

The Quigmans BY BUDDY HICKERSON



"I should have never buried the body in my litter box."

Everyday Joe BY STEVEN OLEXA



Heads and Tails BY JONATHAN HUGHES/THE GAMECOCK



What's Up?

Welcome to What's Up, the weekly advice column brought to you by the Counseling and Human Development Center (CHDC) interns and staff. Submit your anonymous questions to adviceatusc@hotmail.com. We offer no personal responses via e-mail. The CHDC professional staff supervises all interns. The following advice represents the opinions of the CHDC and not necessarily the opinions of The Gamecock.

QUESTION: In the middle of the night, I am startled awake, sweating, my heart pounding, sometimes crying. I am scared someone has been chasing me, or I am naked in class and am not prepared. The details are different each time, but the painful feelings remain. How do I understand and handle these nightmares?

ANSWER: We dream several times nightly, but because nightmares scare us and wake us up, we remember them more vividly. Details and story lines in nightmares are symbolic. One way to deal with nightmares is to think of them as "teachers." To access the "nightmare teacher," sit calmly and quietly and try to re-experience the emotions you felt after you woke. Ask yourself: "Is this a familiar feeling? When have I had this feeling in my waking life, and what was going on at the time of those feelings?" Allow your mind to flow freely over waking events without forcing an answer. Write your thoughts down. Calmly assessing the nightmare and maybe recognizing a connection will help desensitize negative emotions. Furthermore, you may help solve the waking

problems that led to the painful feelings by writing or drawing images that tell the story of the nightmare. Change the details in the story to create a better feeling or safer ending. Consider how you might change your waking concern like you changed the story line of your dream. Feel free to call the CHDC for resources on dreams.

QUESTION: This past weekend I was out with my friends and let a male acquaintance walk me home. We ended up sleeping together. Although we used protection, I feel horrible. I have never had a one-night stand. I am avoiding running into him by altering my daily routine. How can I approach this situation and feel better about myself?

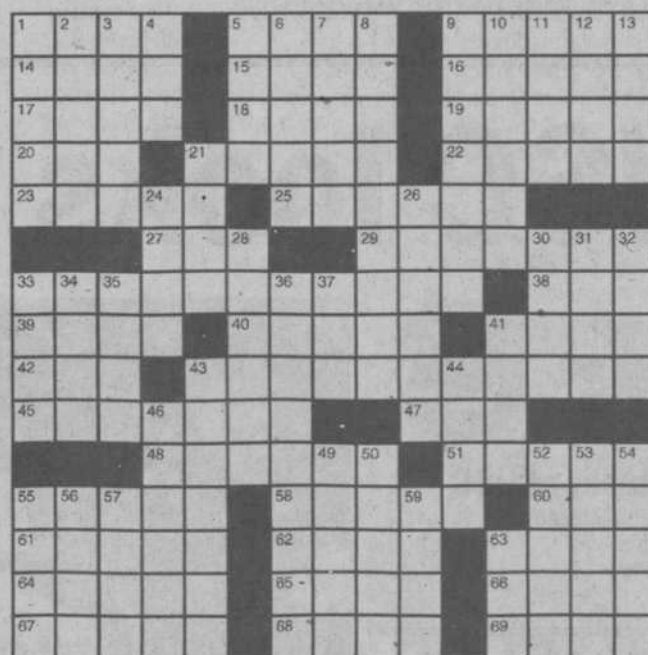
ANSWER: Negative feelings often develop when we do something we regret. You may not have been emotionally ready to deal with emotions and consequences resulting from your sexual experience. You have made the first step to feeling better about yourself by acknowledging two things: You were smart enough to use protection, and this experience does not sit well

with you. It may help you to understand your feelings by determining what specifically about the experience bothers you. Are you concerned that he wants more from you? Or what he thinks of you? Were alcohol or other drugs involved? How were you feeling prior to going out with your friends? How do you make the decision to have sex with someone? Your answers to these questions will increase your self-understanding and empower you to determine what you can do to feel better and to make future decisions. The energy used to avoid this male acquaintance can be channeled positively as you let go of feelings like guilt or shame. This should help you get back into your normal routine. You may even decide to have a conversation with this man to clarify your position. If your negative feelings are more than you can handle alone, please contact a professional.

The USC Counseling and Human Development Center 777-5223 Seventh floor, Byrnes Building www.sa.sc.edu/chdc Open Monday-Friday, 8:30 a.m.-5 p.m.

