



"Betty Lynn" was inspired by a lady who went to our church in the late 1970s. Betty Dent was a hero to my mother because one afternoon she showed up at our chaotic household in Jackson and brushed several days' worth of tangles out of my hair--an overwhelming task for a woman struggling with depression. My Mom was suffering from bipolar disorder, though she wouldn't officially be diagnosed for several years. I heard her tell the story many times, how Betty came over and did what she did. It seems like such a simple thing, but it made a lasting impression.

As a teenager, I remember my Mom coming across different pictures of herself from the late 70s and early 80s and saying "Oh, I was so depressed then!" By that point, she'd had treatment and perhaps could see it more for what it was. Was the telltale sign the fake-ish smile? the disengaged eyes? I wish she was here to ask. My strong Mom ended up counseling many others who struggled from the same disease. The artist/illustrator/teacher in her made several creative handouts to accompany some of these "talks" on depression (thanks to Paul Soupiset who figured out how to superimpose one of those handouts on a polaroid of that era to make the cover art).

Ginger Chamblin, is no longer living, but rest assured that she'd be open about sharing this story and keeping the conversations going about bipolar disorder.

Thanks to Betty Dent and others like her who continue to show up and help.