

THE BLUES

The symptoms are all there. You can't quite pinpoint it. The vibrations sent out by your heart are leaving a dull ache throughout your body. Sounds like you've got the blues.

The majority of students find the comfort of their peers most valuable when they're feeling down.

"I usually go to my friends when I'm depressed. They're there to listen to me. My parents don't have time for my problems," said senior Melanie Mayers.

Although some students turn to friends when they're feeling down, others seek their parents for a listening ear.

"When I have problems with my friends I would rather talk to my parents about it

since they've been through it before. They know how I feel and try to help me out," said senior Amie White.

Another alternative popular among students is to resort to a hobby to cheer them up.

"I always turn to my music first. I put on my headphones and listen to anything from "The Cure" to Phil Collins. Most of the time that will bring me out of it, but if it doesn't do the trick I'll go to anyone with a listening ear," said senior Josh Glew.

Although everyone feels down at times, people choose to deal with depression in a variety of ways. Anything from seeking someone to listen to resorting to a hobby is acceptable as long as it cures the blues.

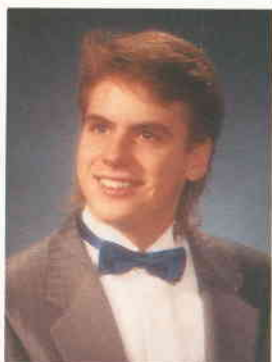
Abbey Sweetland

Spending time with friends is important to Melanie Mayers. Melanie values support and understanding in friendships.

Mark Worrall



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Joseph Mullaney
Diana Murphy
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