Education fights mental illness stigma

By Ashley Cole
Asst. News Editor

The Counseling and Testing Center took part in Mental Illness Awareness Week from Oct. 3-7 by holding events to educate the UNCP community.

“Fight the Stigma” was the slogan of choice and the theme for the week. Counseling and Testing had a table set up in the UC with statistics and information about mental illness.

“It’s become a very real issue in our country so I think it’s something we all need to be educated on so we’re not ignorant,” Outreach Coordinator LynDee Horne said. “One in every four people is going to be affected in some way by it.”

Horne hopes that educating and raising awareness about mental illness will help to relieve the stigma surrounding it.

Many people think that those with a mental illness must be sick or weak or that something is really wrong, Horne said. “We’re really trying to help students know that it’s not what they think.”

Along with the “Fight the Stigma” campaign, the center also conducted depression screenings for National Depression Screening Day on Oct. 6. Book displays were set up in the library so people could read everything from fictional to autobiographical books on mental illness.

The idea for the “Fight the Stigma” campaign began in the summer and evolved throughout the year, Horne said.

Inspiration for the campaign came from the non-profit movement To Write Love On Her Arms. According to their website, this movement “is dedicated to presenting hope and finding help for people who are struggling with depression, addiction, self-injury and suicide.”

“Fight” tattoos were handed out at the table as part of their campaign and as a way to spread the word throughout the campus.

Outreach Coordinator LynDee Horne helps junior Antonio Woodard apply a FIGHT temporary tattoo during Mental Illness Awareness Week.

ACE sponsors slam poetry contest

By Samantha Langley
Staff Writer

Slam poetry is a newly discovered urban art where poets are given a place to express themselves in a new manner.

On Oct. 3, a slam competition was put on by ACE in the UC Annex, as many students presented their slam poetry art work.

At the end of the night the audience voted through text message and Twitter to choose their favorite slam artists.

Basia Collins took home first place honors and received a $100 bookstore gift card, second place finisher LaVianca Ledbetter won a $75 gift card and Javis Bridges garnered third place and won a $50 gift card.

Poetry has always been a spoken art that has delighted many people for centuries, but Slam is a contemporary form of poetry that has delighted many urban art where poets are given a place to express themselves in a new manner.

Some were very serious poems, some were humorous and some were very passionate and very well done.

In the end, Collins took home the first place prize for her poem on religion. In fact, religion was where Collins said she got her start in Slam.

“Slam to me is a gift from God. I just woke up one morning and I had my first poem, and ever since then, it’s just been expanding more and more. God really is my life, and the ability to express my religion is really something I feel passionate about,” she said.

Collins said she plans to spend her bookstore gift card on UNCP paraphernalia because she truly loves Pembroke.

Check it out Oct. 17 - Oct. 27

Oct. 17: On Stage for Youth presents Seussical, GPAC, 10 a.m.
Oct. 17: Alcohol Screening, UC Mall, 10:30 a.m. - 1:30 p.m.
Oct. 17: Pink Tie-dye Party, Village Apts., 7 p.m.
Oct. 18: Kick-off to Advising, UC Lawn, 10 a.m. to 2 p.m.
Oct. 18: Mocktail Madness, UC Lawn, 6 p.m.
Oct. 20: Leigh Montague Senior Recital, mezzo-soprano, Moore Hall, 7:30 p.m.
Oct. 21: Pembroke’s Got Talent, UC Annex, 7 p.m.
Oct. 23: Chauncey Barnes and Charles Perry Junior Recital, tuba, Moore Hall, 4 p.m.
Oct. 24: UNCP Choir Concert, UC Annex, 7:30 p.m.
Oct. 25: Michele Gingras Recital, clarinet, Moore Hall, 7:30 p.m.
Oct. 25: Movie Night: Insidious, UC Lounge, 8 p.m.
Oct. 26: Haters, UC Annex, 7 p.m.
Oct. 27: Free HIV Testing, Student Health Services, 9-11 a.m.
Oct. 27: Octubafest Celebration, Moore Hall, 7:30 p.m.
Oct. 27: Tales and Treats, Fire Pit (behind West Hall), 9 p.m.