

SUICIDE: A NEEDLESS AND PERMANENT SOLUTION TO SHORT-TERM PROBLEMS

By Dr. Colleen Hammermaster

In my practice as Counselling Psychologist at Concordia College I deal with many questions students, parents and faculty ask regarding why people commit suicide, what are some indicators that a person may be contemplating suicide, and what they can do to help prevent suicide. Here is some of what researchers and experts on suicide have told us in response to these questions.

Why do people commit suicide?

The suicidal person feels a tremendous sense of loneliness, isolation, helplessness, and hopelessness. For the young person, these feelings may be caused by family conflicts, a divorce or separation, the death of a loved one, the break-up of a romance, the move to a new school, or pressure to succeed in school.

Why talk about suicide?

Canadian statistics for 1990 reveal that 10% of students attempt suicide, and that 80% of these attempts are never discovered. That makes suicide the second leading cause of death for people 15-24 years of age.

What are some indicators that a person many be contemplating suicide? Sometimes suicidal people will make direct statements like, "I don't want to live anymore." Other times they may make indirect references to suicide like, "I just can't take it any more" or "All of my problems will end soon." Any extreme change in a person's behavior, such as someone who is usually outgoing becoming withdrawn, or someone who is usually well-behaved acting out, indicates that something is wrong and that suicidal risk may be apparent. An exacerbation or magnification of usual behavior may also suggest suicidal intent. Drug/alcohol abuse greatly increases the risk of suicide as does a previous suicide attempt.

How can you help someone who may be suicidal?

If you suspect that a friend might be thinking of suicide, don't be afraid to ask them straight out. It is a myth that asking a person to discuss his/her suicidal thoughts will encourage an act of self-injury. Talking about suicide creates a climate of caring and helps to break through the loneliness the person is experiencing. LISTEN to the person—let them talk about how they are feeling Encourage the person to help and go with them if you can. You can call the suicide distress line that is listed in the front of your telephone directory. In Edmonton the Distress Line number is 482-4636. DON'T DO NOTHING! Don't ignore someone who may be trying to cry out for help.

"IF YOU THINK
EDUCATION IS
EXPENSIVE,
TRY IGNORANCE."
W.H. AUDEN

Do not fear; I will help you. Isaiah 41:13 CONTENTS

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OPINIONS

NANCY KERRIGAN AGAIN?

Why is everyone so excited about Nancy Kerrigan? She's America's new sweetheart any why not? She has all of the attributes; she's beautiful, talented, and the victim of a heinous crime. Nancy was attacked in Detroit on teh 6th of January 1994. Kerrigan collapsed after being struck on the leg with a metal bar by a man, later identified as ShaneStant, who was hired by Tonya Harding's bodyguard. Only in America can you reap the rewards of such a horrible ordeal. Nancy made the Olympic team and is now the new Campbell's kid. Everyone seems to be basking in teh glow of her sudden stardom. She was on the cover of three magazines last month, including People Magazine. If that wasn't enough, Nancy's simple pre-Olympic public skate turned out to be "Nancy Kerrigan and Friends." The show featured many prominent skaters, each separated by a routine from Nancy. We saw lots of her ample smile and heard many "Thank-you for supporting me's". Not bad for a girl who was relatively unknown a month ago. Does anyone remember her bronze medal at the 1992 Olympics in Albertville, France? The hopeful skater will be leaving for Lillehammer next week, perhaps a bit anxious about a rendez-vous with Tonya Harding. The great thing about the Olympics is that if she doesn't win, it's because her knee is still bothering her. If she does win however, she'll be on every Coke commercial, talk show, and billboard across America. She'll probably be throwing the first pitch at every Red Sox game, but all of this will have to wait until after the parade they'll have in her honour. I wonder which network she'll choose to tell her story? Every time we turn on the news, there she is. I don't think I'm the only Julie Sloan

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Dear Janice.

As I read your poem "Oppression" in the last issue, tears fell down my face and I was amazed that someone could explain my pain so well. I want to thank you for your courage to share your poem and tell you it's a brilliant and powerful expression of words. I only wish I was able to write poetry like you can. Wendy Woychuk

JUST ASK CHRIS

Dear Chris;

I wanted to share a joke with you, since you are not getting any mail!! This one is pretty old, but hopefully you have not heard it before.

