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 was not much different to offer.

When Moreno Vega completed her secondary education, she came to realize that the high school she had attended was severely inferior in the Art and Music departments. She realized then 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 misinformed." 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, she said, "is this something that will create cohesion between faculty and students," said senior Lou Carter, president and founder of The Conn Review. The Conn Review will be published during the pre-registration period of each semester. According to Lynn Brooks, vice president for finance, the administration will fund the organization in the form of a loan for the first two semesters of publication.

"Then we will evaluate it to see if this makes sense," said Brooks. Once The Conn Review grosses $400, and second-year clubs to $600; beyond the second year there is no cap for club funding. The Conn Review's student questionnaires plus course syllabi, reading lists, and all other material will be back to the staff via campus mail. Once the information has been gathered, questionnaires will be scanned, recorded, and transcribed 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 co-editor-in-chief, and the entire Executive Board. The organization will be broken down into these sections: The Executive Board, the Advisory Board, and the Editorial Board. The Executive Board will consist of the President, Vice...
Access phone receivers stolen

By JENNY BARKIN

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 houses.

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 Phi's renovation 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 will begin work on reconstituting the finance process. They will be calling other schools to get ideas for the renovation of the accounting center. The Finance Committee will be changing their name to the finance committee.

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

Ryan Bachauzer, president of the junior class, reminded the Assembly that after eight parking tickets, students will face having their cars towed from campus.

Daniel Horwood, senator of juniors, announced that the Assembly would be discussing possible changes, brought by himself, KB Senator of freshmen and Janet Senator of summer, to the college's racial harassment policy at the meeting following.

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

The committee made the following recommendations given the results of the survey and the number of student complaints and safety events on campus, an increase of new activities, increased community involvement including free non-alcohol drinks for the designated driver at local bars, improvements to the campus dorms, more faculty, staff, alumni, administration, and trustee involvement in the issue, responsible advertising on campus, and making sure that food is available 24 hours a day so that people can sober up.

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

John Blanchard, 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 free of charge, and getting a big-game speaker such as Herb Ford, Natalie Cole, or Kenny Dukakis to come and address the issue of responsible drinking.

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

A senator, house governor, the staff will be open to the public, and two students at large will serve on the new committee.

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

On a separate note, Bachauzer added that the junior class would be having a Paul's Pasta dinner in Crow's Nest on November 3rd.

Claire McClure, senator of Earth House, announced that they are looking for co-sponsors for this year's Turkey Day in April. McClure said that they have booked Ali DiFranco and are trying to get enough money together to pay for the event.

Latino Awareness Speaker

Continued from page 1.

Moreno Vega, then said that black and Latino communities are deteriorating at 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 known in American society, she warned. The solution, she offered, is for individuals within these communities to stop bringing about change.

In conclusion, Moreno Vega explored the development of the relationships between college students and their home communities once they leave for college. Should these students damage relationships and continue to fail somewhere else? Or should they continue to be active (within the community) on a different level? The continuing connection between economically disadvantaged youth who become successful is often viewed as critical, since those who go to college may be recruiting younger friends and relatives as role models.

But 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.

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.

The Editorial Board will be led by the Editor-in-Chief and consist of the Copy Editors, Production Editors, writers, and staff of the publication.

Elections for all of the above 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, she said, statistics show that the numbers of black and Latino men who go to jail are steadily increasing, while the numbers 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 did ten years ago, when the population was much smaller.

Correctional institutions take these criminals, and in Moreno Vega's opinion, putting 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), Mexican 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."

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But how can one have the largest impact?

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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 internships 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 911. That would connect you to Campus Safety. This requires six to 10 minutes to arrive. "This is inadequate for a trauma situation like the ABC's: airway, breathing, and circulation," 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 R-1, one must have 60 hours of training and to 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 who came to campus prepared their patients for the 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 respond 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 situation. 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 those with paramedic response," said Coppola. He added issues like a c-spine injury need to be accounted for and in the case of a c-spine 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 once 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 drunken 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 could have MRT status. The trauma kit an R-1 would carry include various methods for controlling bleeding, 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 angiina 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.

Do we need this on our campus? Clearly, Coppola and Goldstein see it as a necessity. Lynn Brooks, vice president for finance indicated that it was an issue that had not really been considered. "I don't think we've studied at all," said Brooks.

