

STUDENT ADAMU

DEPRESSION

Continued from Page 3

Hirsch said his bout with depression is an uphill battle he faces every day.

"I think to myself, 'I got through it earlier, I can get there again,'" Hirsch said. "It's like stair steps — if you come to a big one, it's going to scare you, but once you do it, it's not so bad."

Kym Marcontell, a 26-year-old Bryan resident, said she has been dealing with major depression for over eight years. She said her bouts with depression have caused her a lot of physical and

emotional pain.

"With my last bout of depression, I lost 18 pounds in three weeks and I didn't sleep," Marcontell said. "I wouldn't sleep for two or three or even five days, and then I'd sleep a day and a half."

Hirsch said depression is not something that can be stereotyped because everyone deals with it differently. He said he, like most people suffering from depression, alienated himself from others and kept his depression a secret.

"You see it as a weakness and you don't want others to see that weakness," Hirsch said. "It's definitely not something you want to broadcast to the tabloids."

Stachowiak said although suicidal thoughts can coincide with depression, there are many depressed people who have never considered suicide. Marcontell, for example, said she never thought about killing herself to escape her depression.

"I haven't ever wanted to stop breathing or living," Marcontell said. "I've wished I was someone else for awhile, but I've never wished for death."

The Student Counseling Service provides both individual and group therapy as well as medication to students seeking help. Stachowiak also said students who notice symptoms of

depression in a friend should let their friend know he or she is there for them.

"In a kind and supporting way, let them know you've noticed a change in their behavior lately," Stachowiak said. "Just be an ear for them if they need it, and suggest to them that maybe they should go to counseling."

Stachowiak said 80 percent of people treated for depression go on to lead normal, productive lives. Hirsch agrees.

"I think it's possible for everyone to recover from it, to some extent," Hirsch said. "You can definitely get out of it. You just have to take it day by day and be positive."

BUFFIN

Continued from Page 3

But I soon realized depression can strike anyone, even me.

The signs of depression are sometimes ignored because people who exhibit them think they'll just go away. I was one of those people who thought one day I would just wake up and feel better — but that day never came.

It does not go away, and I soon learned I exhibited the signs of depression. I was assured many people experience bouts of depression, but if they dedicate themselves to overcoming it, it will get better.

One of the first signs of depression, almost no one realizes, is a drawn-out face. People who are depressed show little emotion in their face, look tired and rarely smile. I was the type of person who always

smiled and had a certain animation in my face. However, over the last year my friends and family would ask me if I was sad. I never understood what they were talking about because I felt fine. It wasn't until I looked in the mirror that I realized my face had become expressionless.

The second sign is severe fatigue. Like most college students, I valued my sleep, because I rarely got enough between classes and work. However, last semester I would sleep later than usual, not hear my alarm and consequently miss a lot of classes. My roommates would joke that I was "comatose," but I could not figure out why I was sleeping so much.

Depression is defined as having, "low spirits, gloominess and a decrease in activity." This is why I was tired so much — I thought I just had a sleeping disorder. It turns out I had lost energy as well as focus and interest, another typical sign of depression.

One of the most obvious signs of depression is a lack of focus and interest. I had always been a good student in high school. I was ambitious and was always competing to be the best at what I was interested in.

But recently, I did not care what happened to me, how bad my grades were or how much financial debt I accrued. It wasn't until I almost failed out of school this last semester and my parents cornered me that I realized I had a problem that would not just go away with time.

Depression is not something that will just go away. It takes work. For those who go through a period in their lives where they experience symptoms of depression, talk to your friends, family or even a counselor. Depression does not mean you are a freak or you are mentally ill. Instead it is one of life's challenges many students like me are working through every day.

What's Up?

Wednesday

Aggie Wranglers: Dance lesson sign-ups will be held from 8 a.m. until 3 p.m. in the MSC Flagroom. For more information call James at 693-4573.

Europe Club: There will be a general meeting at 10 p.m. at Fitzwilly's. Everyone is welcome. For more information call Michele at 776-8652.

The Inkshed Press: There will be a poetry workshop at 8:30 p.m. in 203 MSC. For details call Chad White at 695-9049.

Career Center: There will be a Successful Interviewing Seminar at 12 p.m. in 308 Rudder.

Career Center: There will be a placement orientation at 5 p.m. in 292A MSC.

Career Center: There will be an International Student Work Authorization Seminar at 4 p.m. in 308 Rudder.

Career Center: There will be a Dress For Success Seminar at 7 p.m. in 601 Rudder.

American Advertising Federation: All majors are welcome to attend the first general meeting from 7-9 p.m. in 130 Wehner. For more information contact Tanya Kroll at 776-2683.

TAMU Zoological Society: Dr. Duncan S. Mackenzie, Graduate Advisor for the Department of Biology, will speak about "Graduate School in Zoology: Making the Choice" at 7 p.m. in 100 Butler. For more information call Casey Barton at 696-2259.

TAMU Sailing Club: The first meeting of the semester will be held at 7 p.m. in 407 Rudder, or visit us all day behind the Academic Building. Everyone is welcome. We will be giving details about the Saturday outing. For more information call Paul Mushrush at 846-2271.

NAEP: There will be an introductory meeting at 7 p.m. in 104 Peterson. Free food will be available. For information call Amy Wentz at 847-0460.

Texas Student Education Association (TSEA): There will be membership drive from 9:30 a.m. to 2:30 p.m. in the MSC main hallway. This is for everyone interested in education. For more information contact Carolyn at 847-2136, Cathy at 696-1252 or Amy at 694-2676.