Did you hear what happened to the dyslexic, agnostic insomniac??

He was awake all night wondering if there really was a doG!! (Special thanks to L.F. for this one.) Another Satisfied Reader.

Dear Satisfied:

Thanks, that was a doog one!! Well, readers, I know that it is mid-term week for you college students out there, and that time is limited for all of you; but after skiing—oops, I mean reading week, please take a few minutes to jot down a comment, a joke, or anything that will justify my job!!! Thanks, and have a great week off.

JUST CHRIS

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A FEW OF THE 1993 STUDENTS' COMMENTS

- 1) " I THINK THIS PROGRAMME WAS A GREAT EXPERIENCE. BEFORE I WENT I WOULDN'T PAY MORE THAN I DID BUT NOW I WOULD PAY DOUBLE." JASON WARWICK, ST. ALBERT
- 2) "MY HOST FAMILY WERE THE MOST WONDERFUL AND WARM PEOPLE! THEY MADE MY FIRST EXPERIENCE IN JAPAN ABSOLUTELY INCREDIBLE." AYLA AKUNGOR, EDMONTON
- 3) "IS IT POSSIBLE TO MAKE THE TRIP LONGER? I ENJOYED IT SO MUCH THAT I FELT IT WAS WAY TOO SHORT."
- 4) " I COULDN'T HAVE ASKED FOR A BETTER HOST FAMILY. THIS HAS BEEN A WONDERFUL EXPERIENCE FOR ME AND I WILL ALWAYS REMEMBER IT FOR THE REST OF MY LIFE."

PLEASE CALL US AND WE WILL ANSWER ALL OF YOUR QUESTIONS DOMO ARIGATO GOZAIMASHTA (THANK YOU)

BARBARA KING-IVES DIRECTOR

STRODS

I Corinthians 8:1: "...love builds up."

I've been feeling oppressed lately. Yesterday, I decided to start up a group. It's going to be an activist group of the oppressed, by the oppressed, for the oppressed. Today, I'd like to take the opportunity to invite you to join my groupor more accurately-I'd like to take the opportunity to invite some of you to join my group. If you match the membership criteria, you can contact me (Office A230, Ext. 310) to pick up registration forms.

I must admit that not all wrinkles have been ironed out yet. I have had some difficulty deciding what those membership criteria should be. Of course, support staff and administrators would not be invited. I mean, the fundamental reason for starting this group is the oppression I have suffered in the Business Office, the Registrar's office, the Print Shop, the Bookstore. All I have to do is go near one of those places and it's open season on Schweyer. The staff people in those offices are vicious; the administrators are no better. Staff and administrators need not apply.

At that point I was dealing with a Faculty-Student organization. But then I recalled how much my French 100 students griped about having to learn spelling-to-sound correspondences. And last Friday, people in French 250 were making fun of me. They had a really good time-at my expense. So after careful consideration, I concluded that students need not apply.

That left a Faculty group. But then I recalled the disparaging comments some of those science people had made about us "artsy" types around here. My immediate reaction, of course, was to exclude them. It's no loss, they're all insensitive, uncaring people anyway. A non-science faculty group might be nice.

No, that wouldn't work. Last week, I was told that I was essentially untrustworthy because I was a male. I can tolerate no lack of trust in my group. A male, non-science, faculty

Hold on-still some undesirables left. Education. English, History, Music, Philosophy, ... You probably know the profs in those departments. Do you have any idea what it is to work with the likes of them? I'll have to make it an association of male teachers of second languages. No, that still leaves the German character. Intolerable! How about male teachers of French? Wait a minute. That guy with the French name is no better.

And so, I guess I've determined the final shape of my group. It will be called the Society To Resist the Oppression

of Don Schweyer-STRODS, for short. It is open to everyone in the community who is me. In short, no one need apply.

My group has some things going for it. The cost of printing registration forms was minimal. Internal communication will also be cheap. Setting up the constitution will be easy, because no one will disagree. There remain a couple of problems to deal with. First, I'm a little concerned about how much power the group will wield. Secondly, I'm afraid I'm not going to have much fun at Society parties.

More all the time, I'm becoming concerned with the growing fragmentation of school communities in particular and of society in general. We divide ourselves into specialinterest, and, in many cases, into single-interest groups. We have groups to combat discrimination against individual races, against individual sexes, against individual age groups and language groups, against individual groups of sexual orientation, and on, and on, and on.