Brooks believed the concerns would be mostly related to insurance. "During the day we have a good response from the health center," said Brooks. "We have to study it to understand all the ramifications." Miner did not have enough information to comment on the idea but did add that you can never have too much training.
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.

1. Have you ever tried on the opposite sex's underwear?
2. What is your idea of hell?
3. Which actor would you most want to fly a jet with?
4. If you were to fly a jet with any actor, who would it be?
5. Would you punch Jesus, who would it be and why?
7. What is your opinion of Castile and the magnificent order?
8. Which faculty member would you most want to see naked?
9. Who composed "The Four Seasons"?
10. Have you ever been on a date following in your Harris meal?
11. How many times have you been on a date following in your Harris meal?
12. Would you rob someone, who would it be and why?
13. If you were to rob someone, who would it be and why?
14. Can you give us the lyrics to the theme song from "The Facts of Life"?
15. What did O.J. do?
16. What do you think Michael Jackson touched that little boy's winkie?
17. If you were to do anything in the world, what would it be and why?
18. Have you ever "sweat to the oldies"?
19. What were Romeo and Juliet's last names?
20. Would you kill O.J.?
21. Auteroticism: a) hair b) diet c) nutrition d) a small toy
22. What do you think the greatest movie of all time is?
23. What number is hydrogen on the periodic table?
24. Who is the next childhood star to get hooked on coke, pose for Penthouse, or rob someone of their Macbook? (Chris) Christian Ritz
25. If you were to rob someone, who would it be and why?
27. If you were to fly a jet with any actor, who would it be?
28. What is your favorite TV show?
29. What would you do if you woke up tomorrow and realized that you were a llama?
30. What is your favorite TV show?
31. What's your favorite sport?
32. What's your favorite color?
33. What's your favorite food?
34. What's your favorite movie?
35. What's your favorite book?
36. What's your favorite music style?
37. What's your favorite band?
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45. What's your favorite band?
46. What's your favorite band?
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50. What's your favorite band?

26. Complete this phrase: I'm going to kill you - you freakin' bastard! That's the last time you ever...
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November 21, 1995
Health in the '90's
A special section dedicated to the understanding of mental health issues

"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
Depression and the college years... when crises of identity and intimacy can overwhelm

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 capacities for intimacy, their form of depression can be various. However, Dr. Singer said that research has shown that two distinct patterns of depression have developed. The first, called anintrojective 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." Those 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 in their life. Thompson's sentiments can be typical of those in an introjective 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. The goal of college is to achieve, and their overall effectiveness."

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 didn't 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 faith that she could not do the job.

"In one case people are sad and unhappy because they feel lonely, abandoned, unloved—they feel they don't have anyone they can depend on," said Dr. Singer.

For people suffering from the introjective type of depression, the central issues manifest themselves in recurrent thoughts like, "I'm not good enough," "I'm going to fail," and "I can't." 

It is this form of depression thatitters might be the most prone to judging themselves. In confronting questions of how they will earn a living and how they will define their roles in society, issues of self-doubt and crises of self-confidence dominate the introjective depression. Dr. Singer pointed out that, for people who have a "vulnerability" to depression, (family, temperament, and life stress are factors 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 feel that you're isolated abroad 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 one were his relationship with an individual, one might also value that person's feedback. He also recommended talking to coaches, professors, or any trusted authority figure.

"If a person is not seeing any progress in your life, in your relationships, or in your work, and those feelings are beginning to feel like depression increasing, it might be important to consult a professional," said Dr. Singer. He added that when individuals should take seriously the recommendations of their friends or the people they care about.

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 professional 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 overly concerned that the problem causing disruption in one's life is not significant enough to justify outside help.

"Mental health professionals are trained to evaluate the seriousness of the problem you bring to them," he 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 in one's attempt to detect and manage the necessary distress from a severe disorder. Common symptoms include sleeping too much or too little, though the majority sleep little, loss of appetite, 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 which are not going 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 the pain of depression. If this pain is not relieved, it may lead to the depression, which is a serious illness and may lead to thoughts of suicide or even genuine attempt.

