Marta Moreno Vega gave Conn her take on the issues facing people of color today, saying, among other things, that they are not much different than they were 30 years ago. Moreno Vega, executive director of the Caribbean Cultural Centre, began her keynote address to the Latino Intercollegiate Conference with an autobiographical vignette of her life in New York, where she grew up as the child of Puerto Rican immigrants. Her parents came to America in search of a life free from the racism they left behind in their homeland, but instead found that the land of opportunity had only disillusionment to offer.

When Moreno Vega completed her secondary education, she realized that America had two distinctly educational systems: one for the black and Latino students, and the other for everyone else.

Eventually earning a scholarship to New York University, Moreno Vega was again disappointed. She was indignant that, in one course, instruction in African art and music occupied all of one day, whereas the European artists and musicians received more attention. "In fact," she said, "all the students were being miseducated," by receiving only "a skewed and limited history, a skewed and limited experience." Moreno Vega said she was angry about the propagation of "colonial thought," and added, "European dominance and hegemony continues in 1995," prompting nods and agreement from many members of the audience.

"After sketching out her background, she went on to speak about American society, touching on the issues of multiculturalism and social disparity. One percent of the population is home to 30 percent of America's mental health problems, she said, and added, "The goal is to have this make sense," said Brooks. Once The Conn Review is past its first budget cycle, funding from the administration will cease. He added that this is similar to what the administration has done in the past to help new clubs get on their feet before they can be sufficiently funded by the finance process.

The process of compiling the information to be included in the publication will begin with the The Conn Review staff's distribution of separate questionnaires to both students and professors. Professor will distribute student questionnaires in class at the end of the semester. The students' questionnaires will be completed in class and collected by the professors. Both questionnaires, plus course syllabi, reading lists, and all additional materials will be scanned, recorded, and transferred into a bar graph format.

Once the information has been gathered, questionnaires will be scanned, recorded, and transferred into a bar graph format. At that point in the process, the writing staff will create summaries of both professors' and students' responses which will be edited and reviewed by copy editors, the copy-chief, and the entire Executive Board. The organization will be broken down into three sections: the Executive Board, the Advisory Board, and the Editorial Board. The Executive Board will consist of the President, Vice President, News Editor, and the entire Editorial Board.
Access phone receivers stolen

by JENNY BARROW

On Saturday morning, between the hours of 2:30 a.m. and 7:00 a.m., the receivers for the dorm access phones were stolen from approximately ten hours.

According to the bulletin broadcast message left by Mark Hoffman, director of student activities, the thieves represent a definite security problem for the campus; if students have any information regarding the incident, they are asked to contact either Campus Safety or the Office of Student Life.

In the meantime, the access phones may still be used. To gain access to a dorm, hold down the receiver for 5-10 seconds, then dial in the access codes as usual.

This Week In SGA...

Alex Cote, vice president of SGA, said that he attended the Office of Residential Life's meeting where he discussed ideas with the project architects. He added that Lucas Hold, associate director of college relations for media affairs, will post the plans in visible locations around campus once they are finalized.

Cote also said that the Finance Committee would begin work on recompensation financing process. They will be calling other schools to get ideas for the renovation. Cote said that the Latino Committee would soon be starting their annual process of auditing clubs.

Ted Stevlik, SAC chair, said the theme for this year's winter formal would be announced after Thanksgiving break.

Ryan Echauzier, president of the junior class, reminded the Assembly that after eight parking tickets, students will have their cars banned from campus.

Daniel Horwood, senator of Hamilton, announced that the Assembly would be discussing possible changes, brought by himself, KB Sena- tor Dave Miller, and Freeman Sena- tor Maya Perry, to the college's racial harassment policy at the meeting following this week.

Svevik and other members of the Alcohol Policy Review Committee (APRC) presented last year's alcohol use study to the club. For an in-depth report on this study please see the article on page 1 of the September 26, 1995 issue of The College Voice.

The committee made the following recommendations given the results of the survey: 1. Increase the number of staple events on campus, an increase of new activities, increased community involvement, including free non-alcoholic drinks for the designated driver.

Latino Awareness Speaker

by WENDY DI FRANCO

Moreno Vega was the keynote speaker for the Latino Conference. "I was proud to see that Conn Review has set up a forum for those of us genuinely concerned about their academic by voting for this petition," said Carter. "The 890 signatures have spoken to the administration, to the faculty, and to the college, to the administration, and to the faculty."

Conn Review

November 21, 1995

continued from page 1

President, Editor(s)-in-Chief, two Copy Editors, two Production Editors, and an Advertising/Public Relations Manager. The Advisory Board will be made up of two faculty members, two students and two alumni, all selected by the Executive Board. As of Sunday, Say Levit, 73, a New London attorney, lobbyist, and former Mayor of the City of New London, had agreed to join the Advisory Board. Another is expected to be announced later this week.

The Editorial Board will be led by the Editor(s)-in-Chief and consist of the Copy Editors, Production Editors, writers, and staff of the publications. Elections for all of the new positions will take place in the last week of April for the following year. Membership is growing faster than ever, while minorities are being left behind due to federal and state budget and program cuts.

Moreover, a handful of statistics show that the numbers of black and Latino men who go to jail are steadily increasing, while the number graduating from high school are decreasing. In fact, not only are there more black youths in prison than in college, but fewer black students are graduating from college today than ten years ago, when the population was much smaller.

Correctional institutions take these criminals, and in Moreno Vega's opinion, put them into an increasingly privatized goal system where minorities work in what constitutes virtual slave labor. She noted that such treatment of people of color by the government is similar to the institution of slavery which ended over one hundred years ago.

With the establishment of the North American Free Trade Agreement (NAFTA), Mexicans are paid half as much as Americans for identical work. A fact that Moreno Vega sees as evidence of the continuing marginalization of Latinos in public policy. She believes that it is critical for minorities to "claim a space in history," and advocates the continuation of federal affirmative action policies, which she sees as a "move to equalize the playing fields."

Moreno Vega then said that black and Latino communities are deteriorating by the minute and pointed out that a "healthy community can replicate itself." Thirty-year-old paradigms of the isolation of minority communities and discrimination against their members are now being observed in American society, she warned. The solution, she offered, is for individuals within these communities to try to bring about change.

In conclusion, Moreno Vega explored the development of the relationship between college students and their home communities once they leave for college. Should these students associate themselves and continue to seek success elsewhere? Or should they continue to be active within the community on a different level? The continuing connection between economically-disadvantaged youths who become successful to often viewed as critical, since those who go to college may be reducing the number of young people and relatives as role models.

How can one have the largest impact? Marta Moreno Vega believes that one's answers to these questions determines the amount of service one will do for the community.

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"I would be wrong if I told you Conn's [current] alcohol policy is perfect," said Svevik. "I think there's always room for change."

John Blanum, class of 1997 and APRC chair, said that they are working to establish a designated driving program, possibly getting the Yellow Cab Company to take intoxicated students back to Conn for free charge, and get- ting a big-game speaker such as Henry Ford, Natalie Cole, or Kitty Dukakis to come and address the issue of responsible drinking.

A proposal was unanimously passed establishing a Physical Plant Commit- tee of SGA. The committee will, among other things, serve as an outlet for currently misdirected action items, concern about lighting, and dorm upkeep.

A senator, householder, the staff will be open to the college, and the student association will serve on the new committee.