Don't get me wrong. I'm not trying to say that these groups have no reason to exist. There is no question that our society is plagued by some absolutely vicious mistreatment of people—mistreatment of individuals and of groups. There is no doubt about the fact that we need to do what we can to put a halt to this; and no doubt about the fact that, often, it is more effective to work in this direction by being a part of an organized group. The problem with what we have today, as I see it, is that our groups now tend to be so exclusive, tend to bar so many people from membership. It is good that we have formed groups that strive to foster justice where there has been no justice. But, in doing that, we have devised a new treatment for those people who are not in our group. We make them into the enemy.

I have felt uneasy with this multiplication of groups, unsure about how to deal with it. And so I tried to think of the different groups of people that Jesus talked about and dealt with—just to see whether his words and actions might give us some guidance.

The one group of people that Jesus appeared blatantly to treat as a group, rather than as individuals, is certainly the Pharisees. The Gospel of Matthew is full of negative references to the Pharisees. On reading these, our first inclination might be to see Jesus as a grouper—that is, as someone who not only belongs to a group, but conceives reality in terms defined by group membership and non-membership: all Pharisees are evil; all non-Pharisees are good. But Jesus did not fence the Pharisees off into a fixed and universally evil group. In Luke 13, some Pharisees run to Jesus to warn him that Herod has set out to have him put to death. After Jesus' crucifixion in John 19, Nicodemus brings spices for the preparation of the body for burial and Joseph of Arimathea

buries Jesus in his own tomb. Nicodemus was a Pharisee, and Joseph was probably one as well. These Pharisees were not people who felt that Jesus had made them into the enemy.

Christ's criticism of the Pharisees had its source in their self-centred focus on themselves and on their good works, rather than on the saving grace of God; but that criticism was aimed only at those Pharisees who fit the mold. And the Pharisees who felt Jesus' wrath were more than mere spiritual navel-gazers; they were groupers. They had set themselves apart as holier than all others—a society of the sqeaky-clean in the midst of the dirt of the riff-raff. With the social power they wielded, they were able to turn this simple exclusion of the common people into real oppression. Jesus was a champion of the oppressed. But he did not herd them into a separate corral in order to improve their lot. In Luke 7, Jesus is invited to have dinner with some Pharisees and he accepts. When a woman of the common people, a sinner, comes to wash Jesus' feet, those at the table criticize his willingness to associate with her. Jesus did not attempt to protect the common woman by fencing her off from the oppressors. His treatment of both her and the Pharisees shows clearly that he was trying to stop oppression by bringing the two together.

There are lots of other groups mentioned in the New Testament: the tax collectors, the Samaritans, the Gentiles, the Jews, the groups identified in the beatitudes. With more time, it would be good to examine their treatment in this same light. But all, I think, would point in the same direction: Jesus did not divide people into groups; his work was aimed at breaking down barriers, at grouping groups into larger groups. In the end, his goal was to form one universal group, uniting all people with their God. That group is called the Church. That group is the vision of the Kingdom of God. And that vision is what we, with God's help, must strive to realize. That vision, the unity of all people, must be the end goal of all our groups.

The Church is not exclusive, cannot be exclusive, if it is to remain the Church. Salvation and atonement are the gifts of God to all people. You might well try to divide people, if your goal is to conquer people. But to conquer oppression or any other sin-you have to unite people.

I have had to rethink the composition of my society. If I want to be protected from oppression, I need the support of the artsy people and the science types. I need the support of students and staff and administrators, of both sexes, of all language groups and of all races. In the end, the only way I can hope to be free from oppression is if, in Christ, I do my very best to make sure that all of you are free from oppression. That, good friends, is the Kingdom of God. That is our task and that is our hope.

Beach Blast I

It is comforting to know that we have a student association that is so concerned about the social welfare of their students that they go to great lengths to provide interesting gatherings for their poor, socially underdeveloped students. I am certain that the CCSA went to great effort and financial lengths to provide a hall, a very good DJ, and even provide a local band for their students. Altogether, a tremendous effort on the part of the CCSA, and they should be congratulated on their fine work. Someone should have told them that they only have a few hundred students to provide for, and not the endless hordes of a University.