"It is important to remember, look back and say that dream prefigured my triumph over the life's trials and triumphs, one only way of fighting. I suspect that the Beast and I am life partners. But it's a key. There's an ordinary life and a more than ordinary life and a miraculous life."

"Nothing is more miraculous than life," Thompson believes she will face visits from both college years and in their own lives. For many therapy and medication mean a return to a healthy life and an escape from the Pit, the hole or the abyss.
Suicide: when there's no turning back

BY CYNTHIA PIZZOTTO
Cuppy Editor

"Got a ticket for a runaway train... it's just easier than dealin' with the pain." - "Runaway Train," Soul Asylum

Suicide is the third most common cause of death in the 15- to 24-year-old age group. People in this segment of the population are especially at risk for suicide due to 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. This May, Harvard student Sinedu Tadesse provided a grim example. On the last day of finals, Tadesse, 21, stabbed her roommate 45 times, then hanged herself in the shower. Tadesse had apparently had a disagreement 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 Catherine 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 information on suicide in their training before the school year begins.

WoodBrooks said that the function of the faculty and administrators who suspect a student is suicidal is to help connect the person with Counseling Services, saying "the faculty does 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. Housefellows 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 get help.

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 so obvious. Projecting or concentrating making or 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 him 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 ROMANEY
Editor in Chief

Sarah sits alone at the table in the dining hall. She has just opted to take a few pounds in the past month, and feels disgusted with herself. She eats rice and has a little water, but still it feels too much. Her friends bother her again, telling her she needs to eat more. She tells them she can't. She tells herself "I am in control." She decided to stay thin because her friends always follow her to the bathroom when she does dine eating, put in the past. Sarah weighs only 100 pounds, below average for her age. "I am completely stuck," she writes in her journal. She hides her hunger, so she binge eating instead. She feels depressed and only through her tears, her friends tell her, she sees her real self. She hides her bulimia, and believes only her tears. She feels foolish for not letting her hunger get the better of herself. She is near out thought that she might have an eating disorder.

Americans have a love/hate relationship with food. Eating is often a social activity, something everyone can do together because we all need to eat. Yet, our culture is obsessed with being too thin. 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, then it is safe to say that person has developed an eating disorder.

For some women more than others suffer from eating disorders. Many women experience societal pressure to stay thin. As adolescent girls and young women flip through the pages of an average fashion magazine, they are often confronted with images of waif-like models and many teens and young adults feel that they should look the same way too.

Anorexia nervosa is defined as an overwhelming desire to remain thin, even to the point of starving oneself. The person suffering from anorexia refuses to acknowledge that he or she is underweight because the perception of his or her body is distorted.

Those suffering from bulimia nervosa abuse purges such as laxatives, diuretics, and diet pills. They also binge eat and then purge because of the tremendous feelings of guilt. When they binge eating is often a way of regaining control over their lives. Bulimia can be very difficult, frustrating and healthy future; admitting the problem, expressing the emotions, and stopping for follow-up treatment.

Eating disorders often are a way of expressing emotions and a way for the eating disorder to control their life. Often people who have had controlling individuals in their life and this gives them a sense of power. They can "control" what people will say to them.

Skewy Miskovitz/The College Voice

Long-lasting and intense feelings of pain can lead to a weight of depression, including suicidal gestures and attempts to die. 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 eating disorder.

Hesselein 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 need to hang out with them. And if a friend you go and get some help as well because it can be very difficult, frustrating and painful to try and help someone whom you may not want your support right now. You don't enable someone by keeping silence, the secret," she said Hesslein.

Hesselein often times those who have eating disorders also have issues with their self-esteem, body issues, issues about perfectionism and good people is distortion.

"These are the kinds of feelings that other people are very good at recognizing," Hesslein said. They can think, "At least, they are not me, the person who have depression, whether caused by loss, change, abuse, or any unfavorable situation. Depressed people may feel trapped and helpless, and see themselves as worthless and get help.

Eating disorders are often a way of expressing emotions and a way for the eating disorder to control their life. Often people who have had controlling individuals in their life and this gives them a sense of power. They can control what people will say to them.

Sharyn Miskovitz/The College Voice

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"At least, they are not me, the person who have depression, whether caused by loss, change, abuse, or any unfavorable situation. Depressed people may feel trapped and helpless, and see themselves as worthless and get help.