Ryan Echauzier, junior class president and sponsor of the proposal, said he hopes to get the committee started as soon as possible.

On a separate note, Echauzier added that the junior class would be having a Paul's Pasta dinner in Crow's Nest on November 5.

Craig McClure, senator of Earth Science, announced that they are look- ing for co-sponsors for this year's 15th Annual Spring in Day in April. McClure said that they have booked Anti DiFranco and are trying to get enough money together to pay for the event.

Dancing Cat Productions presents

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Join George in an evening of solo piano, with Hawaiian slack key guitar and harmonica.

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Please join us in support of THE SALVATION ARMY by bringing a donation of non-perishable food to the concert.

Look for George's latest release "Peace" at your favorite music store.

George Winston

November 21, 1995
Health in the 90s:

First Response: Do we need it on our campus?

BY MICHELLE RONA

Accidents can and do happen here on campus. The question is how safe are you and how easy would it be for you to receive care if an accident were to happen to you?

There is no trained first response unit on campus. At colleges, larger than ours, Emergency Medical Service (EMS) units are becoming more common. According to Brett Goldstein, trained MRT and student director of the L&M internship program, Villanova recently held its second annual collegiate EMS convention. "It is more common at big schools. MIT has their own ambulance unit," said Goldstein.

In the event of an emergency at Conn one is instructed to call 111. That would connect you to your health center, said Brooks. "We'd study it to understand all the ramifications."

Goldstein did not have enough information to comment on the idea but did add that you can never have too much training.

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According to Evan Coppola, director of campus safety, "Campus safety's equipment is poor. They have a basic first aid kit with gauze pads and nothing for any major bleeding or trauma," said Coppola. "But in fairness to the officers they act well in accordance with their training."

In Connecticut R-1's must have MRT training or above. In order to be an MRT, one must have 60 hours of training and be an EMT have 120 hours of training. The primary function of an R-1 is to assess the situation so when the ambulance or paramedics arrive they do not have to.

According to Goldstein, a paramedic that came to campus was surprised that we did not have an R-1 unit on campus. Every town in Connecticut has an R-1 unit - first response, an R-2 unit - ambulance response and R-5 paramedic response.

In local towns trained R-1's carry around pagers and 911 dispatch will send out a tone and those who can respond. "EMS is about time," said Goldstein.

According to Goldstein, in the case of cardiac arrest CPR must be administered within four minutes or brain damage could occur. The sooner CPR is administered the better.

The same is true for a trauma situations. According to Goldstein, when someone is losing a decent amount of blood, close to two liters, they could be dead unless someone can administer fluids quickly.

Sam Vineyard's accident was offered by Goldstein as an example of a case where a first response unit would have been helpful. Vineyard fell from his third story room and had serious injuries. "The most important issues in a situation like that are the ABC's: airway, breathing, and circulation," said Goldstein. He added issues like a c-spine need to be accounted for and in the case of a c-spine his injury his head would need to be maintained. "Vineyard also had a fractured pelvis, which could have meant a ruptured artery that could bleed out in a matter of minutes. An R-1 one the scene could be calling the paramedics, taking precautions and assessing the situation for the paramedic," said Goldstein.

He added, "Trauma is a complex, tricky thing...it needs to be managed in an exact way."

Goldstein also emphasized that it could be important to have an R-1 unit on campus because when accidents happen on the weekends many people are intoxicated. "You can't have drunk people taking care of injured individuals," said Goldstein.

Goldstein stressed that a quick response is always essential. "One of these days we are going to have a cardiac arrest and when you are dealing with codes the key is speed," said Goldstein.

Goldstein believes that Vineyard's accident is insufficient to speak to the need for a first response unit on campus but there are other reasons as well. The primary reason is that he believes any R-1 unit should consist of those at the EMT level, though some might have MRT status. The trauma kit an R-3 would carry include various methods for controlling bleeding and instant glucose and oxygen. If someone who had diabetes were to need glucose that could quickly and easily be remedied by an R-1 with instant glucose, noted Goldstein. He also added that oxygen is important because anyone with angina or a stroke needs to get oxygen right away.

He added the need is evident on campus because many older staff members are prime candidates for heart attacks and receiving oxygen right away is essential.

Goldstein added that he always carries a bag in his car. "As an MRT it is my duty to act," stated Goldstein.

We'll have fun, fun, fun... till our housefellow takes the hot tub away!

BY MORGAN HERITZ

-It's back...it's a game...it's for a HOT TUB. If you don't see the note on the door from K.B.'s housefellow that said "Come talk to me about the HOT TUB. PROMO," you may at least have noticed the monstrosity lying beached, thrashing for water, in the hallway of KB.

This weekend, the enterprising freshmen took on the task of getting a $750 tub up into one of their rooms. The attempt failed, but they now know that a room in K.B. is 1 1/4 inches smaller than a hot tub.

At lunch on Tuesday the freshmen were looking around ideas for redesigning their room. Many of us might have thought to make the door opening wider, or even to have a wall. But these freshmen, they decided on something big, something that would definitely make a statement. The decision was to buy a hot tub. By Thursday, they had found the right store, Town Pool and Spa in North Haven.

They chose a five person model with a price tag of $2,300. They did, however, get the salesmen to throw in an instant glucose and oxygen. If someone who had diabetes were to need glucose that could quickly and easily be remedied by an R-1 with instant glucose, noted Goldstein. He added that oxygen is important because anyone with angina or a stroke needs to get oxygen right away.

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The Earth House Column

OPINIONS/EDITORIALS

Dear College Voice:

November 21, 1995

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A survey that you won't mind doing

Here's your chance to be in schmoozing. Answer the following questions with honesty and creativity. Some questions are private, some are just stupid ways to test character. When all is said and done, we think you'll be a better person - and maybe you'll learn a little about yourself.

- Male/Female

- Y.O.G. or faculty/staff

- How many kids do you have?

- Would you eat them? more than one

- Female

- On what are you most proud?

- Who is your biggest failing?

- Do you have any siblings?

- What was your favorite TV show?

- What would you be if you were the President?

- What is your idea of hell?

- What is your favorite movie?

- What are your political beliefs?

- What is the greatest movie of all time?

- What is the most interesting place you've ever been?

- What is your favorite number?

- What is your favorite color?

- What is your favorite hobby?

- What is your favorite book?

- What is your favorite food?

- What is your favorite drink?

- What is your favorite sport?

- What is your favorite CD?

- What is your favorite TV show?

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"My body aches intermittently, in waves, as if I had malaria. I eat with no appetite, simply because the taste of food is one of my dwindling number of pleasures. I am tired, so tired. Last night I lay like a pile of old clothes, and when David came to bed I did not stir. Sex is a foreign notion. At work today I am forgetful; I have trouble forming sentences, I lose track of them halfway through, and my words keep getting tangled... I don't even know when this current siege began-a week ago? A month ago? The onset is so gradual, and these things are hard to tell. All I know is, the Beast is back."

- The Beast, A Reckoning with Depression by Tracy Thompson
The college years bring about periods of depression in many students.