The beach blast took place on February 5, 1994 at the Northlands Golden Garter. This is a building with a 700 person capacity, and only about 150 graced its halls that evening. Apparently, no one told Grant MacEwan that they could come too. Grant Mac also had one of their student bands playing, namely "My Cat Julius", who performed wonderfully, although their Funk style did not seem to be received particularly too well.

We also discovered the winners from the Snow Jazz Carnival, with First place going to Alpha Q, then Six Pack of Sympathy, followed by the Theologians by Night (and a couple of innocent bystanders), with the Dragons bringing up the rear. Thanks for the sculptures, everyone!

All together, the evening was very fun and cozy for those who attended, and I am sure that anyone who was there for Beach Blast II, the Wrath of Khan, can't wait for Beach Blast III, the Search for Spock.

Trevor May, On Campus Reporter

Auction nets \$40,000!

Every year the Concordia Auction is touted as "better than last year's" and once again it was true. A crowd of more than 380 friends of Concordia gathered at the Westin hotel on Friday, February 4 to show their support for the ongoing mission of the College. Members of the Alberta's corporate and business community bid on hundreds of items including original artwork and sculpture, trips, gift certificates and sporting event tickets. By the end of the "live auction" the auctioneer, Stockwell Day, and his able assistant, Honorary Chairman Willie Pless, had driven the total proceeds from the auction to more than \$40,000! "It's exciting to see the support for the auction

growing," President Kraemer remarked. "The committee of volunteers from the community who put the evening together are to be heartily congratulated and

Under the leadership of Committee chairman Ken thanked.' Duval, CEO of Canadian Wheel, the members of the Auction committee, which includes a number of Concordia Alumni, staged an outstanding event in support of Concordia.

ENTERTAINMENT

At The Citadel

Credits for the Citadel's production of Cyrano de Bergeracread like a who's who of the Citadel's history. This assembly of Citadel veterans is long and distinguished. Directed by Robin Phillips (St. Joan, Oliver!, and Man of La Mancha just to name a few of his numerous projects), this presentation excites the audience with wit inspiration. Translating this century old play offered Alberta playwright, John Murrell, several challenges; the most difficult being the language. However, in translating this epic comedy Murrell has been able to maintain the rhythm and richness of the Edmond Rostand's French language in this contemporary English version.

Cyrano de Bergerac is a magnificent story of love and eccentricity and is filled with poetry and pathos. Cursed with a hideous nose that precedes him, Cyrano is a poet and swordsman who lacks visual appeal. He cannot offer himself to Roxanne, so he offers her the handsome Christian de Neuvillette, as a mask for his own undying love, a glamorous substitute for his glorious soul.

Kate Newby, who was here last fall in the lead role of the Citadel's Wait Until Dark, returns to play the beautiful Roxane who falls in love with, and latter marries Christian. Christian is played by Andrew Jackson, who has spent has many seasons at the Stratford Festival and two years on the popular daytime soap opera All My Children.

Brent Carver, a Canadian from Cranbrook B.C., brings to life the witty and

wonderful Cyrano. Carver won the 1993 Tony Award for his work as Molina in the Broadway play, Kiss of the Spiderwoman. After eighteen months of eight shows a week, Craver opted for a change and the Citadel is fortunate to have acquired the service of this much sought after performer. Other notable performers include Hazel Desbarats, Glen Gaston, Anna Hagan, Kirk Heuser, Terence Kelly, and the always appreciated William Webster.

While this play is unquestionably entertaining, one should be prepared for its length which exceeds three hours. Cyrano de Bergerac runs on the Shoctor Stage until Feb. 20.

JEFFERY MCKEDDIE

A NEW OUTLOOK

Entertainment can be found under several guises and in places that you would least expect. Over the last few weeks, as I poked around the city, looking for new and better sources of entertainment, I came across some great places to find amusement at very reasonable (like free) rates. Below (in no particular order) are some of my favorites:

1. THE ANGRY FEMALE:
One of the most memorable of all the restroom philosophers that I have read in my long and sordid days of reading bathroom walls in resturaunts, clubs and various places in between. The Angry Female has spread her message about men, love, business and society in general throughout the confines of a local club and her little ditties of wisdom have provided me insight into this world that, well, can only

be found on a bathroom wall. PRICE: Well, a couple of pitchers of beer one night should give you time to read her entire collection.

