

## The Pendulum Established 1974

### Bitching: The wave of the underground

It's one page long. It's underground. It has a quote from President George W. Bush. And it's a bitch.

Actually, it's Bubble Bitching, and it's Elon's new underground publication, or the "official unofficial paper of Elon." The anonymous editors of Bubble Bitching are attempting to capitalize on every American's right to complain.

Bubble Bitching was released unceremoniously last Friday. The premier issue popped up in Pendulum stands in Moseley, Long, McEwen and Belk. The publication, which seems to emulate The Onion in its style and content, has brought much-needed humor to Elon, as well as provided competition for The Pendulum.

The one-page issue highlighted such hard-hitting topics as dead, rotting squirrels on streetlights and a bidding war for naming rights to the median on Haggard.

We at The Pendulum are looking forward to seeing what the staff members of Bubble Bitching have in store for the future. We welcome the competition Bubble Bitching may provide. If nothing else, it lends an air of levity to Elon's campus - a sense of humor that is lacking in The Pendulum.

But humor is a tough issue to tackle. Most newspapers stray from the world of funny, mostly because it's an art form that's hard to conquer, and when done wrong, it has disastrous consequences.

The Deep Throat editors of Bubble Bitching have the humor potential, and we await the content covered in the next issue.

## The Pendulum

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The Pendulum is published each Thursday of the academic year. The advertising and editorial copy deadline is 5 p.m. the Monday before publication.

Letters to the editor and guest columns are welcome and should be typed, double-spaced, signed and include a telephone number for verification. Submissions are also accepted as Word documents on disk or by e-mail.

The Pendulum reserves the right to edit obscene or potentially libelous material. Lengthy letters or columns may have to be trimmed to fit. All submissions become the property of The Pendulum and will not be returned.

To reach The Pendulum at 233 Moseley Center, call 278-7247 or fax 278-7246. Contact The Pendulum by e-mail at [pendulum@elon.edu](mailto:pendulum@elon.edu). Visit our Web site at [www.elon.edu/pendulum](http://www.elon.edu/pendulum).

Each individual is entitled to one free copy.

# Suffering from depression not a battle you have to fight alone

**Ellis Harman**  
 Copy Editor

Spring semester has begun, marking the return of homework, tests, papers and projects, as well as new social activities and commitments. Some students look forward to embracing these challenges and opportunities. Others, including myself and countless Elon students, wonder how we'll make it through the semester in one piece.

How often do you go to class and watch your friends get A's, and wonder how they do it? How often do you feel that you're not doing enough to get your life on track, and that your best is not quite good enough?

If you're like me, you probably feel that way almost every day. If you're like me, you probably wonder what you're doing wrong that everyone else seems to be doing right. Well, the answer is nothing.

Many college students feel pressure to succeed; that's only natural. We all want to do our best and make something of ourselves.

And usually, students feel that they're doing okay. Most students know that they aren't expected to be perfect, and that there's only so much they can do in one day. Students suffering from depression, however, always feel a step or two behind.

Depression is a serious disease that does not get enough attention, especially on college campuses where students are exhausted, stressed and overworked.

Students feeling tired, pressured and stretched too thin can become clinically depressed, or even suicidal. According to a Feb. 7 article in HealthScout News, the number of suicidal and clinically depressed college students seeking help at university counseling

centers across the country has tripled since 1990.

This dramatic increase shows a frightening trend that affects college students everywhere, including here at Elon, and demonstrates the need for a greater understanding of this disease.

Depression is caused in most cases by a chemical and usually genetic flaw in the brain that affects the way neurotransmitters are absorbed. Stress, traumatic events and negative thinking or reinforcement from parents or caregivers can also trigger depression. When these transmitters are not properly processed, the brain has trouble performing normal actions, which can cause depression.

According to the Medical Source Web site, one in 10 people are bipolar, meaning they experience uncontrollable and extreme emotional highs and lows for no apparent reason. Whatever the cause, and whatever the symptom, depression can be a debilitating disease.

For those of you who constantly feel sad, worthless, anxious, uninterested in life or hopeless, know that you are not alone. More importantly: This depression is not your fault. There is nothing wrong with you as a person, and this disease is one of which you should not be ashamed.

There is no magic cure, and you can't just "snap out of it." There are medications that can be prescribed, but the disease will never go away. You have to learn to live with it, instead of letting it take control of you.

Fighting feelings of perpetual sadness and worthlessness is easier said than done, I know.

I know because I've been struggling with these feelings and problems for more than 10 years. I know how difficult it is to drag

yourself out of bed in the morning to face a day that seems empty, and I know how it feels to believe that you will never succeed. Well, I'm still here.

Maybe I'm not a straight-"A" student. Maybe I'm not the prettiest girl on campus, and maybe I'm not the most popular. In fact, I could probably count on both hands all the people at Elon who even know my name.

But I live for me. Not for the depression, and not according to anyone else's standards. And believe me, if I can do it, so can you.

The road to recovery may be long and hard; in fact I can guarantee it won't be easy. It took me years of medication and a failed suicide attempt to realize that this disease is a part of who I am.

Instead of letting it destroy me, I used it to make myself stronger. I have faith in myself now, even though I'm not perfect, and still experience days when life just doesn't seem like much fun.

But thanks to weekly visits to a therapist, I'm learning to control my life, my feelings and my depression so that I can become the best that I can be and live my life on my own terms.

If you or someone you know is experiencing symptoms of depression, I urge you to get help. Depression can be conquered, just not on your own. The R.N. Ellington Health Center offers counseling services by appointment, and the counselors there can recommend a long-term therapist or psychiatrist to help you overcome this obstacle.

Admitting you need help is the first step toward the rest of a happier, more stable life.

Contact Ellis Harman at [pendulum@elon.edu](mailto:pendulum@elon.edu) or 278-7247.

### **CORRECTION**

- In the Feb. 6 issue of The Pendulum, the Black History Month @Elon box on page 7 incorrectly stated that the Minority Visitation Weekend for prospective high school seniors would take place Feb. 6-8. The Visitation Weekend will be Feb. 14-15.