TAMU Cancer Society: The first general meeting of the semester will be held at 7 p.m. in 510 Rudder. New members are welcome. For more information contact Chelle at 846-2639.

TAMU Snow Ski Club: There will be a business meeting to discuss the Spring Break trip to Breckenridge at 8:30 p.m. in 504 Rudder. For more information contact Rick Simmons at 847-1775.

Rho Delta Chi: There will be a mixer at Double Dave's (by J.D. Wells & Tapps) at 7:30 p.m.. For more information contact Kim Phan at 847-8461.

Study Abroad Programs: There will be an informational meeting about study abroad to France during Summer II 1997 at 4 p.m. in 358 Bizzell Hall West. Be part of the prestigious Normandy Program while earning TAMU credit. Hurry-spaces are limited. For more information call 845-0544.

Thursday

Navigators: There will be praise and worship time at 8:30 p.m. in 110 Koldus. For more information contact Rachel at 847-2457 or r-grasso@tamu.edu.

Career Center: There will be a successful interviewing seminar at 12 p.m. in 501 Rudder.

Career Center: There will be a placement orientation at 5 p.m. in 292A MSC.

Career Center: There will be a co-op orientation at 5 p.m. in 501 Rudder.

TAMU Kung Fu Club: Everyone is welcome to watch or train to get in shape, learn self-defense, and relieve stress from 5-7 p.m. in 263 G. Rollie White. For more information call Tye Botting at 845-1411 or Tye@Lepert.tamu.edu.

Texas Student Education Association (TEAS): There will be membership drive from 9:30 a.m. to 2:30 p.m. in the MSC main hallway. This is for everyone interested in education. For more information contact Carolyn at 847-2136, Cathy at 696-1252 or Amy at 694-2676.

Le Club Francophone: A general meeting to prepare for International Week will be held at 7 p.m. in 502 Rudder. Everyone who speaks French is welcome to join (all meetings are held in French). Contact Bernard at 862-4751 or 822-0777 for more information.

Gay, Lesbian and Bisexual Aggies: Rick Mendola with the AIDS Services of Brazos Valley will be speaking at 7 p.m. in 144 (Governance Room) Koldus. For more information call the Gay-Line at 847-0321.

Texas A&M Emergency Care Team: There will be a general meeting at 7 p.m. in 206 MSC. For more information contact Hunter Olson at 693-1299.

Aggie R.E.A.C.H.: There will be a general meeting for old and new members at 5:30 p.m. in A.P. Beutel Health Center. For more information contact Marc Wade at 847-7903.

Delta Gamma: A new organization is coming to campus and for more information stop by their information registration table in the MSC. If you have any

questions, contact the Student Activities Office.

Alpha Phi Omega: There will be an executive meeting at 7 p.m. in 146 Koldus.

Alpha Phi Omega: The Boys' Club service project will meet at 3:35 p.m. in the office.

Pre-Vet Society Publicity Committee: There will be a general meeting at 6 p.m. in the MSC Flagroom. For details call Marcia Homann at 764-6492.

Vietnamese American Student Association (VASA): There will be a general meeting at 8 p.m. in 228 MSC. For more information contact Kim Nguyen at 693-1841.

Aggie Speleological Society: There will be a general meeting about caving basics at 8:30 p.m. in 202 Francis. For more information contact Will at 847-1612.

Study Abroad Programs: There will be an informational meeting about study abroad to France during Summer II 1997 at 3 p.m. in 358 Bizzell Hall West. Be part of the prestigious Normandy Program while earning TAMU credit. Hurry-spaces are limited. For more information call 845-0544.

Study Abroad Programs: An informational meeting to promote the Spring '98 Italy program will be held from 3:15 to 4 p.m. in 358 and 161 Bizzell West.

MSC CAMAC: An informational table on the 10th Annual Southwest Student Conference on Latino Affairs will be set up in the MSC Hallway from 11 a.m. - 2 p.m. For additional information call Lorena at 845-1514 or email LIR8554@acs.tamu.edu.

Friday

Career Center: There will be a placement orientation at 12 p.m. in 292A MSC.


Texas Student Education Association (TEAS): There will be membership drive from 9:30 a.m. to 2:30 p.m. in the MSC main hallway. This is for everyone interested in education. For more information contact Carolyn at 847-2136, Cathy at 696-1252 or Amy at 694-2676.

MGMT 481-Distinguished Visiting Executive Series: Presents Marilyn Auvermann the Vice President of NationsBank in Dallas and Charlotte will be speaking from 10:20 to 11:10 in 144 Koldus.

Delta Gamma: A new organization is coming to campus and for more information stop by their information registration table in the MSC. If you have any questions, contact the Student Activities Office.

What's Up is a Battalion service that lists non-profit student and faculty events and activities. Items should be submitted no later than three days in advance of the desired run date. Application deadlines and notices are not events and will not be run in What's Up. If you have any questions, please call the newsroom at 845-3313.

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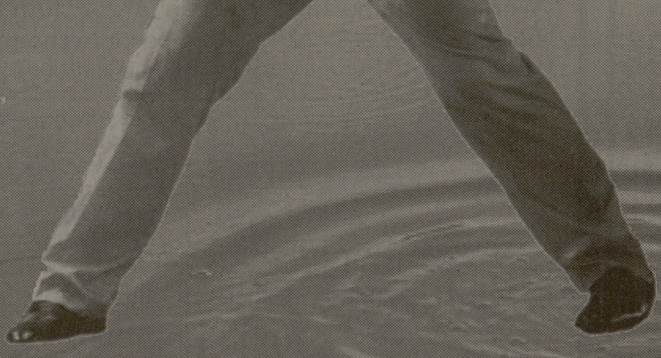
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