2. THE GUY WHO WRITES

"REPENT": Now I know that some of you out there must have seen this message written just about everywhere in Edmonton- at the Legislative grounds, in Old Strathcona, on park benches, on bus sheltersanywhere that you, the typical bystander would notice it. "Repent" is always written in the same, familiar hand- a sloppy, but bold "R" with a somewhat lopsided "p", the stem looped high above the circle (this guy definitly did not win any neatness awards in grammar school). Yours truly has had the (dubious) distinction of actually spotting The Repent Guy as he worked his craft on the seat of a city bus a little while ago. He was nondescript- of average height and size, and yet he held an intense look as he scribbled his message for the world (or at least that part that rides bus 9 Southgate) to see. I thought about confronting him about his message, "Repent from what? Where do I meet this person who handles this sort of thing? Does he or she have a telephone to Dial-A-Repent?", but alas, I hesitated and the moment was lost as he carefully stepped off the 9 Southgate into the wintery air and stepped to the nearest fence and began his writings all over again. Rumor has it that The Repent Guy has now surfaced in Calgary and I am sure that the citizens of that city are equally as puzzled as we are up here. Any info on The Repent Guy can be forwarded to the Blue andWhite Office.

JEN WILSON

ENTERTAINMENT

WHAT'S UP

Just in case all you entertainment hounds out there have been sniffing the proverbial air around town looking for something new and exciting to do (or just something, ANYTHING to do), here's a few happenings that y'all might want to consider...

DIVERSE CITY '94: A Christian music "mini festival" including bands "Acts of God", "Threshold" and "The Undertakers". This show promises to be a great time, and a real eye opener for those of you who thought Christian music ended in church hymns. See Diverse City '94 on: FRI-DAY, FEBRUARY 18 in CALGARY at the First Baptist Church, 1311 4 St., S.W.; SAT-URDAY, FEBRUARY 19 in RED DEER at the Living Stones Church, 40th Avenue and Delborne; and SUNDAY, FEBRU-ARY 20 in EDMONTON right here at the Concordia College Auditorium. Tickets are \$5.00 in advance and \$7.00 at the door, tickets available at all participating Christian bookstores.

GALORE and Guests:
See this up and coming band and their special guests on FRIDAY, FEBRUARY 18 at the MULTIPURPOSE RUMPUS ROOM, 9523 Jasper Avenue. Doors open about 8:00pm. Tickets available at the door.

AFRO-QUIZ '94: In celebration of Black History Month, the Council of Black Organizations, the Edmonton Public Library and E.B.O.N.Y. present this interesting way to inform the public about Black people, their history and culture. Be a participant in one of three age categories, or be a part of the audience on FRI-

DAYS, FEBRUARY 11, 18 and on MARCH 4 at the Centennial Library Theater. Call 426-5807 for more info.

B.B. KING LIVE!!: Legendary bluesman, B.B. King will be in EDMONTON at the JUBILEE AUDITORIUM for one show only, on TUESDAY, FEB. 15. Tickets at Ticketmaster with prices ranging from \$24.50 to \$34.50. Don't miss your chance to see the man himself! Doors at 8 pm.

The SHRINE CIRCUS:
Those big hearted guys are back to entertain you once again this year as the circus rolls into Edmonton
Northlands Coliseum on MARCH 18th TO 20th. Tickets at Ticketmaster.

The Skeleton

Lost to me
in the darkness of horror
hiding there
in the walls of terror
spitting taunts
knowing I can't reach it there
spitting, spitting, spitting
taunts
from deep within its lair

waiting there
in the closets of my past
hanging there
Albatross from my mast
lying there
condemnation by its side
lying, lying, lying there
Itching 'neath my hide

Jabs at me impunity under shield tears at me never stops, never yields killing joy until I finally cry killing, killing, killing joy until I finally die.

Fin The Prophet of Rage

my present darkness

the swirling pool of murky blackness engulfs my dreams and desires.

it pulls me close its arms surrounding; hatred and wickedness never ending.

it tries to grasp my soul, in search for all i crave.

