be like in the future, we tend to have beautiful dreams and hopes. We wonder how society will change, what daily life will be like. Yet as we see from the fast pace of life today, society is already undergoing a dizzying transformation.

We will be greeting the 21st century in just a few years. We know that the dawn of a new century does not mean that the world will greatly change, but still we cannot help hoping the future will be brighter.

When we look around us today, however, we see a world plagued by destruction of the natural environment, acid rain, an increase in atmospheric

carbon dioxide, and other gases creating the greenhouse effect, a worsening population explosion, and the depletion of our fossil fuel resources. The bright future that we envision is dimmed by these conditions that spell danger not only for the human race but also for our planet itself. We are forced to contemplate a bleaker future.

Scientific progress has improved our quality of life, making it more pleasant and convenient. Yet, the desires of comfort and laziness are about to permanently damage the global environment, on which our very survival depends.

When we trace environmental problems to their source, we always come to the way in which people live. There is good and bad in everything, and as civilization's benefits are great, so are its evils, such as the destruction

of our environment. With the growth of material prosperity, these problems will become more severe, and no solution is in sight.

...To live in harmony with nature should be this generation's ultimate goal...

On January 16, a Sierra Club meeting was held at the Davidson River Presbyterian Church. This meeting was filled with people ranging in all ages.

From the college students, teachers, and citizens of the community, there was a sense of hope and energy that filled the room. Kevin Marks from the Southern Appalachian Biodiversity Project shared information about the Red Wolf Recovery Program. This program is introducing the Red Wolf back into the natural environment and has virtually saved this timid creature from extinction. Many environmental

issues were talked about at this meeting, and the more people who are willing to get involved with the Sierra Club program the more our generation will be able to accomplish.

That meeting was my first meeting, and I am sure there will be many more to follow. This was an enlightening experience that made me walk away with a little more knowledge than I had before, what every student should be striving for, the improvement of our intellectual world. Come see what I'm talking about for yourself. The meetings are held on the third Thursday of each month. I'd like to thank Dr. Ragsdale for a better understanding of the problems facing the earth and telling me about this meeting.