Intimacy and identity

All depressions are not created equal, according to Dr. Singer. Not only do individuals experience different levels of disturbance and interruption in their lives, the form of their depression can be various. However, Dr. Singer said that research has shown that two distinct patterns of depression have developed. The first, called anorectic depression, is based on feelings about relationships and dependency on others. "I began to obsess that he was secretly in love with another girl; I panicked if I did not know his exact whereabouts," said Dr. Singer. "These were Thompson's feelings regarding her relationship in the midst of her depression. On the many problems faced by those who are depressed is the inability to be hopeful for the future and the need to have someone to depend on in life. Thompson's sentiments could be typical of those in an anorectic state of depression.

For first-years," said Dr. Singer, "One of the critical issues may be the separation from family and forming of new relationships, an issue which may be difficult and challenging. The second type of depression is known as introjective. A person experiencing introjective depression is apt to have thoughts and feelings pertaining to their sense of competence, their ability to achieve, and their overall effectiveness. "She thinks I'm an idiot, I thought. I did blame her. Every time I read a paragraph and went on to the next, I forgot the one before," Thompson believed, as do many in an introjective state of depression, that she was inadequate. She believed it was because of her stupid that she could not feed herself. I spent hours walking around campus at all times of day, restricted in loneliness as she struggled with her burgeoning anorexia.

This was how Tracy Thompson described her depression during her junior year of college in her book, The Beast, A Reckoning with Depression. The college years are a time of many changes and can be very traumatic and overwhelming. Dr. Singer, associate professor of psychology at a leading university, said that he had explained the reasons a college student might be faced with a depression as introjective. "Developmentally, young people are in a stage of life where they're trying to make sense of who they are and what their identity is. They're also trying to take the first steps in creating more long- term personal relationships and sexual relationships," said Dr. Singer, discussing the affect of the illness of depression on college students. "So both identity and intimacy are becoming pressing concerns."

Dr. Singer pointed out that although a person could experience an episode of depression at any time throughout the four years of college, there may be more a tendency toward depression during the first and second years when students are faced with significant life transitions. "You think about periods within the four years when students might be more prone to feeling states of distress or unhappiness, the first period would be the first few months when students arriving at the college, they have left home, have taken on a new level of responsibility and independence," with the description of anorectic and introjective depression.

Dr. Singer pointed out that, for people with a "vulnerability" to depression, an individual's tendency, in determining such a vulnerability, these periods of significant transition can precipitate an episode of depression.

The first place to start would be talking with friends and family. If you're feeling abnormal about yourself in the world, or about your capacity for intimacy, talk to the people you care about," advised Dr. Singer. "Tell them you're lonely and that you feel like you're not connecting with people." He pointed out that if you express one's relationship with an individual, one might also value that person's feedback. He also recommended talking to coaches, professors or any trusted authority figure.

"Talking with them doesn't seem to make you better. And you're not seeing any progress in your life, in your relationships, or in your work, and you're feeling your depression increasing, it might be important to consult a professional," said Dr. Singer. He added that individuals should take seriously the recommendations of their friends and seek help.

How serious is it?

Dr. Singer recommends that the following issues be kept in mind when evaluating whether your condition is serious enough to warrant seeking help. "First," he said, "No one should ever feel ashamed of speaking to a professional—we rely upon expert and professional advice in so many other realms of life, why shouldn't we take advantage of the knowledge and expertise that mental health professionals can provide to us?"

Dr. Singer added that one should not feel too strongly concerned about the problem creating disruption in one's life is not significant enough to just treat it with a little advice help. "Mental health professionals are trained to evaluate the seriousness of the problem you bring to them," said. "If your problem does not appear to require ongoing counseling, it is both their role and responsibility to give you that feedback."

Also, Dr. Singer said that awareness of some of the common symptoms of clinical depression can be helpful to one attempting to detect the type of necessary distress from a severe disorder.

Common symptoms include sleeping too much or too little, though the majority sleep too little, loss of appetite and weight loss, loss of energy and loss of pleasure in activities that used to give one pleasure.

Most of all, Dr. Singer said that one should be concerned about feelings of pain and sadness that are hard to get away. "I'm talking about that wrenching sadness inside you," he stressed, "If you find yourself sitting at lunch and feeling a hole inside you."

According to Dr. Singer, one feels that this period of depression is epidemic and the following issues be kept in mind in evaluating this situation is considered high risk for clinical depression and is likely to respond effectively to treatment. Others who do not identify with this set of symptoms may be experiencing a more temporary struggle with clinical depression and may not be motivated enough to consider medication.

Thoughts of ending it

Depression can arise from depression entertain thought of suicide at some point. They are at a point in which they think and behave very differently. But the point at which everyone who desires to suicide attempts contemplate or attempts suicide is in some way emphasized the psychological classic distinction between passive suicidal ideation, in which one might have the desire to "go to sleep, and wake up", and active suicidal ideation, in which one has a plan or has gathered the means to commit suicide.

Active suicidal ideation does not always lead to suicide, or even genuine attempts to die, according to Laura and Laura. In many more cases mortality rates are lower. In fact, she estimates that over fifty percent of those visiting Counseling Service at the Beast, thought about her life. For- selves at some point in their lives. She detailed the complex distinction between suicidal gestures with which one might experience, and the plan and gather equipment together to make an attempt on their life, perhaps even taking some action, from suicide attempts. In the first case, the individual does not truly wish to die, but wants to convey the seriousness of their feelings to others. In this situation this may be likely to harm themselves and then call a friend or emergency services for help. In the latter, the individual does truly wish to die, but their actions are incomplete, perhaps because another person has intervened.

Bi-polar illness is not depression

Many confuse the conditions of clinical depression and bi-polar illness, formerly known as manic depression. Bi-polar illness is a fluctuation between two states of mind. Those with bi-polar disorder will experience the symptoms of depression but they will also experience periods of mania. Persons in a state of mania may feel delusions of unusual power or ability. According to Dr. Singer, they may engage excessive activities such as writing non-stop or spending money. They may engage in indiscriminate sexual activity, and other high-risk behaviors. The manic state could last for 30 minutes to three weeks, but will followed by a crash resulting in a period of depression.

Recovery

"It is something to remember, to look back and say that dream propelled my triumph over the likes of that. There are no triumphs here, only ways of fighting. I suspect that the Beast and I am lift partners. But it's okay. There's an ordinary life. Life is a bit tough, but I don't want to make it out of a special thing. Criminal life is a misleading thing," Thompson believed she will face visits from the Beast through her writing. For many therapy and medication mean a return to a healthy life and an escape from the Pit, the hole or the abyss.

Dr. Singer said that one should be concerned about feelings of pain and sadness that are hard to get away. "I'm talking about that wrenching sadness inside you," he stressed, "If you find yourself sitting at lunch and feeling a hole inside you."

According to Dr. Singer, one feels that this period of depression is epidemic and the following issues be kept in mind in evaluating this situation is considered high risk for clinical depression and is likely to respond effectively to treatment. Others who do not identify with this set of symptoms may be experiencing a more temporary struggle with clinical depression and may not be motivated enough to consider medication.
Suicide: when there's no turning back
BY CYNTHIA Pizzarro
Copy Editor
"Got a ticket for a runaway train... It's just easier than dealing with the pain." - "Runaway Train," Seal Asylum

Suicide is the third most common cause of death in the 15-24 year-old age group. People in this segment of the population are especially at risk for suicide because of the frustrations of adolescence, academic pressures, transient relationships, and difficulties related to living away from home for the first time can all contribute to what someone might perceive as an impossible situation.

