



From the Counseling Center: College students at risk of depression

People say that college is supposed to be the best time of your life. You make friendships that last a lifetime, go to parties all the time and have the freedom to do whatever you want. But for many, adjusting to college life can be difficult. Many students are left feeling stressed, anxious, disconnected and alone.

When the blues last for weeks or interfere with academic or social functioning, it may be depression. Depression is a common, frequently unrecognized illness that can be treated.

Depression affects around 14 million Americans each year and fewer than half of them seek treatment. The amount of depression is even higher in college students. The age of onset for depressive illnesses tends to peak during the ages of 15 to 19. It is estimated that 15

percent of the college student population may be struggling with depressive illnesses.

Symptoms of major depression include feelings of sadness, anxiety or emptiness, loss of interest or pleasure in usual activities, appetite and weight changes, feelings of hopelessness, guilt or worthlessness and thoughts of death or suicide.

It is normal to have some signs of depression some of the time. But five or more symptoms for two weeks should be evaluated by a counselor. Sometimes it can be difficult to see these symptoms in oneself, but being aware of what they are can be the first step in combating depression.

Stress is one of the major causes of depression. Common stressors in college life include:

- Greater academic demands
- Being on your own in a new environment

- Changes in family relationships
- Financial responsibilities
- Changes in your social life
- Awareness of your sexual identity
- Preparing for life after graduation
- Excessive use of alcohol



Mark Fisher

Thoughts of death or suicide are usually signs of severe depression. If you're feeling like you can't cope anymore, or that life isn't worth living, GET HELP!

Counseling offers students the opportunity to identify the factors that contribute to their depression and to deal effectively with the psychological, behavioral and interpersonal causes.

Quote of the Week:

"The fact that some geniuses were laughed at does not imply that all who are laughed at are geniuses. They laughed at Columbus, they laughed at Fulton, they laughed at the Wright Brothers. But they also laughed at Bozo the Clown."

— Carl Sagan

Letter to the Editor:

Ring of Honor offers pure wrestling

To the staff of *The Rider News*,

March 13 will be a day to mark on your calendar if you're a wrestling fan. On this date, the Philadelphia-based Ring of Honor (ROH) will be promoting the biggest event in its history at the REXplex in Elizabeth. The event is scheduled to be an all day affair and will be a memorable night from America's most innovative promotion.

ROH has sought to distance itself from the cartoony antics of wrestling juggernaut World Wrestling Entertainment. ROH's formu-

la is a mix of Japanese "strong style" combat based in submissions, as well as an innovative high-flying American style. The emphasis is on sport over pageantry and it has won a cult following in the northeast, one that is sure to grow after the 13th.

Legendary performer "Rowdy" Roddy Piper will be on hand for a question and answer session from noon to 2 p.m. And, with a man like Piper, you never know what you're going to hear! The first half of wrestling action will begin at 2 p.m. Titled Glory by Honor II, it will showcase

prominent non-ROH wrestlers from around the country.

Next, at 5 p.m., Piper will return for an autograph session. The main card of ROH wrestling (still untitled) will begin at 7 p.m., including matches for the ROH pure wrestling and world titles. There will also be a "scramble cage" match, where a modified steel cage with platforms at the top (perfect for insane dives) will surround the ring.

Sincerely,
Eric Poupard
Rider Student

Letter to the Editor: Cartoon offends many

To the staff of *The Rider News*,

I am writing in regards to the comic on page nine of the last issue of *The Rider News*. The comic shows Christ hanging on the cross with a sign hanging above reading "The Passion" and Jesus saying "It's kosher."

I was extremely offended while reading this in our paper last week. To tell you the truth, I was outraged. To see how our student paper is treating such a serious and horrific event in history is absolutely appalling.

Christ's life, death and resurrection is a very personal and emotional part of many people's everyday lives and for our newspaper to publicly make fun of someone's brutal death is an outrage. Every

single person I have spoken to about this has agreed that the publishing of this comic is completely inappropriate.

If you wish to make fun of one of the greatest figures in our history, a man who preached love and forgiveness for everyone, a person who paid the ultimate price for love, that's your business. But don't publish it publicly under the Rider name. This behavior is not characteristic of classy and professional journalism, and I hope that I don't have to expect such disgusting material when I open *The Rider News* each week.

Sincerely,
Jeff Dixon
Rider Student

This Week in History:

March 12, 1930 — Mohatma Gandhi begins a march to the sea to protest British rule in India.

March 13, 1985 — Mikhail Gorbachev becomes the youngest Russian leader since Joseph Stalin.

March 14, 1879 — Albert Einstein is born in Germany.

March 15, 1938 — Oil is discovered in Saudi Arabia.

March 16, 1926 — Dr. Robert H. Goddard launches the first liquid-filled rocket.