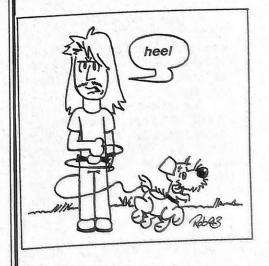
evil drips from every word, slowly draining all resolve.

i cry to you.

the truth comes near, its love encompassing every fear within my heart and mind.

darkness lifts its hand of fear as love begins to sing its song of truth and life immortal.

cori huising



WOMEN'S BASKET-BALL

On the eve of the North American Baptist College Tournament, a few comments were uttered from the women's team. Wing Jackie Person explains that "this tournament will be an extreme challenge for us, but it will leave room for improvement." Heading into the games though, it is hard not to notice that the ladies team seems uptight. Head Coach Ric Suggitt stated his expectations of the two basketball teams he coaches: "I expect the guys to be competitive and the girls to win." Team member Cindy Liber raised her eyebrow at this comment while Ric was wrapping her ankle in protective tape. When asked about losing key players from last year's Womens' team, he quickly responded: "Not a concern."

The opening game opponent for Concordia was arch rival, King's College. King's played zone defense and it worked effectively when a Concordia pass at midcourt was intercepted by King's. Concordia continued to apply great defensive pressure right into the last sixty seconds of the ballgame. King's tried wearing out the clock but wound up fouling a Concordia player in the process. With King's leading 32-30, a Concordia timeout was called right in the middle of a King's College play. King's got the ball out of bounds, but unfortunately a foul on Concordia resulted. The shot went in with 3 seconds left and King's hung on for a 33-30

Gameday Notes: Guard Annette Schoepp played a very aggressive second half at her position... Forward Cindy Liber executed a great defensive stop on a King's College lay-up...

For the second game between NABC and Concordia College, I hoped that the ladies would be leading so that I wouldn't regret arriving late. NABC led 25-10. It seemed that the close loss against King's had carried over to the ladies play in this game. NABC played a well-executed, inpenetrable defense. It was a solid defensive system to watch. Wherever a Concordia player went, the NABC defense moved accordingly and adjusted to almost any play the

SPORTS

ladies threw at them. The key was constantly clogged and consequently, it was very tough to get into the key to make a play happen.

Gameday Notes: Concordia forward Shelley Werstiuk prevented a second half NABC fast break with a solid defensive pass block. After the cheers from the team and a compliment from Coach Suggitt, she accidentally stomped on Ric's toes as an obvious show of gratitude to Ric. This momentous event provided much needed humour in an unexpected loss.

This third game involved the Peace River Bible Institute as Concordia's opponent. The Ladies dominated the ballgame. The fans were treated to a very well orchestrated ballet of passing and fast breaks - lay-ups and outside-the-key shots as the Thunder triumphed over Peace River 58-31.

Gameday Notes: Guard Shauna Harns showed her potential to be a Steve Young as at one point, she threw the ball with accuracy more than halfway across the court... Wing Crystal Anderson had a great steal on defense midway through the second half... The team won their last game on February 14, by a score of 48-30. They are now in third place in their league.

MEN'S BASKETBALL

The men's team also played at the NABC Invitational Tournament. Their third game was fast-paced until late in the game when their opponent, Lakeland College, pulled away for the win. The team demonstrated a couple of plays called Superman and Spiderman. With the score 49-35, Concordia College fought back with 11 unanswered points to close the gap to a field goal. It was a great game and something to look forward to as the play-offs loom closer.

Gameday Notes: Guard Elroy Dawkins during the Concordia Women's game on Friday night versus King's College encouraged the team to use the backboard when shooting. I did notice in this game that Elroy used the backboard six times when shooting and four of these shots went in.

A DieHard 49ers Fan

THUNDER ACTION

It wasn't the greatest weekend for the Thunder hockey team. On Feb.4 and 5 they were in Calgary playing the #1 Mount Royal team. On Friday the Thunder lost, and Saturday as well (3-2). Also they lost three players to injuries: Corey Danyluk-pulled knee ligaments, Mike Burgh-broken toe, Jason Schmidt-pulled groin. Mount Royal is a good, strong, team, and the Thunder team showed alot of guts and diligence. The next games are this Saturday vs. NAIT at NAIT and then on Tuesday vs NAIT at the Agricom. These will be the last few games of the season so please come out and support your team. I know the guys and the coach Jim McLean will appreciate it!

My apologies to Wade Fleming for the mistake on his name in the last issue. (please don't rip up this issue!)

SARAH HOLLAND

Baby-sitter available as of March 1st One block away from College Rates Negotiable Contact Lisa at the Coffee Shop ext. 522 or evenings at 471-3455