For college students, these factors can be especially intense. Thaya May, Harvard student Sinedu Tadesse provided a grim example. On the last day of finals, Mullins had stabbed her roommate 45 times, then hanged herself in the shower. Tadesse had apparently had a discussion with her roommate, Trang Phuong Ho, regarding rooming arrangements for the next year, and had recently been told by an administrator that she was unlikely to be accepted into Harvard Medical School. Her reaction was severe, gruesomely ending the lives of two exceptional students and coming as a surprise to their friends, their families, and the Harvard community.

At Connecticut College, there are a number of provisions for the prevention of suicide. According to Katherine WoodBrooks, dean of student life, the issue of suicide is addressed in the instruction of campus administrators, and some faculty and administrators have had formal training in suicide prevention. Housefellows also receive some instruction on suicide in their training before the school year begins. WoodBrooks said that the function of the faculty and administration who suspect a student is suicidal is to help connect the individual with Counseling Services. "What the faculty do is raise the red flag to the deans," said WoodBrooks.

The same is true for housefellows; they are advised to refer to deans, Counseling Services, and/or Campus Safety, depending on the situation. WoodBrooks of Branford, said that "the protocol for us [housefellows] is to get help..." Once informed about a situation, the deans can ensure that the student sees counselors. The official Connecticut College Protocol to Address Suicide Concerns stipulates that "The College Counseling Service will be responsible for the evaluation of suicidal risk and the need for follow-up treatment."

It is a frightening fact that the rate of suicide is on the rise. An October 1995 news release from the Center for Disease Control and Prevention says that over 32,400 people killed themselves in 1994, as compared to 31,230 in 1993. Moreover, the statement reveals that the rate of suicide for males age 15 to 24 has more than tripled since the middle of the century.

So what is it that can actually push a person to ending his or her life? The most common cause is depression, whether brought about by loss, change, abuse, or any unfavorable situation. Depressed people may feel trapped and helpless, and see themselves as worthless and desperate. Suicide can appear to be a rational solution to someone who is unable to see other options.

Suicide usually does not come without warning. There are various "symptoms" suicidal people often display that, if recognized, can save their lives. Some are well-known, such as giving away one's prized possessions or suddenly withdrawing from close friends, but others are not as easy to detect. Recognizing combinations or making decisions can mean someone is distracted by thoughts of suicide, and an abrupt positive change in mood can indicate that someone has actually made the commitment to kill himself or herself and is happy that soon "it will all be over."

The best course of action to take if you suspect a friend at Cornell of considering suicide is to go to Counseling Services or a dean to discuss the situation. There is nothing to lose if the person is not suicidal, but if so, counselors can deal with the problem.

Food is the enemy
BY MICHELLE ROMAN
Editor in Chief

Sarah sits alone at a table in the dining hall. She has just finished eating a few pounds in the past month and feels disgusted with herself. She only ate some rice and had a little water but still it feels like too much. Her friends bothered her again, telling her she needs to stay thin. She says to her self, "I am in control." She decided to stay home because her friends always follow her to the lunch room when she is doing excess, just in case....

Sarah weighs only 105 pounds, below average for her 5'10" body type. She hides her weight from her friends. She looks at herself in the mirror and feels extremely overweight. It doesn't matter what her friends tell her, she sees herself under weight and she believes only her eyes. She feels like she is not letting her hunger get the best of her, but she has never actually thought that she might have an eating disorder.

Americans have a love/hate relationship with eating. Eating is often a social activity, something everyone can do together because we all need to eat. Yet, our culture is starving too heavily. For some people, food becomes an enemy and sometimes an emotional support.

When food becomes a tool to conquer emotional problems, or when one's view of one's body is distorted and not realistic, it is safe to say that person has developed an eating disorder.

Food is the enemy.

There are a few different types of eating disorders. Many people dealing with eating disorders have a sense of loneliness or isolation from the outside world. They often feel disconnected about their eating habits. "These are the kinds of feelings that other anorexics and bulimics also have, but they are thinking about it in a different way," said Hesslein.

Eating disorders are often a way of expressing emotions and a way for victims to control their daily life. Other times, people who have had controlling individuals in their life and this gives them a sense of power. "They can control when people will eat," said Hesslein.

Often times those who have eating disorders also have issues with their self-esteem, body issues, issues about perfectionism and often times there are families histories of other substance abuse. Hesslein, in a family with alcoholism or drug abuse it is not unusual to find someone with a problem with food. Hesslein offers a few suggestions to those who are trying to help a friend with an eating disorder. Some good ideas are to involve a friend in activities not related to food. Instead, take a friend for a walk or go to the movies. "You don't have to nagging at them. And as a friend you go get some help as well because it can be very difficult, frustrating and painful to try and help someone who may not want your support right now. You don't enable your friend by keeping the secret," said Hesslein.

It is scary to think that food can become a weapon, an enemy to project emotions that are too difficult to handle. It is difficult to ever find perfection with your body and you don't need to. Who hasn't had a moment when they hate their body, feel that they eat too much and wish that they could change their body? The problem is when it becomes an obsession, an unhealthy future; admitting the problem can be the first step and can lead back to a normal relationship with food.
It has been known since the 1950’s that many psychiatric disorders are not strictly in the mind of the patient, but are in fact physical disorders which, through proper medication and therapy, can be treated with great success. Post World War II medical research into various diseases, such as Tuberculosis, led to the discovery that some of the medications were having psychological effects such as mood elevation in the patients. This spawned a entirely new field of research and is one of the hottest fields in modern medicine. Many of these psychiatric diseases are caused, in some way or another, by malfunctions in the way nerves throughout the brain and body transmit messages to one another.

Nerves are not directly connected to each other. The entire nervous system may be thought of as a giant highway of electrical impulses, the nerves being disconnected sections of road. In order for the signals to travel from one section of the brain to another or from the brain to muscles and sense organs, known as effector organs, something must bridge the gap between the nerves. The signal cannot cross the gap until the pre synaptic cell (the sender of the signal) releases a chemical called a neurotransmitter. The strength of the signal is dependent upon the amount of the neurotransmitter in the synaptic cleft, and the stronger the signal. Once the signal has passed, the cell will either reabsorb the neurotransmitter or it will be broken down by enzymes. The neurotransmitters bind to molecules on the receiving nerve cell called receptor sites. When the neurotransmitter binds to the receptor cite, it triggers the receiving cell to transmit the message impulse.

Most medications used to treat psychiatric disorders such as depression, dementia, or hypertension, in some way control the amount of these neurotransmitters in the synaptic space. These medications can be grouped into several general classes based on the chemical they treat and the way in which they work.

**ANTIPSYCHOTICS** (also known as neuroleptics)

It is believed that many forms of psychiatric illness are caused by overstimulation of the neurological system and one factor in that is an overabundance of the neurotransmitter Dopamine in the brain. Many antipsychotics compete with Dopamine for the receptor cites on the receiving cells. When the medication binds to the receptor cite, it does not help trigger the continuation of the signal and therefore fewer receptor cites are being stimulated and the signal strength is reduced.

**ANTIDEPRESSANTS** (two categories)

Monoamine Oxidase Inhibitors

Monoamine Oxidase, known as MAO, is the enzyme responsible for the breakdown of some of the neurotransmitter after it has been released. If too much is broken down or if it is done too soon or too quickly, the neurological system is not stimulated enough and a depressed state is experienced by the patient. This class of medication blocks the action of the enzyme and permits the neurotransmitter (usually dopamine, norepinephrine, or serotonin) to remain in the synaptic space.

