

Editorial: You're not alone in the dark

by Jetson

It has continually been brought to my attention that some students believe they are all alone. Guess again!! There have been some pathetic rumors about going to a shrink that are really annoying. If you only knew how many of your peers have or are still visiting with a shrink. As a matter of fact, a large part of our "Generation X" is now being called the "Prozac Nation." Welcome to the real world.

Hi. I'm Jetson, and I am a clinical depressant. I'd have to say that I may be a touch unique, but I'm far from psychopath! (As far away as any art student.) As a matter of fact, I have plenty of friends who need help a lot more than I do.

Clinical depression is a disease that causes a chemical imbalance in your brain. Medical science has provided us with some wonderful medications that can be taken for three to six months or maybe the rest of our lives. But these medicines are not a cure. They simply

add enough of the chemicals your brain is lacking to cut off the hard edge and big falls of depression. You still have your good and bad days. These are not happy pills. Some even take three to four weeks to build up in your system. Prozac is not the cure-all drug. I am on Zoloft, and I'm doing quite well..

Many people think "Hey I'm feeling great — I don't need this anymore!" and stop taking their medicine without asking their doctor. Bad move. If I miss more than one day, I start bawling at every Hallmark commercial and telling my friends how much I love them.

I'm sure we've all heard of the bad shrinks or seen them on TV, and believe me—they're out there! But a psychologist or psychiatrist is the most wonderful thing. They should supervise you while you're on medication. The way I see it, you can schedule an appointment and go in and complain about men, roommates, teachers, parents —whatever, and they pay atten-

tion to you! They can tell you if you are overreacting, blowing things out of proportion or simply expecting too much. It's great! But there are doctors that aren't so swell. Look around, try different ones. (I'll give you a tip... If the first thing they ask you is "so tell me about your childhood," then they probably have watched too much television!)

A shrink can help you put your life back into perspective, help you find ways to get your sheep together and move on with life. Whether you know it or not, people do care about you, so never consider suicide. It's too selfish. I'm quite happy with myself, and I haven't even considered it in over eight years. I couldn't hurt the ones I love

like that.

You just need a little encouragement. Maybe you need to talk things out and be ready to like yourself. And no one can tell me I don't know how hard it is! I've been there and back. You know what? I've got 18 hours; I'm the photo editor of the *Herald* and *Oak Leaves*; I have three shows for my artwork this semester, and I will graduate in May. I don't have time for a social life, so men are obviously not the solution to my problems. I have finally figured out how to like myself. Liking yourself is a great feeling, and people would much rather be around a content me than a depressed me.

Summer Employment:
Meredith College pool manager
Qualifications: Lifeguard training, CPR, First Aid
40 hrs/week for 9 weeks, afternoons and evenings
Contact Carol Brown, ext. 8334

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Everyone in the Meredith community is invited to write a letter to the editor. All published letters must be typewritten with contact name, address and telephone number. All letters must be signed by the author, but names will be withheld upon request.

The *Herald* reserves the right to place any other article submissions on file until needed or to choose not to print them.

MARCH

Campus Paperback Bestsellers

1. *Seinlanguage*, by Jerry Seinfeld. (Bantam, \$5.99.) Observations on life's pleasures and ordeals.
2. *Disclosure*, by Michael Crichton. (Ballantine, \$6.99.) Sexual harassment in a West Coast electronics firm.
3. *The Shipping News*, by E. Annie Proulx. (Touchstone, \$12.00.) Newspaperman returns to his childhood home after death of his wife.
4. *Homicidal Psycho Jungle Cat*, by Bill Watterson. (Andrews & McMeel, \$12.95.) Latest Calvin and Hobbes collection.
5. *Chicken Soup For The Soul*, by Jack Canfield and Mark Victor Hansen. (Health Communications, \$12.00.) Stories for heart & spirit.
6. *Interview With The Vampire*, by Anne Rice. (Ballantine, \$6.99.) The novel that launched *The Vampire Chronicles*.
7. *Wouldn't Take Nothing For My Journey Now*, by Maya Angelou. (Bantam, \$5.50.) Collection of essays.
8. *The Vampire Lestat*, by Anne Rice. (Ballantine, \$6.99.) Mesmerizing story of a vampire now a rock star.
9. *Embraced By The Light*, by Betty J Eadie with Curtis Taylor. (Bantam, \$5.99.) A woman's near-death experience.
10. *Little Women*, by Louisa May Alcott. (Pocket, \$5.50.) Story of an extraordinary New England family based on Alcott's own childhood.

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New & Recommended

A personal selection of Mary Pappas, Cozyist Bookshop, Raleigh, NC

- Brazil*, by John Updike. (Fawcett, \$6.99.) Spanning twenty-two years, from the mid-sixties to the late eighties, *Brazil* surprises and embraces the reader with its celebration of passion, loyalty, and New World innocence.
- Defend Yourself!*, by Matt Thomas, Denise Loveday and Larry Strauss. (Avon, \$8.00.) Invaluable, easy-to-follow handbook offering the first step toward protecting yourself.
- Streetlights*, by Doris Jean Austin and Martin Simmons. (Penguin, \$14.95.) Anthology comprised of voices and experiences as varied and complex as the urban landscape where they take place.

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