

Staff Editorial

Depression a choice

College life is tough. It is a time when young adults venture out into the real world, only to find that their new studies, occupations, responsibilities and relationships take more of a toll on them now than ever before. Because of this pressure, many people become depressed. Of those, many choose to take the path of medication.

When they do, they play a dangerous game.

The media constantly pushes the belief that depression is a chemical imbalance, usually under the guise of "manic depressive" or "bipolar disorder" diagnosis. Doctors and big medical companies would have you believe that you cannot help but spiral into the depths of despair, that you are unable to control your manic outbursts of rage.

What if you actually could, but didn't want to, or didn't think you had the ability?

Studies show this might be the case.

The actual cause of depression is unknown. Symptoms have been traced to low serotonin levels in the brain but no proof exists that low serotonin creates depression. Many people are under the false impression that these chemical levels are something they cannot possibly change, when in actuality, research studies at the UCLA School of Medicine show that cognitive-behavioral therapy alone causes chemical changes in the brain. Therapy and a conscious shift of thought patterns provide lasting results.

In other words, pills only mask the problem.

Furthermore, some cases of depression in adolescents have resulted in suicide due to the anti-depression medications prescribed to them. Why should doctors sell pills for depression that could, and has been proven to, make you sink to the point of taking your own life?

Why? Because they make damn good money doing it.

A 1999 study at Duke University showed that three 30-minute workouts each week induced the same results as drug treatment. A Psychometric Medicine study came up with the result that 40 percent of patients who relied on anti-depressant drugs had a relapse into depression within only six months. Only eight percent of those who exercised had a relapse.

The method by which doctors determine whether a person suffers from depression is alarming in itself. They diagnose by self-reported symptoms alone.

Psychologists and psychiatrists form committees and draw up lists of symptoms and give the lists illness names. They then take a vote and place the illnesses in the Diagnostic and Statistical Manual of Mental Disorders.

So basically, a perfectly happy person could, in theory, walk into a psychologist's office, say he felt depressed and horrible and suicidal and other things on the list, and the doctor would prescribe an anti-depression medicine to take care of the patient's troubles. No other tests would be needed. Is this not dangerous?

What is the difference from going to a street corner drug dealer and telling him you need a quick fix to numb your pain?

Why not find the strength inside yourself to either change your life situation or modify the way you think and deal with it?

You do have that power.

Everyone gets depressed.

Everyone, even children, have experienced sorrow, stress, loss and disappointment. Unfortunately we live in an age that does not like to feel.

We drink away our job troubles on the weekend.

We smoke ourselves stupid to forget the boyfriend or girlfriend who dumped us.

Only recently have we added anti-depressants to the list of "cures" to ease this sort of life pain.

It is a coward's way out and a disintegration of our culture when we choose not to feel.

Only by going through hardships and facing them with the inner-strength we all possess as humans do we attain two of the most honorable traits a person can achieve:

Character and self-control.



New World Order dominates capitalism



CHRISTIAN MCPHATE
OPINIONS EDITOR

"For I dipt into the future, far as human eye could see / Saw a vision of the world, and all the wonder that would be! ... / Till the war-drum throbbed no longer / and the battle-flags were furled / In the parliament of man, the federation of the world." - Lord Alfred Tennyson, "Locksley Hall."

A secret order of elite puppeteers are pulling the strings of some of the world's most earth shattering events, maneuvering the global governments into a transformation of a single, fascist regime that will rule over the human race, a New World Order.

Well, at least those who survive the annihilation of control through the means of capitalism amok and brainwashed, religious, blinded extremists.

An organization that rules the world behind a veil of secrecy, they are the godfathers of the Skull and Bones (a secret group of yuppie elites with chapters at Harvard, Yale and other "elite" universities), the secret bad guys from Dan Brown's

"Angel and Demons," the Illuminati and they are manipulating the world with their visions of controlling conformity.

In 1770, Mayer Rothschild enlisted the services of ex-Jesuit Dr. Adam Weishaupt, a professor of Canon Law at Ingolstadt University, to create a secret society within the secret society of Freemasons in the Masonic lodges of Germany. The secret of a secret society were charged with the obliteration of Christian dominance and a renewed vision of the world, or New World Order, or *Novus Ordo Seclorum*, a new order of ages.

"The great strength of our Order lies in its concealment, let it never appear, in any place in its own name, but always covered by another name, and another occupation," Weishaupt said.

According to conspiracy theorists, the Illuminati's signs are everywhere from the strange murals in the Denver International Airport to the seal of the Illuminati on the one-dollar bill (the all-seeing eye floating above the pyramid on the back).

The enemies of the secret of a secret order were the monarchs of Europe and the Church. The elite members were tired of the mind-dumbing control of religious zealots. They wanted to further the means of their views of a world where the al-

mighty dollar and not the almighty God reigned supreme.