These medications are the most recent class of anti depressants. They are designed to block the reabsorption of neurotransmitters by the presynaptic neuron (cell). This causes the neurotransmitters to remain in the synaptic space longer and in higher concentrations which strengthens the signal. In the parts of the brain that control emotion, this increased signal strength leads to elevation in mood. The poly cyclic class of antidepressants is beginning to phase out the MAO inhibitors which are not as effective and have many dangerous side effects. Well known examples of poly cyclic antidepressants are Fluoxetine, better known as Prozac, and Sertraline, better known as Zoloft.

**TRICYCLIC AND TETRACYCLIC ANTIDEPRESSANTS**

Tranquilizers can be categorized into major and minor with the major group acting as antipsychotics and having similar properties and acting in similar ways to the antipsychotic medications mentioned above. The major tranquilizers block the neurotransmitter receptor cites and diminish neural stimulation which produces the desired antipsychotic effect. These drugs, due to the extent to which they block the receptor cites, can also cause some fairly severe side effects ranging from muscle spasms to decreased cardiac performance and in rare cases death.

Minor tranquilizers are used mainly to treat anxiety and do not block the receptor cites, but rather increase the production of Gamma-Amino Butyric Acid (GABA) which causes the receptors to only fire when they are reacted with GABA. When the receptors are presented with another transmitter, it is much more difficult for them to continue the signal. The largest and best known group of these minor tranquilizers are the Benzodiazepines. Due to the decreased risk of severe side effects, the Benzodiazepines have replaced Barbiturates as the tranquilizer of choice.

**TRANQUILIZERS**

*Related Drugs:* Acetophenazine, Butaperazine, Cerphenazine, Chlorpromazine, Chlorprothixene, Droperidol, Fluphenazine, Haloperidol, Loxapine, Meprobamate, Mesoridazine, Bysylate, Molindone, Perphenazine, Promazine, Prochlorperazine, Promazine, Thoridazine, Thiothixene, Trihexyphenidyl, Triflupromazine.

*Related Drugs:* Buclizine, Iloperidone, Melperone, Meprobamate, Methylphenidate, Haloperidol, Lithium, Mirtazapine, Aripiprazole, Clozapine, Olanzapine, Quetiapine, Ziprasidone.

Imagine a world filled with sounds and movements that will distract you even from the most interesting of tasks. Imagine your schoolwork taking distant focus, even from the most interesting of tasks.

ADD and Ritalin: the truth behind the mystery

In fact, 75 percent of ADD sufferers are helped by psycho-stimulant medication. Ritalin, however, is also a central nervous system stimulant similar to amphetamines in the nature and duration of its effects when injected or inhaled. This pushes up the street value of this otherwise useless drug. Prescriptions for Ritalin in the past five years have increased 60 percent according to the DEA. Because of its effects and potency, Ritalin is a Schedule II Controlled Substance by the federal government. Its production is under strict federal regulation in its manufacturing and distribution. For patients with ADD, Ritalin activates the brain stem arousal system and cortex allowing them to focus on their work. Other medicines include Deseret and cyclet.

ADD is still unfamiliar disease. ADD is a fairly recent discovery in the field of mental disorders. In the past, this disorder was passed off as mere hyperactivity and was assumed to pass with maturity. This is still true even with recent studies and medication showing positive results for this still unfamiliar disease.

ADD is often coupled with hyperactivity (ADHD) and is still widely unknown and diagnosed.

ADD and ADHD are still widely unknown and undiagnosed.

and are by no means a cure-all.

Recent studies have shown that three to five percent of children under 18 have ADD. In addition, ADD and ADHD affect many more older people. There is at least one child with ADD in every classroom in America. There are varying degrees of severity of ADD and ADHD with many modifications and regulations. Psychiatrists emphasize that this kind is in no way a fault of the parents. Many parents of children with ADD and ADHD often blame themselves for their children's differences. As many as three million children with ADD and ADHD often blame themselves for their children's differences. As many as three million children with ADD and ADHD are diagnosed with ADHD or ADD. The disease also appears almost two to three times more frequently in boys than in girls of the same age. This pattern of diagnosis is still unclear, but further studies are being conducted as to the social aspects of the disease.

A national-wide organization called Children and Adults with ADD (CHADD) has been formed and is growing at an astounding rate. The organization gives information and support to families and children with the disease. There are chapters across the entire country.

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In a classroom-based chain of reporting, the behavior of students is monitored by the classroom teacher, a dean or a subprincipal. The students may be asked if "I wish I could go to sleep and never wake up," and active suicidal ideation, in which there is a planned method of death.

Warning signs of Depression

Depression is not merely a "blue mood." It is a prolonged period defined as a low, sad state in which life seems bleak and its challenges overwhelming. In such a state, a person may be at risk for suicide. Warning Signs: Someone suffering from the following profile of symptoms may be considered at high risk for clinical depression. If you or anyone you know has been experiencing these symptoms for more than a few days, it may be serious. Help is available.

• Anhedonia, or the lack of enjoyment in activities previously viewed as pleasurable
• Sleeping more than usual or difficulty in falling asleep
• Social isolation
• Difficulty concentrating, i.e., it is difficult to complete academic work
• Feelings of worthlessness
• Thoughts of harming oneself or others
• Loss of appetite and weight loss; variations include binging on junk food and eating irregularly

• Psychomotor retardation, the loss of energy, slowed movements, hesitant or slowed speech, slumped posture

• Subjective feelings of pain and isolation that do not go away

• Thoughts of suicide and death, or the desire to die. There is a distinction between passive suicidal ideation, i.e., "I wish I could go to sleep and never wake up," and active suicidal ideation, in which there is a planned method of death.

This college responds to emotionally disturbed students in several ways. The simplest is by referring counseling services to those who request them. The other avenues to treatment are less direct, but more often not in the Office of Counseling Services.

Students experiencing symptoms of depression, or exhibiting disturbing behaviors such as excessive sleeping, unusually high levels of irritability, or social withdrawal rarely do so without attracting the notice of friends, roommates, and neighbors.

"One of the beauties of our little community is that it's hard to hide things," said WoodBrooks, dean of Counseling Services. "It's a community where people are looking to be supportive, and it's hard to avoid them." Arthur Ferrari, dean of the college.

Students themselves often play an important role in identifying a need for intervention as friends and confidants notice.

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November 21, 1995

**STRESS... a fact of college life**

BY JENNY BARRON

Editor's Note

On a typical day, I get up at around 9 a.m. to the fuzzy sound of the morning news report. From the moment I leave my bed to the moment I return around mid­night, I am going full force. There is very little time budgeted for pausing, or even breathing. With this schedule, I find myself often fighting that familiar college demon—stress.

Stress is a fact of life in college. From the distance from home to looming exams and papers, it touches everyone. But as Catherine Woodrooks, dean of student life, points out, it only becomes dangerous when it rules your life.

It becomes unhealthy if it is interfering with your academic life and your social life and your ability to maintain a healthy balance between the two,” commented Woodrooks. She noted that the clinic provides help for those feeling overwhelmed in regard to counseling services, including advice from counselors, various deans, and David Resley, health educator as well as stress workshops set up by individual housefellow.

