

NEWS & FEATURES

Hypnotist visits campus

Yvette Burton
Banner Editor

Have you ever wondered what it feels like to be hypnotized? If you attended the hypnotherapy workshop on March 28 in the Coffeehouse perhaps you found out.

The workshop was conducted by Maria Cobb, a licensed hypnotherapist who maintains a private practice in Clinical Hypnotherapy and Massage Therapy in Greensboro.

Cobb conducted this workshop to help Bennett students deal with various topics such as stress reduction and relaxation.

"Hypnosis is a very natural phenomenon which is good for stress reduction and habit

change," Cobb said during her presentation.

Cobb demonstrated how the subconscious mind receives and retains messages.

"Hypnosis," explained Cobb, "is a means of communication between the conscious and subconscious mind."

According to Cobb, traumatic events can be buried in the subconscious and hypnotherapy is a major benefit to uncover the buried information or experience which has caused someone to suppress a memory she said.

There is neither magic nor voodoo involved. Rather, hypnosis is often considered an altered state of consciousness featuring "selective perception," a process in which the person un-

der hypnosis blocks everything else out of the memory.

During Cobb's workshop, students volunteered to be hypnotized.

"I felt very relaxed," said Jenine Scott, a sophomore psychology major from Raleigh. She said that she had been hypnotized once by someone else.

"I would recommend that everybody be hypnotized at least once," Scott said.

Cobb said that most people can only be hypnotized, if they allow themselves to become relaxed.

The workshop was sponsored by the Center Women's Education and Development, a center at the Bennett College Women's Leadership Institute.

Effectively fighting nail infections

(NAPS)—Fungal nail infections are very common—affecting nearly 11 million Americans—and tend to be very persistent.

Fortunately a prescription drug newly approved for this indication can produce mycological cure in the treatment of fungal nail disease.

Characteristic features of fungal nail disease, or onychomycosis, include discoloration and thickening of the nail, accumulation of debris under the nail and detachment of the nail plate from the nail bed.

People of any age, gender and race can be affected.

People most at risk are diabetics, immunocompromised patients and people over the age of 40. Fungal nail disease may be more prevalent with certain occupations.

Jobs that require people to remain on their feet for long periods, such as waiters, policemen and construction workers, may increase its likelihood.

"Fungal nail disease causes patients a lot of discomfort, and can have potentially more serious consequences," said Richard Odom, MD, clinical professor, Department of Dermatology, University of California at San Francisco.

Until recently fungal nail disease was difficult to treat because few medications reached the two most important locations in the nail—the nail matrix and nailbed—in adequate concentrations and for long enough to eradicate invading fungus.

Treatments were long and often ineffective, but the recently approved drug, Sporanox® (itraconazole capsules), shows promise in increasing success, shortening treatments, and minimizing side effects.

Sporanox penetrates the nail plate through the matrix (where nail growth originates) and diffuses up from the nail bed by forming a store of active agent in these areas.

Sporanox has been associated with minor side effects such as headaches, nausea, abdominal pain and dizziness. Sporanox should not be taken with certain medications (Pro-pulsid, Hismanal, Seldane, Halcion) and should not be administered to pregnant women or those contemplating pregnancy. Consult with your physician regarding the appropriateness of Sporanox for your condition. If signs of liver dysfunction develop, Sporanox should be discontinued.

Security Continued from Page 1

Q: Who should people see if there is a gripe or complaint about security?

A: Each shift has a supervisor: First shift Officer Carroll Boney, Second shift Officer Richard Hopkins, Third shift Officer Zeus Phoenix.

Q: What is security doing now that they didn't do before?

A: Officers are reviewing procedures of the college and, meeting monthly with each other. The shifts stagger. During a change

of shifts, the whole shift doesn't leave when others come in so that there can be constant communication between all shifts.

Q: Why is it that an officer is not always found at the booth of Gorrell Street?

A: Officers aren't allowed to stay in the booth and look around. They are to patrol up and down the Gorrell Street side of the campus and not just stay in one place.

Q: What else is being done to secure the safety of students on

campus?

A: Lighting is being replaced, student parking is being watched a lot more, and police are patrolling campus more.

Q: What other things are being done about communication between security and students?

A: Hopefully the students know they can go to the shift supervisors if there is a problem. Students should continue to share concerns. It helps to keep the communication more in tune.

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She said that some of the possible explanations for the lack of participation are grades, ACES attendance and lack of morale on the part of the students.

One of the students agrees with Pecchioni's speculations.

"There is no morale among students," said Ashia Whittington a junior, English major, from Chicago.

"Students are disappointed with the living conditions, administration and Bennett period," Whittington said.

SGA Continued from Page 1

The contestants in this event were judged on how quickly and effectively they answered the questions.

Adrienne Cooper, a senior, interdisciplinary studies major from D.C., thought that the question-and-answer event would be diffi-

She also said that some students may be scared to take on the responsibility that comes along with heading an organization, and a lot of students simply do not have good grades.

Indeed, the SGA president has many hats to wear. She heads the Executive Board and is responsible for calling and presiding over all meetings of that Board, and appoints all committees.

The SGA president is also a member of the Board of the Trust-

cult for the contestants.

"They answered the questions with so much confidence. They were great," Cooper said.

The results from the pageant will be announced at the President's Ball, Friday, April 19 at 9 p.m.

ees and Parents Association, and appoints all members of the Student Union Advisory Board.

Pecchioni has been involved in SGA since her sophomore year and said the same students are picked every year to do the same thing, but that is no excuse why others shouldn't get involved.

"I probably know SGA better than most students, but I know there are other students that could be just as good," Pecchioni said.

Story was contributed to by Tahja McVay, Banner Sports Editor

The contestants were judged by Ernestine Taylor, of the Women's Leadership Institute; Dr. Donna Oliver, Education Department chair; Karla Scott, Music Department professor; and Dr. A. Adeyiga, Science Department professor.



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