Teeny Tiny Freshman: Seasonal depression

With a general pessimistic outlook on life, I sometimes feel like I’m going in circles. Sometimes, when doing homework or writing a paper, I just feel like I’m not doing anything. Why am I doing this? I’ll write the paper, I’ll do the work, but when it’s through, what do I have gotten out of it? The phone will ring, a friend will call, and what do I say to them beyond reciting the useless tasks I’ve completed throughout the day? I know I’m not alone in my feelings of worthlessness, but sometimes I can’t find someone to talk to. And then there are times when I know that talking won’t help, but I just need someone there.

I know that none of these feelings are out of the ordinary. I deal with them on a daily basis, knowing in the back of my mind that there are people who don’t know how to deal. I have friends who tell me they’ve had a terrible day, when nothing went wrong except for the fact they consented to throw themselves out a window the entire time. I have friends who cry at least once a day for no particular reason other than feeling sad.

My cell phone has become a kind of help line for my friends. They know that they can call me at whatever hour and I’ll go to great lengths for all of them to do what I can to help. But for the longest time, I never had someone I could turn to when I needed help, and that’s what hurt me the most. Everybody trusted me with their deepest fears and concerns, but I had a terrible time reciprocating the feeling.

It’s important to have friends. It’s impossible to live, sanely, without them. If you don’t feel you can trust or talk to any of your friends, try seeking out a counselor of some type to talk to. Keeping things in can be more detrimental than you realize. Learning to open up is something some people don’t pick up until much later in life.

It’s important to have some kind of hobby or interest to express yourself in. Without some kind of release, there is a tendency to take anger and feelings of disappointment out on other people, and that just hurts others while not helping yourself much.

It’s winter. And it’s been a really cold, snowy, uncomfortable one. It seems like everywhere is sick all the time, and it’s hard to walk outside because it’s so cold. It’s dark more hours of the day. Many people are extremely depressed in the winter, without realizing their feelings are season related. Once the spring starts up again, there will be more fun to be had outside and the sun will still be up when walking to night class. I’m not blaming the weather for everybody’s problems, but it can be a huge factor. My advice is just to hang in there, keep friends close and maybe plan what to do for spring break. Hopefully the snow will be gone by then.

Nancy Wilensky

Ignorance

from page 8

obviously still exist on campuses across the nation, wasting time, money, and likely several opportunities at meaningful friendships by not recognizing, or not caring to correct, an inability to commit to new ideas and leave behind notions of the “type” of people that one should associate with. This narrow minded perception of the campus community will, sadly, leave just as they had entered, furthering their intellect, but cutting short their growth as an individual.

Following their departure from the campus they will, unfortunately, have pieced together a pedestal to which they were unknowingly chained themselves, limiting their ability for social freedom while incorrectly assuming some benefit from their uninformed vision of society.

After examining such ideas, one is forced to question the reasoning behind such limiting and narrow ideas and, in turn, to question why it is that people find the need to define themselves by their groups. Is it because they want to, or because they feel that they have to? Social biases arise from social influences, and perhaps it is a given that those who commit to a certain crowd, and disdain to associate with others, feel that they must do so in order to secure their identity externally. Unfortunately, such actions are counterproductive, wearing at one’s identity and dulling it until it becomes simply another blurred face in the crowd. Those compelled to build walls between themselves and others will, inevitably, find themselves trapped. I suggest you get to work on those foundations.

Friday, March 7, 2003
Rider News

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Flint: Ignite your desire to style

Like a sensei to his student, I come to you once again with a style lesson full of knowledge and wisdom. Last week’s focus was on women, but this week it’s all about the men. The autumn spring season brings a wardrobe full of unspeakable variations in style. From biker meets Goth, to the preppy khaki collegiate suit, there’s a style this season that’s fit for you.

Jean Paul Gaultier showcases a variety of three piece suits, waistcoats, and cropped trousers with lace up boots, telling us that dressing up is always in style. For Christian Dior, tight leather trousers silver studded belts and long black coats are all you will see this autumn, Yves Saint Laurent delivers elegant suits galore, both single and double breasted in taupe, black and grey. They also showcased leather trousers with simple mock neck jumpers.

For all the guys out there who say everyday is a bad hair day, well you’re going to love Yohji Yamamoto’s newest collection. Tribes, bowler hats, flat caps and cowboy hats were all on display. Pant pubs, part pimp and part posh, the clothes consisted of largely slouchy trousers, boxy jackets and roomy trench coats making autumn fashion comfortable and warm.

If I had to pick a favorite collection for the season you would have to say none other than Dolce & Gabbana. Icy shades of the snow will be gone by then.

Burberry makes up for their “checker” inspired fashion disaster with the creation of the “Prorsum Line.” It showcases classic trench coats leather accents and sleek silhouettes, a welcome change for Burberry.

The ever-popular Versace mixes punk rock accents with West Side Story style story. Khakis are seen with tartan chain wallets. Sleeveless shirts tattooed with her initials make this collection eye candy for the ladies.

The English gentleman is back, says Ralph Lauren, with his new autumn collection. Stripped ties, cravats, woolly jumpers and tweed jackets make a subtle, but never unnoticed statement. In addition to this collection Ralph Lauren has also produced a spring line of clothing, which he calls the “Purple Label.” A resurrection of classic American style, Ralph Lauren uses black and white loose fitted pin-striped pants and form fitting three button col larless shirts accompanied by boating style sneakers completes this look.

When it comes to designing clothes, Giorgio Armani has never failed to make a clothing line that captures the essence of men’s fashion.

So if the man says kimonos are hot, I deal with them concerns, but I had a horrible time getting used to women, but this week it’s all about the men. The autumn spring season brings a wardrobe full of unspeakable variations in style. From biker meets Goth, to the preppy khaki collegiate suit, there’s a style this season that’s fit for you.

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