Eating disorders are often a way of expressing emotions and a way for the eating disorder to control their life. Often people who have had controlling individuals in their life and this gives them a sense of power. They can control what people will say to them.

Sharyn Miskovitz/The College Voice
Understanding psychoactive drugs

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, lead to the discovery that some of the medications were having psychological effects such as mood elevation in the patients. This spurred 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 each other.

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 synapse, more transmitter means a stronger 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 sites, 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 disorders they treat and the way in which they work.

**ANTIPSYCHOTICS**
(also known as neuroleptics)

It is believed that many forms of psychotic illness are caused by overstimulation of the nervous system and one factor in that is an overabundance of the neurotransmitter Dopamine in the brain. Many antipsychotics compete with Dopamine for the receptor sites on the receiving cells. When the medication binds to the receptor site, it does not help trigger the continuation of the signal and therefore fewer receptor sites 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 in the brain. If too much is broken down or 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.

Tricyclic and Tetracyclic Antidepressants

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.

**TRANQUILIZERS**

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 sites and diminish neural stimulation which produces the desired antipsychotic effect. These drugs, due to the extent to which they block the receptor sites, can also cause some fairly severe side effects ranging from muscle spams to decreased cardiac performance and in rare cases death.

Minor tranquilizers are used mainly to treat anxiety and do not block the receptor sites, 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.

**Related Drugs:**
- Acetophenazine, Butaprazine,
- Carphenazine, Chlorpromazine,
- Chlorprothixene, Droperidol, Fluphenazine,
- Haloperidol, Loxapine, Meprobamate,
- Mezoridazine, Bloylizine, Mefenazine,
- Betaxolol, Milindone, Perphenazine,
- Tianeptine, Prochlorperazine, Promazine,

**Related Drugs:**
- Buspirone, Iosacarbazine, Meproli, Nuvil,
- Pargyline, Pernate, Phenerazine, Selegeline,
- Tranylcypromine,

**Related Drugs:**
- Amitriptyline, Amoxapine, Clomipramine,
- Desipramine, Doxepin, Imipramine,
- Maprotiline, Nortriptyline, Lithium Sulfates

**Related Drugs:**
- Chlorpromazine, Fluphenazine,
- Perphenazine, Prochlorperazine,
- Thioridazine, Haloperidol, Lithium,
- Aprazolam, Chlorprothixene, Clozapam,
- Diazepam, Lorazepam, Oxazepam.
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 useful drug. Prescriptions for Ritalin in the past five years have increased 600 percent according to the DEA. Because of its effects and potency, Ritalin is a Schedul
2 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 Dexatrine and cyrel.

These psycho-stimulant drugs are not without side effects. Many children taking them suffer from weight loss, loss of appetite and, in rare cases, addiction to the medications. Doctors caution against the recreational use of these medications as they are meant only for the people who received the prescriptions. They also make the statement that this is a mental disease and that there are no visible symptoms of it. The symptoms often show up when the individual is under stress or has experienced some kind of strain. ADD and ADHD are still widely unknown and misunderstood.

and are by no means cure-all.

Recent studies have shown that three to five percent of children under 18 have ADD. There is at least one child with ADD in every classroom in America. There are varying degrees of ADD and ADHD, and there are specific forms of the disease. Psychiatrists emphasize that this is not only a way to fault the parents. Many parents of children with ADD, and with many other diseases, tend to blame themselves for their children's differences. As many as three million children, from white, middle-class families, have been diagnosed with ADD or ADHD. 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 nation-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 in almost every major city in America and the group is still growing.

ADD and ADHD face its own disease and health problems. For our generation, it seems that ADD and ADHD seem to be the two most prevalent problems in the youth of America. Much more study is needed to determine the cause and origin of these debilitating diseases. The next time it takes someone a little longer than you to understand something, or they have trouble in the back of the classroom, be patient; he or she may be suffering from ADD and it is not that person's fault.

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.

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.