Now how does a mystery of a mystery accomplish this task of a world where capitalistic vampires drain the blood and soul of humanity in the guise of peace and unity?

According to Immanuel Kant, author of "Perpetual Peace, a philosophical sketch" (1795), to organize human affairs and permanently abolish the threat of future war, three basic requirements had to be met:

"The civil constitution of each state shall be republican, the law of nations shall be founded on a federation of free states, the rights of people, as citizens of the world, shall be limited to the conditions of universal hospitality."

Creepy.

However, herein lies a problem with the secret group, the students of "Illuminology" could not agree on the true purpose of their order, for each member was a power unto himself (especially in his own mind) and was unable to share a vision where he was not the head of the "New One World Organization."

The problem was solved, theorists said, with the creation of the American branch of the Illuminati, Skull and Bones, a secret of a secret of a secret organization whose membership at one time included President Bush and Senator John

Kerry.

Theorists said that through the means of assassination, bribery, blackmail, mind control, addictions, pharmaceutical "cure all our problems" medicines, the control of banks and other financial powers and the lists goes on and on, they establish control.

The Illuminati seem to be on the top of their political totem pole.

"Conspiracy theories explain disturbing events or social phenomena in terms of actions of specific, powerful individuals," Theodore Sasson, sociologist, said. "They deflect responsibility or keep people from acknowledging that tragic events sometimes happen inexplicably."

William Domhoff, a sociologist at the University of California at Santa Cruz, explained that conspiracy theorists usually end up attributing more power to elites than they actually have.

However, from October 2001 to March 2002, 11 of the world's leading microbiologists mysteriously died within the five-month span. They were involved with developing weapons-grade biological plagues, studying, preventing and manipulating infectious diseases like HIV, Ebola and influenza and understanding the sequence of the DNA chain mysteriously die.

Seems like plenty of power.

Situational faith a real bumner for kids



JASON KIMBRO
ENTERTAINMENT EDITOR

I was raised in a Pentecostal Christian home. This sort of abodes can be heavy-laden with many strict rules in terms of appropriate language and demanding schedules of locale (i.e. we better be in church every time the doors are open).

This idea was particularly demanding whenever there was a revival.

Revolutions were weeklong events kind of like a church service every evening. Now if most of you have never been to a high-spirited Pentecostal service, then you really have no clue as to how excruciating this can be for a child.

Pentecostal services can last

up to five or six hours. The Holy Ghost fills the room and everybody starts speaking in tongues, crying, praying, dancing around and getting drunk with the Holy Ghost. This would often follow a sermon that would take up at least one to two hours of the evening.

This is all fine and dandy for the hardcore adult members of the congregation, but many times us kids were forced to sit down, be quiet, or if we were up to it, actually participate in the wondrous activities, consuming the entire church.

Life was tough growing up in my household. "Butt" was a naughty word, yet "crap" was not, that is if you didn't use it in the context for which it meant. In other words I could say "Holy crap that hurt," but I had to avoid "I need to take a huge crap, I'll be right back."

My mother, a particularly sweet individual, was the piano player in the various churches we attended. My brothers and I were favorites for singing specials. This grew more prominent for me as I got older.

Don't get me wrong, I was a Jesus freak in my day. I would go up front, do my share of the 'ol tongue speaking, dance around, collapse on the floor, etcetera, but I honestly could not tell you to this day whether or not I was doing it on my own behalf, or if I was really possessed by the benevolent left hand of God.

Nowadays I don't feel the spirit. I have my beliefs, but I am very far from being a Christian. Some would say I'm agnostic. I just say that I am situationally spiritual, and I truly feel that this is how most people are.

Take, for instance, the individuals who are the most intense in their worship and attend every service no matter what happens. They tend to be the poorest of the flock, or the eldest. Many others show up on behalf of appearances and social latitude.

The rest are those that truly are deeply routed in their faith and desire to go to heaven, therefore their situation is being a person who wants an eternity in heaven more

than anything else in the world, unless you're my mother and you want the same for your children.

I love my mother. I pray each night that she receives nothing but the best, in the least stressful ways possible, and I really want to make it clear to folks like her that I am not out to bash Christianity, I am out to bash most of today's societal Christians.

Why? Because bashing is fun!

Keep your faith true, if faith is what you're into. If it isn't, do not use it as an instrument toward your standing in society. Love God, Buddha, Muhammad, the spaghetti monster, whomever for the reasons their doctrines tell you to love them.

In case you are having trouble figuring out the reasons for true faith, then grab yourself a copy of the Bible, the Quran, the Tao Te Ching, or Tom Cruise's memoirs. In the meantime, go ahead and do a little backsliding. Then, your testimonials will have that much more umph!

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