

# Depression linked to self-hurt

By Nikia Jones  
Staff Writer

Some people give new meaning to the words "slash and burn." They hurt themselves in an attempt to relieve their stress and emotional turmoil.

Everyone has problems and their own way to deal. Some people choose to inflict pain on their own bodies by cutting or burning themselves, harming themselves physically and emotionally. Why do they resort to such drastic escapes from problems? Many believe the answer lies within.

It's called self-mutilation. This is when a person repeatedly cuts or burns themselves on purpose to relieve or distract themselves from emotional pain. "Emotional turmoil is more damaging than physical turmoil. Some people allow their pain to build up so much inside them until they think they will explode," said Lindsay Kuhn, a junior.

This pain may be brought on by depression, anger, or boredom.

People who cut themselves know it is harmful. However, they would rather endure physical pain than mental pain. It is in this way that self-mutilation becomes addictive physically and psychologically.

Many psychologists say self-hurt is actually common behavior. It is a more severe form of pinching yourself or hitting yourself on the head from anger. However, one doctor says every person who inflicts self-pain does not necessarily have a psychological problem. Dr. Lynn Ponton is quoted in *Seventeen* magazine saying, "Many are normal kids who are trying to find themselves, even frighten themselves, to learn more about themselves-what they can take and what

*"Many are normal kids who are trying to find themselves."*

-Dr. Lynn Ponton

Tony Hayes and Erika Robinson were Mr. and Ms. X on February 4.

they can't."

There may also be biological reasons to help explain why people cut themselves. Dr. Ponton said, "Some of the biology indicates that after the cutting or burning, there are hormones released called endorphins that bring about feelings of tranquility."

The endorphin rush from self-inflicted pain soon becomes habitual. Whenever a person begins to feel angry, lonely, or depressed, they cut or burn themselves more often with less thought. When the physical pain is not enough to drown out the emotional pain, some of these people often attempt suicide.

There are many ways and places to get help for this illness. Professional help should be sought after a person has cut or burned themselves more than two times. At 800-DONT CUT, a person can receive information about how to curb this dangerous habit. The Suicide Prevention number located in the phone book or 911 should be used in case of emergencies concerning deep cuts, bad

burns, or suicidal thoughts. If you suspect someone of cutting or burning themselves because they are depressed, you have noticed scars, they have 'accidents' and wear bandages a lot and wear long sleeves even in the summer time, let them know you are concerned and insist that they get professional help. "This subject is not something that can be avoided. Self-mutilation is something that has to be dealt with," said Kuhn.

# Rec b-ball, soccer offer alternative

By Ben Blackwood  
Staff Writer

Not every student dreams of being on the Grimsley's varsity squads. For those who are either unmotivated, untalented or unlucky, there are now alternatives to school sports.

Over the past several years, larger numbers of students have participated in church basketball leagues. The squads are made up (supposedly) of church members, but this season there are also teams sponsored by Young Life and the Greensboro Jewish Federation.

"I play because it gives me a chance to play with my friends, which I've never been able to do before," said Jonathan Bullard, a senior. Unfortunately for Bullard, he and his College Place teammates were suspended for the rest of the season for receiving seven technical fouls.

"I try to impress the crowd," said Mike Cleaver, a junior. "Usually there are some girls at the games, and I attempt to show off my skills so they will think that I am cool."

For whatever reason, a large number of Grimsley students are joining this league. As Justin Smith, a sophomore, put it, church basketball "gives scrubs like myself a chance to play."

Recreational soccer is also increasingly popular among students. The under-18 division contains six teams, made up largely of students from the Guilford County School system. Many of the players are looking for a less competitive alternative to school or classic soccer.

"It's a fun league, and all my boys are on the team," said Perry Hughes, a senior. "We go out and have a good time and wreck some fools."

Some who play in the rec league feel that there may be a little too much "fool-wrecking," however.

"People are very competitive," said Joe Schlosser, also a senior. "A lot of hard fouls are committed."

Still, most students who play enjoy the relaxed atmosphere as well as the sometimes physical play.

Heath Patrick, a senior, said, "It is better than classic soccer because they don't get in fights. We do."

## From Cosby to Bacon in 4:

(answer to the challenge in the February 4 issue)

Bill Cosby was in "Jack" with Robin Williams

who was in

"Mrs. Doubtfire" with Sally Field

who was in

"Steel Magnolias" with Julia Roberts

who was in

"Flatliners" with Kevin Bacon.

# Anytown teaches cultural awareness

By Emily Schiller  
Reporter

Religious tolerance, racial equality, cultural understanding - the ideal community. Are we even headed in the right direction?

In the past decade, over 500 highschoolers in Guilford County have attended a camp to help them learn how to work against gender, racial, and socioeconomic biases: a camp where issues such as stereotypes, discrimination, and cultural awareness are discussed among a diverse group of people - a camp named Anytown.

Anytown, first held in 1957, is sponsored by the National Conference of Christians and Jews. The week-long program uses discussion groups, workshops, role plays, music, and experiential activities to explore the differences among people. It is not a camp of political correctness but a place to understand the people around you, to learn about other cultures, religions, genders and races. A camp that thrives on hearing teens' ideas and feelings.

"It helps you to understand the perspectives and points of view of many different cultural, religious, and racial backgrounds. You realize that even though everyone has so many apparent differences, we're all really the same," says Matt Lynch, a senior.

The leaders at Anytown are trained to work

with young adults. They are adult advisors who take a week off from their jobs to come share their own experiences and listen to the group. In the cabins, there are college-age counselors who lead cabin time, a small group that meets throughout the week and is notorious for its involved discussions, at the end of each day.

Not only can this camp be enlightening, but there are also volleyball, swimming, ping-pong, basketball, and other recreational activities available during free time. Certain nights of the week

are designated as culture or talent nights, during which the stage is open for any individual to stand and either share something about his or her culture or show a special talent.

This camp is too popular to be open to

everyone. Only rising juniors and seniors can apply. Application forms can be obtained from your guidance counselor or from the National Conference by calling 272-0359 and are due by May first. The two sessions of camp are July 13- July 19 and July 27- August 2, held at the Blowing Rock Assembly Grounds (B.R.A.G.) in the Blue Ridge Mountains. The total cost is \$275.00 which includes bus transportation, meals, housing, health and accident insurance, workshop materials, and a camp T-shirt and photo. Partial scholarships are available on a need basis, along with a few full scholarships.



Anytown delegates experience a Jewish wedding ceremony for "Culture Night". Pendergraft photo

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