College's network of responses seeks to get students evaluated

This college responds to emotionally disturbed students in several ways. The simplest is by offering 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 them of depression, or exhibiting disturbing behaviors such as excessive sleeping, unusually high levels of irritability, or social withdrawal merely do not have the luxury of knowing the notice of friends, roommates, and neighbors. A few of the one's duties of our little civilian community is that it's hard to hide; there are potential ac adapters. Ferraris explained that mid- semester reports are completed for hundreds of students whose GPA is at or below a C minus, or who may have any other reason to find themselves in potential academic difficulty. While Ferrar stressed that the academic dean would be likely to refer students to Counseling Services, he added that the advising deans are also able to use facilitate communication with faculty members, particularly in terms of explaining the situation to the students in question are involved in, a counseling referral, said WoodBrooks, so that it's hard to hide; 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.

WoodBrooks emphasized that an administrative response, while it can be comforting, is very separate from a clinical response. Administrators and faculty, said WoodBrooks, have an informed understanding of what students may be experiencing, in any cases from personal experience with mental health issues, but in the end, they must weigh whether it is best for a student to remain in college. If the dean decides that it is not appropriate, students might be asked to take a medical withdrawal from the college.

Warning signs of Depression
**Schizophrenia is a commonly misunderstood disease**

*BY MICHELLE ROYATINE
Editor in Chief*

One out of every hundred people suffer from it. Over two million in the U.S. will be or have been treated for it. The diagnoses of schizotypy 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 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 web of distorted perceptions, disturbed thought processes, delusions, and hallucinations." These affected with this illness have various unusual experiences. These experiences vary depending on the type and extent 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, or believe that others are controlling their actions. Examples of people suffering from delusional symptoms are someone who believes they have the FBI 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 serve as a predisposition to the disease. An individual with a predisposition to schizophrenia could develop the disorder whenever stress is high. There are many antipsychotic drugs that are helpful to those with schizophrenia, such that many 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 affected 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 [191], Eugen Bleuler applied the word schizotypia 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 break 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 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. The important thing to remember for anyone with a mental health disorder is to receive help. One is not alone, there is hope for a healthy future.

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The College Voice

November 21, 1995
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.

The secret in locating money for college, lies in your strategy. You need step-by-step information on what aid is available and how you can get it. The time to apply is now! You can apply as early as your junior year in high school, or during your undergraduate or graduate study. Aid can be used at any accredited college or trade school.

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Remember, help is right around the corner

Michele Rosenblum
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 each other, you are more often inclined to keep a problem a secret until your friend is ready to get help, and so you carry a very tremendous burden and feelings of responsibility... I would encourage people not to keep that information a secret, for themselves and for their friend," 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 medicates 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 on the status of the patient, 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 Precious Nation may demonstrate.

"It’s not as stigmatized as it used to be, but it’s still a long way to go," said Hesslein. "Some people are still depriv- ing 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

Warning signs of Suicide

Never under estimate 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.

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The "Year of Discovery" in the sky (1975), which Adelson described as "a combination of the old and the new," was the creation of composer Richard Felciano. Felciano was "fascinated 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 sparkled was a bit unsettling to some members of the audience; however, as they adapted to its presence, the work successfully bridged two worlds of music centuries apart.

One of the most interesting performances that readily proved the commitment to "re-discovering the classics" was Bach's "Sinfonias" from the "La Peste de Guirlande" by baroque-era composer Jean-Philippe Edmunds. The piece originally written as a instrumental work, was rediscovered by a group of Conn artists 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 "Felciano's" Fanfare for Conn... the first piece of the evening. The piece is "an operatic overture" that featured Linda Rindman and other laugh issues.

During the first "Year of Discovery" in the sky (1975), which Adelson described as "a combination of the old and the new," was the creation of composer Richard Felciano. Felciano was "fascinated 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.

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Christo and Jeanne-Claude share their remarkable talents and stories with the Connecticut College community

BY KELLY CLIFFORD The College Voice

Until two years ago, Christo worked alone; that is, according to the art world, he did. He still works without an assistant, but now the artist shares his pieces with another human being. When Christo and Jeanne-Claude emigrated to the United States in 1964, they both knew how hard it was going to be to gain acceptance in the New York art world. They decided that in order to make the transition smoother, they would both work under Christo’s name. Christo would function as the artist and Jeanne-Claude as the manager. Two years ago, they decided to lift the facade and reveal the dynamic artistic relationship that they had all along. Connecticut College was able to reveal this in this long-time partnership last week when the two artists came to share their works and stories with the college community.

