

# Coping With Insomnia

by Sondra J. Covington  
Contributing Columnist

Durham, NC -- College students often have trouble falling asleep, according to a Duke University Medical Center sleep expert who has studied the snooze habits of 18-22-year-olds.

"Once they go to sleep, they sometimes have trouble staying asleep," said Dr. Jack Edinger, assistant clinical professor of medical psychology. Edinger studies people's sleep patterns at the Duke Sleep Disorders Center.

"The sleep problems of college students are related to stress, the demands of college and erratic sleep schedules," Edinger said. "It is often the first occasion when the freshman has been away from home for an extended period of time, and the sleep-awake schedule becomes altered. The body, which has been trained to wake up and go to sleep at specific times, becomes confused."

"It is difficult to predict how much sleep any one college student needs," he said.

"Sleep is like a fingerprint. Everybody has unique sleep needs. It is important to get as much sleep as is necessary for you to function effectively during the day."

"There are stresses in a college career. Some people are better able to cope with these stresses, life changes and identity issues than others. Emotional factors such as depression and severe anx-

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## Awards

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Park Road in Fuquay-Varina, and is co-editor of "Cadenza," Mars Hill's literary magazine, a member of the New Beginning Singers, the Christian Student Movement Revival Team, has received the Church Leadership Scholarship, Ella Janet Pierce English Scholarship, and the Dean's list.

Judy Smith is a senior history major and plans to teach on the

secondary education level. She is from Pilot Mountain, and has been co-editor of "The Hilltop," the school newspaper, copy editor for the school's yearbook, a Resident Assistant in a college residence hall, a member of the stage crew in Moore Auditorium, received the Church Leadership Scholarship, and was selected for Phi Alpha Theta honor history society.

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# Counselor's Corner

by Merry Burgess  
Contributing Columnist

I'M SORRY. Two simple words, and yet so very hard for most of us to say. Two words which could heal and soothe, and yet so many things (pride, stubbornness, fear) prevent us from uttering them. Elton John knew what he was talking about when he wrote his song "Sorry seems to be the hardest word."

Back in the mid-70's there was a blockbuster movie called "Love Story." Maybe some of you remember the classic line from that movie: "Love means never having to say you're sorry." At the time it seemed like a very clever line. The more one thinks about it and experiences it, however, the more untrue the line becomes. Thus many of us

mitting we are wrong is difficult to do, but necessary if we are to grow. The difficulty is our pride, the big ego. Our emotional growth is equal to how ready we accept our humanness, how able we are to be wrong. When humility comes a softness smooths our every experience, our every relationship. It makes us hard, keeps others away, and sets us up for a fall.

Struggling with others with ourselves takes it's toll. We try to prove how smart, clever, and how much better than others we are (usually at the expense of others), we create irreparable rifts. When pride in the way, we become defensive (there's no way I'm going to

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laughed a few years later when Ryan O'Neal and Barbara Streisand did a movie together (I think "What's up, Doc?" was it's title); he sententiously spoke the line "Love means never having to say you're sorry" and she replied "That's the dumbest thing I've ever heard!" You should be extra careful to admit wrong and say I'm sorry to those you love; those words should never be taken for granted.

It takes a big heart (and small ego) to be able to say I'm sorry. You have to admit to not being perfect, to having made a mistake in what you did or said. You become vulnerable, human, fallible. But making a mistake does not mean you are worthless. It is okay to be human! When you say "I'm sorry" (and mean it) you begin the process which heals wounds, restores trust and friendship, and which makes you a better person. People really do not look down on you for saying I'm sorry. Quite the contrary, they will admire your strength of character.

"Pride goeth before a fall." ad-

mit I'm wrong!), and a friend goes down the drain. We pride push us into behavior we are not proud of, and then we will not let us back down. When deep in our souls we know we are wrong. Billie Holiday, black female singer, once said "Sometimes it's worse to win a fight than to lose." Wonderful words of advice: "winning" means we win ourselves and others, what we won?

Learning to swallow our pride, to ask forgiveness, to say "sorry," is a hard lesson. But valuable. Develop those tributes of being humble, caring about others, having a warrior spirit; these are characteristics of which to truly be proud. Such traits will never allow pride to stand between you and your fellow humans.

"Hey! I'm sorry for what I did to you yesterday. I opened my mouth before I put my brain in gear, and said some things I don't mean. Can we get together and straighten things out? I really cherish your friendship."

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