CROSSWORD

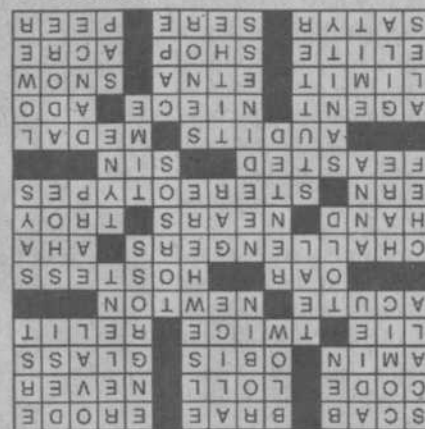
- ACROSS**
 1 Wound covering
 5 Highland hillside
 9 Wear away
 14 Collection of rules
 15 Lounge around
 16 Not even once
 17 Dictator Idi
 18 Geishas' sashes
 19 Drinking vessel
 20 Whopper
 21 On two occasions
 22 Started the fire again
 23 Sharp
 25 Sir Isaac
 27 Scull propeller
 29 Restaurant greeter
 33 Contenders
 38 Cry of discovery
 39 Ovation
 40 Approaches
 41 Ilium
 42 Sea eagle
 43 Conventions
 45 Ate heartily
 47 Transgression
 48 Financial examinations
 51 Winner's token
 55 Emissary
 58 Extended family member
 60 Bother
 61 Restrict
 62 Sicilian volcano
 63 Winter blanket
 64 Best of the best
 65 Mall unit
 66 Plot of land
 67 Woodland creature of myth
 68 Withered
 69 Equal
- DOWN**
 1 Stairway in Italy
 2 Kind of book or relief
 3 French farewell
 4 Dancer Vereen
 5 Exhale forcefully
 6 A Hood
 7 Woundland visitor



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10/08/03

Solutions



- 8 In another place
 9 Absorb
 10 Ease off
 11 Ellipsoid
 12 Lucy's love
 13 Once, once
 21 Freshwater duck
 24 Related
 26 Human trunks
 28 Leased
 30 OK Corral combatant
 31 Oxford or pump
 32 Utters
 33 King of the kitchen
 34 Fabled also-ran
 35 Writer Quindlen
 36 Privation
 37 Long-snouted fish
 41 Actress Daly
 43 Speak haltingly
 44 Fourth dimension
 46 Mental health
 49 One-tenth donation
 50 Mexicali mister
 52 Twist or tango
 53 Revere
 54 Downgrade
 55 Alternative to lagers
 56 Colorado tributary
 57 Give off
 59 Cod or Coral
 63 Nincompoop

HOROSCOPES

ARIES Continue to follow through on promises you've made. Don't start new projects yet. Take care of the cleanup work first.
TAURUS A friend in need may be threatening to talk your ear off. Don't offer your savings to bail out this person. Your tough love is a better gift.
GEMINI It's getting closer to the time when your secret can be revealed. Start thinking about the consequences. No need to show too much too soon.
CANCER As things get more unsettled, the tension could rise. If you end up with home improvements, the whole thing will be worthwhile. Keep

that in mind.
LEO Finish figuring out the costs so that you can take action. You're getting tired of talking. Get suited up for the doing.
VIRGO Changes, many of which seem to be way beyond your control, create anxiety and expenses. Luckily, your creativity may be able to help you dodge these problems.
LIBRA You may have been working too hard for too little, but that's about to change. The money should increase steadily over the next few weeks, and not a moment too soon.
SCORPIQ You'll be most effective if you stick with the rules you've set. A confrontation could lead to a

great breakthrough.
SAGITTARIUS A person who disagrees with you may have a good point. Don't dismiss him or her too quickly. Hear what hasn't been said.
CAPRICORN An older person could be threatening to talk your ear off. Don't complain. You'll eventually be rewarded for your patience.
AQUARIUS You know that any dilemma can be resolved with a little research. Some jobs take longer than others. Keep at it; you'll find what you seek.
PISCES After you stop being embarrassed for having made mistakes, you can get down to business. That should happen soon.

CALENDAR

Wednesday, Oct. 8

- "GUT GIRLS": 8 p.m. Benson Theatre. \$5.
- "MAROONED IN IRAQ": 7 and 9 p.m. Nickelodeon Theatre, 937 Main St.
- THE LOST TRAILERS WITH ANGRY RED PLANET AND DAVE BRITT: 9 p.m. New Brookland Tavern, 122 State St. \$7.
- SUNDANCE SHOWDOWN, WEEK 4: Sundance Bar & Grill, 902-B Gervais St.

Thursday, Oct. 9

- "GUT GIRLS": 8 p.m. Benson Theatre. \$5.
- SOUTHERN CIRCUIT NO. 2 - COREY MCABEE, "THE AMERICAN ASTRONAUT": 7 p.m. Nickelodeon Theatre.
- LOVE APPLE FAREWELL SHOW WITH JONAS, TIGERBOT HESH AND ELOY: 9 p.m. New Brookland Tavern. \$5 for 21



Wednesday and Thursday. Russell House Theater, 8 p.m.
 and up, \$7 for under 21.
BEN WALKER WITH WAITING FOR DECEMBER: 9 p.m.
 Jammin' Java, 1530 Main St.
KING JOHNSON: Sundance Bar & Grill.

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