Christo and Jeanne-Claude create art by temporarily transforming a natural or man-made object into art and finance all their projects with Japan and California in 1991. The New York City. Another possibility is to share their works and stories with the college community.

Christo and Jeanne-Claude have been working as a team since the mid-1970s. They emerged in 1971; however, the idea of their art form emerged in 1971; however, the actual “wrapping” encountered some opposition. The wrapping of the Reichstag was finally completed in 1995. The original idea cast a silvery sheen, reflecting the sun by day and lights by night. The Reichstag was split East-West, which will always be there. For Christo and Jeanne-Claude, who emigrated to the United States in 1964, they both knew that they had a dream of wrapping a nation’s capital. Their projects include: the wrapping of the Reichstag, little used except as a exhibition hall, would be an ideal place for them to realize his dream of wrapping a national capital.

Christo and Jeanne-Claude refuse sponsorship of any kind and finance all their projects with the money they earn from sketches, models, and other artwork. They create their projects because they are a band striving to make sure that nothing is left behind.

The wrapping of the Reichstag involved the aid of 90 professional climbers and 120 installation workers to attach steel structures and hang the 60.5 tons of polypropylene fabric. The steel structures were placed on towers, rooftops and stone vases to allow the fabric to cascade down the building. The Reichstag project cost approximately $111 million dollars; that is enough money to finance the calculation of about 400 students at Connecticut College.

Christo and Jeanne-Claude have been working together since 1964. They both knew that they had a dream of wrapping a nation’s capital. Their projects include: the wrapping of the Reichstag, little used except as exhibition hall, would be an ideal place for them to realize his dream of wrapping a national capital.

Project for Western U.S.A., entitled “The Gates.” This project is to place panels along four to six miles of river in the Western Rockies. Regardless of what they decide, Christo and Jeanne-Claude’s most important project is to be their own control and not commercialized in any way. They are not paid by governments or private organizations to develop an idea; rather, they undertake these tasks for themselves from whatever comes out of our heart and our head. The amount of money, however, spent on these projects is staggering. The Reichstag project cost approximately $111 million dollars; that is enough money to finance the calculation of about 400 students at Connecticut College.

Christo and Jeanne-Claude’s other projects include: surrounding 11 islands in Biscayne Bay, Florida with pink floating fabric in 1983 and placing 3,100 giggly yellow and blue umbrellas in Japan and California in 1991. The umbrella project ended tragically, however, when a Californian woman was killed by one of the 500-pound umbrellas that had been uprooted in a storm.

Christo and Jeanne-Claude proclaimed themselves, “the next generation.” This is due to the careful and thorough job they do in cleaning a site up after a project is taken down; they make sure that nothing is left behind. The artists recycle all their materials, and they always take into account potential threats to the environment when planning their projects.

Neither artist is quite sure what will next occupy their talents, but they are sure that Christo and Jeanne-Claude are currently trying to get a project underway entitled “The Gates.” This project involves the placement of fabric banners from 15-foot high gates along 27 miles of walkways in Central Park in New York City. Another possible project is “Over the River,” Project for Western U.S.A., which will involve suspending fabric panels along four to six miles of river in the Western Rockies. Regardless of what they decide, Christo and Jeanne-Claude’s most important project is to be their own control and not commercialized in any way. They are not paid by governments or private organizations to develop an idea; rather, they undertake these tasks for themselves from whatever comes out of our heart and our head. The amount of money, however, spent on these projects is staggering. The Reichstag project cost approximately $111 million dollars; that is enough money to finance the calculation of about 400 students at Connecticut College.

Smashing Pumpkins deliver an air of sadness

BY BRITT WOLFF The College Voice

Over two hours of heavy guitar riffs and biffing about how love always feels like a perfect all-together, all-together, all-good-always kind of story. The population referred to as Generation X. The double-album by Smashing Pumpkins, Mellon Collie and the Infinite Sadness, is the follow-up from the triple-platinum album, Siamese Dream. The running theme throughout Mellon Collie and the Infinite Sadness is the feeling of being alone. The album deliv- ers a masterful sound that is sure to pique your interest.