Woodrooks said that she tries to provide structure and guidance to those struggling with seemingly overwhelming stress. Sometimes she also employs something known as a behavior contract. This involves a student signing a contract indicating that he or she will do certain things and not do others. She notes that even simple things like eating right and getting plenty of sleep are essential for dealing with stress.

Woodrooks added that students seem to be very conscious of stress and stress-related workshops and activities. She sees signs of an eating disorder. Stress is a fact of college life to remember for anyone with a mental health disorder is to receive help because there is hope for a healthy future.

**Schizophrenia is a commonly misunderstood disease**

BY MICHÈLE RONAYNE

Editor in Chief

One out of every hundred people suffer from it. Over two million in the U.S. will have or have been treated for it. The disease is schizophrenia and its effects can be quite debilitating.

Schizophrenia is a psychosis. It is a break from reality. The symptoms of schizophrenia typically develop in late adolescence or very early adulthood. It is an impairment of the ability to deal with and function in the outside world. It is described, according to Ronald Comer's text *Abnormal Psychology,* as "a disorder in which personal, social, and occupational functioning that had previously been adaptive deteriorates into a world of distorted perceptions, disturbed thought processes, deviant emotional states and motor abnormalities." These affected with schizophrenia have various unusual experiences. These experiences vary depending on the type and severity of the illness and include auditory hallucinations and delusions. Delusions can mean that people believe others are persecuting them, attach hidden meanings to others' actions, believe they are famous historical figures, believe that others are controlling their actions. Examples of people suffering from delusional symptoms are someone who believes that the FBI is following and documenting his or her every move or someone who believes that there are electrodes in his or her brain sending messages.

According to Comer, there are various theories as to the causes of the disease. The different schools of thought range from the sociocultural and psychodynamic views to the genetic and biological views. The most recent research has been in the last area. Genetic research indicates that there is a gene that can lead to a predisposition to the disorder. An individual with a predisposition to schizophrenia could develop the disorder when exposed to external stress. There are many antipsychotic drugs that are helpful to those with schizophrenia, such that one can live and function normally. There are also various forms of therapy, and institutions that allow patients of schizophrenia to function.

The disease is more prevalent in people from lower socioeconomic classes. This is because those who are afflicted with the disease are less likely to succeed economically. There are an equal number of men and women who suffer from the disorder.

Comer’s text explains, throughout history, schizophrenia has been most commonly associated with “madness.” In the early years A.D., a Roman physician named Galen first coined the term “dementia” to describe the reduction in the number and size of a person’s “animal spirits.” In 1911, Eugen Bleuler applied the word schizophrenia to “disorders of serious intellectual and mental deterioration.”

Confusion often arises as to the differences between schizophrenia and Multiple Personality Disorder (MPD). Some people believe that schizophrenia is a split in personality. The origin of the word comes from the Greek for “split mind.” In fact, schizophrenia consists of a split in the thought process and withdrawal from reality. MPD involves a split in one’s personality that results from repeated trauma in early childhood. The person with MPD is not always aware of other personalities and does not experience the same symptoms as those with schizophrenia. Each personality has its own distinct character, and when different personalities emerge, one can even view the difference in handwriting. Depending on the type of MPD, the personalities may change, or may not be aware of one another. Sometimes the personalities can hear the others’ voices. Personalities will change, often in a dramatic manner, during stressful situations. These personalities emerge as a coping mechanism to deal with trauma too severe to be dealt with by a single personality.

Both disorders, while not curable, are treatable. There are some people that cannot recover from these illnesses, but people with either disorder can go on to function normally in their lives. There are also current attempts to remember for someone with a mental health disorder to receive help that hope is on the horizon for a healthy future.
Millions of dollars in scholarships, fellowships, grants, internships, work study programs and special student aid funds go unused every year because students simply don't know where to apply or how to get their share.

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Remember, help is right around the corner

Michelle Bogani
Editor in Chief

You aren't thinking about it right now, but you probably feel pretty good today — don't you? Maybe you have some difficulties with friends, family, or work, but you're not feeling as if the walls are closing in ... or are you?

For someone suffering from a mental illness, good days are few and far between. When one is coping with a personal problem, it can seem as if things will never get better — but they can. If someone you know has been having more bad days than good days, or if you're feeling as though the walls are closing in, you may need to get help.

The Counseling Services Office, located in the infirmary, can help, according to Laura Hesslein, director of counseling services. The office is staffed by four part-time counselors and a part-time psychiatrist. They offer on-campus, short-term therapy to students.

Hesslein emphasized that students may want to seek counseling if they are concerned about one of their friends. It can be a terrible burden to be a friend to someone who is in trouble. "The other things that concern me is that out of respect for one another, you are more inclined to keep a secret. But if you are carrying a very tremendous burden and feelings of responsibility, I would encourage people not to keep that information a secret, for themselves and for their friends," said Hesslein.

Although the duration of treatment varies, most students who receive therapy from Counseling Services on a regular basis do so about once a week for the length of a semester, according to Hesslein. And many students do make use of Counseling Services; although Hesslein does not keep statistics, she estimates that about 25 percent of each class seeks counseling on-campus before graduation.

She attributes the high usage of the office to the transitions most college students face. "Anytime there is a life change, people who have a proneness to depression are going to be more challenged. All of their resources are getting pushed — going to college, a family move, a death in the family, divorce, or a birth in the family are life changes which can disrupt the status quo of living," said Hesslein. Students are referred off-campus for help if the issues they are struggling with are more complex than can be dealt with by part-time staff, or if the students' and counselors' schedules do not connect.

"We don't have the resources to do long-term or more than once a week therapy, and we are also not a 24-hour a day, 7-day a week service. So we're limited in terms of being available for people who are in treatment and might have a tendency to run into distressing complications," said Hesslein.

Dr. Daniel Bendor is the part-time psychiatrist affiliated with Counseling Services. He evaluates and mediates students, but is only available two hours a week. According to Hesslein, most students in need of psychiatric treatment are referred to a professional off-campus, although some are seen by Bendor. Hesslein explained that he chooses the kinds of disorders he wishes to treat, and makes decisions about whether to give psychiatric treatment to a student based in part upon the type of psychotherapy that student receives.

Traditionally, people whose lives have been affected by emotional disturbances, or who have sought help for their disorders, have been socially stigmatized, a fact which may have led some to be reluctant to seek counseling. Recently, however, there has been greater openness about mental health disorders across the U.S., as the best-selling status of Prozac Nation may demonstrate.

"It's not as stigmatized as it used to be, but it's still got a long way to go," said Hesslein. "Some people are still depriving themselves of the opportunity to get help out of fear of what other people might think or say," she added. But according to Hesslein, Counseling Services at Conn, like similar offices across the nation, is well-used, a fact that she attributes to the time of life as well as greater acceptance.

Counseling Services can be reached at extension 2692.

Never underestimate the person who tells you he/she wants to kill himself. It could be a cry for help and should not be ignored. There is a difference between passive suicidal ideation i.e. "I wish I could go to sleep and never wake up," and active suicidal ideation, which involves a planned method of death.

Warning: If you or anyone you know is feeling this way, the time to get help is now. If you are thinking about suicide, call for help immediately.

