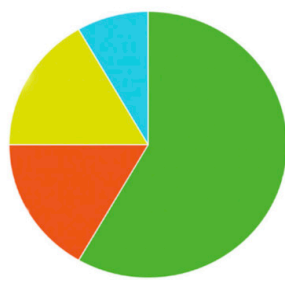


## What's Your Opinion?

Poll description

Out of 9 responses:  
 Tutoring -- 7  
 Counseling Center-- 2  
 Red WOLF Center--2  
 Access and Accommodations-- 1



■ Tutoring ■ Counseling Center  
 ■ Red WOLF Center  
 ■ Access and Accommodations

## Next Poll:

**Theaters or Streaming**  
 Do you prefer to watch movies in theaters or wait until it comes out on streaming platforms?

Students can answer the poll on The Herald's Instagram page, [@astateherald](https://www.instagram.com/astateherald). Instagram polls are posted on Mondays. Previous poll results can be found on [astatetheherald.com](https://www.astatetheherald.com). Have an idea for a poll? Send your ideas to [heraldopinion1921@gmail.com](mailto:heraldopinion1921@gmail.com).

These and future articles can be found on the Opinion section of The Herald's website.

## Don't romanticize the tortured artists

ELIJAH TEMPLETON  
 OPINION EDITOR



Elijah Templeton is a junior creative media production major from Jonesboro

You have likely heard of the concept of the "tortured artist" before. This stereotype of the artist, musician or writer is infamous for its portrayal of their mental health struggles or addictions.

This fuels a belief in many that some level of suffering is not only warranted, but necessary to achieve artistic success.

This inner turmoil is often written off by many who view it as simply part of what makes a particular artist great. Their problems are not seen as something to fix because that is what allows them to produce the art.

This attitude causes fans to overlook their obvious cries for help and clear signs of unwellness as long as their art remains great.

It's only after these artists have driven themselves into an early grave or completely lost themselves that we

notice the signs that were present all along.

**"If I could have worked without this accursed disease, what things I might have done."**

We remain blissfully ignorant in the enjoyment of their art and add their names to the long list of artists gone too soon.

One of the most well known examples of the tortured artist is Vincent Van Gogh, who suffered from manic depression and self mutilation and eventually committed suicide at just 37-years-old.

Van Gogh was prone to psychotic episodes that kept him locked out of his own studio. His most famous piece "Starry Night" was completed while he was undergoing treatment at the Saint-Paul Asylum.

Shortly before his suicide, he wrote: "If I could have worked without this accursed disease, what things I might have done".

A more modern example is Kurt Cobain, who suffered from chronic stomach pain that fueled his heroin addiction.

This fact is often forgotten by the masses, who instead hear the romanticized revision of a tortured genius writing massive hits in the midst

of an opioid high.

Cobain would eventually commit suicide at 27-years-old, becoming a member of the now famous "27 Club" which is filled with artists who suffered untimely deaths at 27.

This club has become well known in pop culture and is still used prominently to further the trope of the tortured artist that persists today.

The glorification of these types of people and their struggles in the name of art is extremely unhealthy, both for the artists and their fanbases.

The belief that artists need to have an air of danger or an edge around them in order to stand out is a dangerous precedent that has resulted because of this.

This is not an intentional callousness by society, but rather a cultural norm that has been established over time.

The belief that some artists are just troubled people and art acts as their outlet to make sense of the world is widely known and accepted.

We can hear songs and read stories that clearly outline troubles that the creator is going through, but it is only with the context of their early death that they become crystal clear.

We can know that artists have addictions, but it is only when they overdose that we realize just how real their struggles were.

The glorification of tortured artists comes from the objective truth that they

are responsible for truly magnificent works of art.

Van Gogh is one the very best painters to ever live and Kurt Cobain was the voice of a generation.

By glorifying tortured artists, we glorify mental illness and remain indifferent to the reality of suffering in the name of artistic creativity.

This presents a dangerous precedent for new artists to follow by enabling the darkness within them in an attempt to create incredible work.

By recognizing the problems with praising tortured artists and not romanticizing the struggles they go through, we can focus on true creativity and enjoy the art that artists working at their best are able to produce.

If we continue to be mindful of this reality, we can ensure the message is sent that you do not need to suffer to be a star. But of course, that's just one man's opinion.



ARTWORK COURTESY OF ZINA GOLMIYYAH  
 Van Gogh style portrait of Cobain

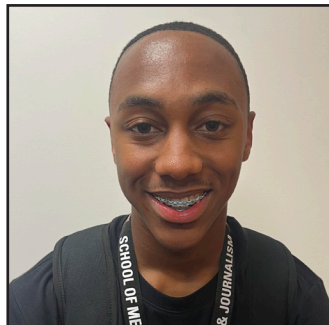
## Use campus resources, you're paying for them anyway

WILL LIVINGSTON  
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 STAFF WRITER



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This semester, Arkansas State took on 14,903 student enrollees. So many students walk across campus every day but it seems that only a small percentage of them make use of the free resources available to them.

If students do not make an effort to use these resources, they are essentially throwing money away, because their tuition pays for them regardless.

Specific free resources available to students at A-State include the gym, tutoring and counseling.

In my opinion, if you are already paying for these things, you may as well give them a try. Students becoming more active in the campus community and taking advantage of the provided resources on campus can only improve their college experience.

To get an opinion from the student body, I went out and interviewed a few fellow students to get their thoughts on the free resources available to us.

Tiara Trotter, a first-year student majoring in mechanical engineering, said:

"I know that I could go to the gym for free, but I haven't gone yet. I know that they have free tutoring, but I just haven't needed it."

This is likely the most common reason these resources go unused. A lot of students either don't need them, or don't have the time to use them.

Students' schedules are jam packed, making them unable to take advantage of helpful resources around campus.

Some do take advantage of these though. Andre Leon, a junior international business major from West Bloomfield, Michigan, said he often uses these benefits;

"I go to the counseling center every once in a while. I do go to the gym, even if it may not look like it. Tutoring is probably the only thing I don't use, because I guess I like to challenge myself."

Tutoring is one of the most valuable resources included with tuition by Arkansas State. Tutoring offers a one on one environment that is incredibly effective for understanding complex material and practicing at one's own pace. Tutoring in a subject that a student is struggling with could be the difference between passing and failing that course.

Senior animal science major Lilliana Newton from Little Rock said that she would use more of her resources if she knew about all of them.

"Sometimes I use the gym when our class does something there. I use the study areas and the printers... I would say that I would use them if I knew about them. Maybe not all, but most."

One way to increase the number of students making use of these benefits is

by making more announcements about what is available to students on campus. Campus workers like financial aid counselors, treasurers, RAs and tutors should promote the many academic resources provided with tuition payments.

Red Wolf Center employees should be sure to let everyone know of gym hours, and all the activities available in the center. This can be promoting intramural sports, fitness programs, and maybe job opportunities.

Announcements and reminders would go a long way for the A-State student body. The more students that are aware of these resources and actively make use of them, the better off our student body will be.



PHOTO COURTESY OF ARKANSAS STATE UNIVERSITY  
 The outside of the Reng Student Union.

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