The songs are depressing, but that is usually the way music is. In fact, the majority of the songs could turn away fans and potential listeners, however, that is not the case with this new release. In fact, this album delivers exactly what Pumpkin fans have grown to love. The Smashing Pumpkins do not differ slightly from the other works produced by the Smashing Pumpkins. It contains a more diverse sound ranging from heavy based guitar chords to light lyrics with soft, complementing melodies. Apparently, Corgan decided to make the double-album, Mellon Collie and the Infinite Sadness, comparable to Pink Floyd’s, The Wall. The similarities are all there; maybe Corgan hit the nail on the head when he stated this comparison. The song title, “1979,” is actually the year that The Wall was released.

The Smashing Pumpkins’ new album is connected to Pink Floyd’s The Wall, which is a dreamy and almost numbing; the clever lyrics show that Corgan is a master at the art of make-believe.

The first song on the new album that has received a significant amount of attention is “Bullet with Butterfly Wings”; however, there are many other catchy tunes, such as “Christo and Zero,” that are sure to make the double-album a success.

As far as the Smashing Pumpkins’ new style, there are many surprises on Mellon Collie and the Infinite Sadness; the title of the double-album is to show something new for the Pumpkins. Mellon Collie does differ slightly from the other works produced by the Smashing Pumpkins. It contains a more diverse sound ranging from heavy based guitar chords to light lyrics with soft, complementing melodies. Apparently, Corgan intended to make the double-album, Mellon Collie and the Infinite Sadness, comparable to Pink Floyd’s, The Wall. The similarities are all there; maybe Corgan hit the nail on the head when he stated this comparison. The song title, “1979,” is actually the year that The Wall was released.

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IM Update:

Ken’s Chick’s look to repeat as floor hockey champions

by TAYLOR RYAN
Assistant IM Director

Defending IM floor hockey champions Ken’s Chick’s are off to a tremendous start with a 3-0 record, defeating their opponents by the combined score of 35-6. With two out of three of the league’s top scorers returning in Tarn Sorenson (23, 14, 37) and Holly Doyle (20, 13, 33), their season looks promising. On Tuesday, they unleashed the dogs in a 13-0 routing of Jan. Doyle led all scorers with 5 goals. In addition to Ken’s Chick’s, strong returning core, they have also picked up some key rookies including Caroline Davis who tallied four assists in the contest.

Another team that looks to build on last years success is the Puss Muggins. They were undefeated in league play last year, but lost the big one to Ken’s Chick’s. Despite losing key senior leaders Sara Clott and Colby McDaniel, the team holds strong in early season play. Puss Muggins are currently 4-0 with their recent win over your Mom With a Stick by the score of 15-1. Junior sensation Siobhan Dougherty had an impressive 10 goals and 12 assists on the night. Ken’s Chick’s, St. Louis, New Orleans Norfolk, and Goliath (5-1) also contributed. Mary Gorman tallied the lone Your Mom With a Stick goal with the assist going to Holly Hawkins.

In other weekly action, Fido downed the Mighty Fucks 6-1, Erin Juhl (3, 0), Erin Shafio (2, 0), Dorothy Plechaty (0, 3), and Jillian Schroeder (1, 1) led Fido to victory. Ursula DeCoomendoff and Tam Kerr connected for the Flucks goal.

In the closest game of the week, Athletes Feet topped Hamilton 5-2. Daddy’s “Scoring Machine” Moldaur had 4 goals and an assist in the win. Stephanie Chechlinski led Hamilton in scoring with a goal and an assist.

In Co-ed Volleyball, Really Lucky Guys are on a tear with an 8-0 record. In their last contest, they shut out Girls In the Bathroom 15-0, 15-0. 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 score no help the Sexy one defeated Smith 15-5, 15-1. Money has also exhibited some solid play as they downed I Love Sheep 15-10, 15-3. Finally, Smith lost a barn burner to the ones who know what time it is. Four-twenty, 15-15.

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Men's squash team trains hard for challenging season

**by ROBIN MANGUO**

The women's squash team began its season with some disappoiting 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 but frustrating initial confrontations. Unfortunately, the team lost 0-3 to Bowdoin and 1-2 against Colby.

Congratulations to sophomores 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 voluntary captain's practices, fervently led by seniors Eliza Alipio 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.