• Preoccupation with death
• Previous suicide attempts
• Withdrawal from friends and family
• Negative comments about oneself
• Neglect of one's personal appearance
• Difficulty concentrating
• Not tolerant of rewards and praise
• Comments like "I won't be a problem to you much longer."
• Irritability
• Eating or sleeping disturbances
• Difficulty remembering or making decisions
• Giving away personal possessions
• Sudden elevation of mood because a plan has been made and the end is near
The "Year of Discovery" begins in the sky (1975), which Adelson described as "a combination of the old and the new," was the creation of composer Richard Feliciano. Feliciano was "inspired by the idea of ritual and ceremony in music." The performance of this piece was unusual because it called for a "conventional" choir, an orchestra, and a pre-recorded tape. The tape contained vocal parts that were electronically enhanced and colorized using various effects.

The initial contrast that the tape and live-performers sparked was a bit unsettling to some members of the audience; however, as they adapted to its "newness," the work successfully bridged two worlds of music centuries apart.

One of the most interesting performances that readily proved the commitment to "rediscovering the classics" was "La Follia" (an expressive baroque era composer Jean-Philippe Rameau). The piece, originally written as an instrumental work, was re-discovered by a group of Cornell singers introduced by Adelson as "The Conn Artists" (of which, it became apparent, Adelson was a guest member). This particular performance reflected on something that Adelson had revealed to me before the concert: The "more I look at music, the more I realize that the performances that count are the ones that are revelatory, that reveal something about the music."

The orchestra skillfully presented the work. If you lose the calm, relaxed mood, everything will become disjointed and fall apart.

The final performance of the night was Mozart's "Sinfonia Concertante in E-Flat," a beautiful hymn-tune "Prague" (composed 1786), to many. Clearly, the repertoire fare was four musical innovators, who, in a six-year period, transformed rock-and-roll into a serious art form. Beatles Anthology traces the evolution of modern rock sound.

Beethoven Anthology Volume 1 (available November 21) paints a portrait of the development of the Beatles' classic "Mussorgsky's" sound. The journey starts in 1960, with the Qua fin fan early "skiffle" group featuring John Lennon, Paul McCartney, and George Harrison playing a competent (though amateur) cover of "That'll Be The Day," backed by the only known McCartney-Harrison composition, "In Spite Of All The Danger." From there, the discs cover the development of the Beatles from their early days until the peak of beatmania in 1964. Among the highlights of this material are:

- ten tracks featuring original Beatles drummer Pete Best, whose drumming left room for ringo Starr to take over.
- live performances from the early stages of beatmania, including excerpts from the groundbreaking 1964 Royal Command Performance and their first appearance on the Ed Sullivan show.
- alternate takes of many songs from the Beatles' first four albums, including markedly different performances from their previously-released counterparts.
- the first new Beatles song in 25 years, "Tree As A Pillar," which features lead vocals and piano by John Lennon.

The most remarkable aspect of Anthology is the fact that many of the featured tracks were subject to heavy bootlegging. This may make many die-hard Beatles fans wonder whether it is worthwhile to spend another $30 on something they already have. To these skeptics, I can only say: the Anthology series is worth every penny. Of the 50 tracks peppering the two discs of Anthology Volume 1, over one-third are not bootlegged in any form. Anthology, both as a television special and CD set, successfully焼きs the Beatles into a generation desperately in need of a musical icon they can trust.

Arts & Entertainment
The "Year of Discovery" begins

by Mark McRaven
The College Voice

A "Year of Discovery" in the world of music began last Sunday evening with the debut performance of the Connecticut College Orchestra under the direction of Michael Adelson, conductor, and Damon Krieger, assistant conductor, in a packed Harkness Chapel. Adelson promised a "discovery" concerning "the connections between pieces of music which exist in vast spaces of time." Indeed, this mission of discovery, based on an equal partnership between the composer, the performer, and the audience, was a two-fold: Adelson explained: "We will rediscover the classics, and also the pieces that are new." Clearly, the repertoire upheld this promise. Compositions ranged from an anonymous work titled, "La Follia," a piece named "Edmundsourg," and Mozart's Symphony #38 in D major "Papaer" (composed 1786), to Edward Dimente's piece titled, "Brezo-Encore," composed 1976) and two conductors due to the piece. The orchestra, under Adelson's command, thendegnated nicely into the second piece, Vigelis et Sancti, a beautiful hymn-tune played on the organ by Rudolph Radina. The third piece, Windows in the Sky (1975), which Adelson described as "a combination of the old and the new," was the creation of composer Richard Feliciano. Feliciano was "inspired by the idea of ritual and ceremony in music." The performance of this piece was unusual because it called for a "conventional" choir, an orchestra, and a pre-recorded tape. The tape contained vocal parts that were electronically enhanced and colorized using various effects.

The initial contrast that the tape and live-performers sparked was a bit unsettling to some members of the audience; however, as they adapted to its "newness," the work successfully bridged two worlds of music centuries apart.

One of the most interesting performances that readily proved the commitment to "rediscovering the classics" was "La Follia" (an expressive baroque era composer Jean-Philippe Rameau). The piece, originally written as an instrumental work, was re-discovered by a group of Cornell singers introduced by Adelson as "The Conn Artists" (of which, it became apparent, Adelson was a guest member). This particular performance reflected on something that Adelson had revealed to me before the concert: The "more I look at music, the more I realize that the performances that count are the ones that are revelatory, that reveal something about the music."

The orchestra skillfully presented the work. If you lose the calm, relaxed mood, everything will become disjointed and fall apart.

The final performance of the night was Mozart's "Sinfonia Concertante in E-Flat," a beautiful hymn-tune "Prague" (composed 1786), to many. Clearly, the repertoire fare was four musical innovators, who, in a six-year period, transformed rock-and-roll into a serious art form. Beatles Anthology traces the evolution of modern rock sound.

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Greg Keller puts on makeup as he prepares for a performance of some Americans Abroad that appeared on the Palmer stage last Thursday, Friday, and Saturday. The play, directed by Linda Here, provided a unique look into the lives of educators and their students as characters struggled with charges of sexual harassment and other tough issues.

Michael Adelson talks to the audience during the first of the "Discovery Concert Series" presented by the College College Orchestra.
Smashing Pumpkins deliver an air of sadness

**By Britt Wolf**

The College Voice

Over two hours of heavy guitar riffs and bellowing about how love always sounds like a perfect album to intelligent listeners, the Smashing Pumpkins delivered their new sound to Connecticut College on November 21.

When Christo and Jeanne-Claude arrived on the stage at 10:15 PM, they entered through smoke and stage lights. For the first time, the audience was able to see the actual "wrapping" of the Reichstag building.

The roof of the building was opened and the sun shone through, illuminating the inside of the Reichstag. The audience was able to see the inside of the building, including the desks and chairs used by the members of the German Parliament.

The Smashing Pumpkins performed eight songs from their new album, *Mellon Collie and the Infinite Sadness*, which was released on October 27.

The first song, "Zero," was a highlight of the show. The band's lead singer, Billy Corgan, performed a powerful vocal performance, with the audience singing along.

The second song, "The Best Is Yet to Come," featured a powerful guitar riff and soaring vocals.

The third song, "Tonight, Tonight," was a softer, more melodic track that showcased the band's range.

The fourth song, "For领袖s And Lovers," was a powerful, emotional ballad about lost love.

The fifth song, "To Call Out Loud," was a hard rock track that featured a catchy guitar riff and a powerful vocal performance.

The sixth song, "Sex on Fire," was a fast-paced, heavy rock track that featured a powerful guitar riff and a driving beat.

The seventh song, "D/maps and Plans," was a softer, acoustic track that featured Corgan's powerful vocals and a stripped-down, intimate performance.

The eighth and final song, "Boarding House Reach," was a powerful, emotional ballad that featured a driving beat and a powerful vocal performance.

After the show, Corgan spoke to the crowd about his creative process and the inspiration behind the new album. He also thanked the audience for their support and dedication to the band.

The Smashing Pumpkins' performance at Connecticut College was a powerful and emotional experience for the audience, and a testament to the band's enduring popularity and influence on the music world.
Men's Hockey
Middlebury - Conn 2 -
Norwich Academy 2

Women's Squash
Bowdoin - Conn 0
Colby - Conn 1

Men's Squash
Conn 7 - Haverford 2
Conn 9 - Ohio
Wesleyan 0 -
lost to Columbia, Colby

IM Update:
Men's Chicks look to repeat as floor hockey champions
by TREY LEY
Assistant IM Director

Defending IM floor hockey champions Men's Chicks are off to a tremendous start with a 3-0 record, defeating their opponents by the combined score of 35-4. With two out of three of the league's top scorers returning in Tom Sorensen (23, 14, 37) and Holly Doyle (20, 13, 33), their season looks promising. On Tuesday, they unleashed the dogs in a 13-0 rout of Jen. Doyle led all scorers with 5 goals. In addition to Men's Chicks' strong returning core, they have also picked up some key recruits including Caroline Davis who tallied four assists in the contest. Another team that looks to build on last year's success is the Puss Muggs. They were undefeated in league play last year, but lost the big one to Men's Chicks. Despite losing key senior leaders Sara Clout and Colby McDonagh, the team looks strong in early season play. Puss Muggs are currently 4-0 with their recent win over Your Mom With A Stick by the score of 15-1. Junior sensation Siobhan Dobson had an impressive 10 goals and 10 assists on the night. Ke-An Hernandez (1, 2), Sarah Deary (1, 6), and Meg

Gailard (1, 5) all contributed. Mary Gorman tallied the lone Your Mom With A Stick goal with the assist going to Holly Hawkins. In their weekly action, Fido downed the Mighty Slacks 6-1. Erin Juhl (1, 0), Erin Shorro (2, 0), Dorothy Plechaty (0, 3), and Jillian Schroutter (1, 1) led Fido to victory. Ursula DeCamper and Tam Karn connected for the Slacks goal. In the closest game of the week, Athletics Feet topped Hamilton 5-2. Dakota "the Scoring Machine" Moulard had 4 goals and an assist in the win. Stephanie Cheleski led Hamilton in scoring with a goal and an assist.

In Co-ed Volleyball, Really Lucky Guys are on a tear within 6-0 record. In their last contest, they shut out Girls In the Bathroom 15-0, 15-6. Mike D'Amour and Amy Asbury were deemed the unsung heroes in the match. The other league power-house appears to be Team Sexy at 10-0. Scott Devlin's amazing seven jump serve once again helped the Sexy ones defeat Smith 15-2, 15-1. Money has also exhibited some solid play as they downed I Love Sheep 15-10, 15-5. Finally, Smith lost a barn burner to the ones who know what time it is. Four-twenty, 15-10, 15-11.

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Men's Ice Hockey opened this season with a loss.

Kristen Lemon/The College Voice

Ice Hockey takes opening shot on season

by Derek Crump
The College Voice

The Men's hockey team kicked off their 1995-1996 season with high hopes and big sticks. The season opened on Friday night down at the recently converted soccer field. Middlebury came to town fresh off of a national championship. However, this did not intimidate the mighty Camels. The Vermont men finally succumbed 5-2 in a hard-fought game. But Saturday afternoon brought a different team and a different result. The Camels shut down the Cadets from Norwich in a 5-2 throttling.

Opening night was full of excitement and tension. Connecticut is expecting big things this season with key players back and a plethora of freshmen and transfers, not to mention a tri-captain Ben Smith said, "With the new players, the team is going to be successful this year." Connecticut went on top early with Mike Deplacido scoring early off a pass from Kyle Riels and Jamie May. The National Champions, while stunned, were able to come back—and quickly. The Camels were hit by two goals and had to face the Panthers with only three skaters. Middletown capitalized on the power play and tied the game at one. Middletown then scored two more, going up to 5-1. With courage in their eyes and mouth guards in their mouths, the pucksters fought back to 3-2 on a goal from David Kessler. That is as close as the Camels would get, finally losing 5-2.

The story of the game probably was the heroics of the senior goalie, Todd "The Shoe" Shustek. Shustek turned away 47 of 52 Middletown shots, with referees that mirror his ability on the remote. Not to be outdone, the Middlebury tender was able to keep out five of 30 tennis balls that were thrown to the ice after Connecticut's second goal. Smith said, "I am proud of the guys because we never gave up,"—which would have been easy to do.

The shaved heads of the freshmen were quickly a majority when the Cadets of the Norwich Academy shot down Route 32. The Camels came out flying with three unanswered goals in the first period. Scoring in the first were freshman Dave Watson, junior Kurt Wilcox and senior Skip Miller, respectively. Overconfident, the Camels let in two goals in the second period. Going into the third, the hockey guys were holding on to a 3-2 lead. It was time to bury them.

The Camel scored twice, with Chris Abplanalp and Jean Labbe putting the puck between the pipes, and bringing home the win at 5-2.

The weekend was a success for the Camels. Chris Ruggiero said, "The weekend was an extreme success, and we hope to use the momentum in the upcoming tournament." A hard-fought game with Middlebury and a win against Norwich show that the Camels will be a team to watch this season.

The leadership is strong with Smith, Ruggiero, and Ant Segalas as captains, and it will need to be given the relative youth of the team and the length of the season.

The team is looking to continue its winning ways this weekend in Middletown at Wesleyan. The Camels are battling the Turkeys from Amherst on Saturday. Depending on the outcome, the Camels could wind up in a match-up with the Oberman-led Jerks from Wesleyan.

Women's squash team trains hard for challenging season

by Robyn Mantuso
Sports Editor

The women's squash team began their season with some disappointing losses in its first two matches of the year. Coach Sheryl Yearly and her team players traveled a long distance to Maine to meet Colby and Bowdoin in exciting yet frustrating initial confrontation. Unfortunately, the team lost 0-9 to Bowdoin and 1-8 against Colby.

Congratulations to sophomore Laurie DeCosta for winning the only match of the weekend. With only four senior squash members, the team is faced with many challenges and a potentially difficult season after losing several valuable players last year.

"We are a very inexperienced team and Bowdoin's probably the best team on our schedule this year," said Yearly. However, although the new squash team is composed of many rookie players, including five freshmen, they have been practicing vigorously since the beginning of October at their volunteer captain's practices, fervently led by seniors Eliza Aspey and Andrea Fuller. The team officially began the season on November 1. The members are determined to discipline themselves through tough drill sessions in order to prepare for the season. For the underclassmen in particular, these sessions will provide the necessary experience and stamina needed for upcoming seasons. Despite a tough weekend, the team is anything but intimidated. Their primary intentions are to form a strong, cohesive team and to improve greatly over the season, and they've got the enthusiasm and determination to accomplish it.

Athletes of the Week

Special recognition must be awarded to Craig Hirokawa on the men's squash team. Craig won all five of his matches in his first season on the team and after having learned the sport only six weeks ago!