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VP Hargrove from Page 1

possessed information to impeach, White and take her title why did the College administration get involved?

Hargrove: White appealed. Every sanction can be appealed. Administration has the responsibility and obligation to make sure no organization on this campus abuses power and acts in a manner that is not consistent with the handbook. We expect to keep a democratic society and ensure that no group sets itself up as judge, jury, and executor.

Banner: If SGA did not use the correct procedure for impeachment, then what is the proper procedure, and where can it be found?

Hargrove: The proper procedure can be found on Page 34, "Impeachment of SGA Officers by the Student Body." There is a flaw in the handbook and it is my job to provide interpretation.

Banner: Are these rules being challenged to address the Candyce White issue?

Hargrove: No. The rules of the handbook are being applied. We have to be careful that we watch the process and provide a fair trail for the protection of the student and the college.

Banner: SGA members were elected by their peers to make decisions on behalf of the student

body. By administration trying to veto the SGA decision, do you think the SGA's power has been challenged, as well as the power of the student body?

Hargrove: No. Students should have been given a say. I think that SGA failed in their duties. If the SGA was interested in including students then this would have been taken to Student Senate.

Banner: To your knowledge, has anyone on the Royal Court ever been impeached at Bennett College?

Hargrove: I don't know, but I doubt that this is unusual. It happens everyday in everyday life. There has to be room for a third party to step in.

Banner: What precautions will be taken to see that this doesn't happen again and that Miss Royal Blue and White makes an effort to fulfill her duties?

Hargrove: We will clarify the handbook -- the policy -- to make sure that the policies are clear and concise. There will be more educating sessions with student leaders.

A decision by the Executive Appeals Board of White's impeachment had not been reached before the Banner deadline.

Depression: Don't ignore it

(NAPS)—During any one year period, 17.6 million Americans or 10 percent of the adult population suffer from some form of depression. The real sadness is that much of the suffering is avoidable with the proper combination of medicine and counseling.

Scientists are learning more about depression every day and a whole range of treatments for different types of depression, from mild SAD (Seasonal Affective Disorder) to a more severe depressive state. For instance, SAD is being treated today with the most logical of treatments—bright light. Science has discovered that the darker days of winter bring on depression for some people.

Others are turning to herbal remedies to promote mental health.

There have been over 25 clinical, controlled therapy studies investigating the herb St. John's Wort. All showed noticeable improvement in mental health.

Anyone with prolonged symptoms of depression should see a doctor.

Symptoms include a "blue" mood that won't go away; dramatic loss of interest or pleasure in previously enjoyable relationships and activities; and decreased energy level and a change in appetite and sleeping habits, especially if the condition persists for two weeks or more.

Doctors often prescribe a combination of anti-depressant drugs and counseling for the more serious depression. However, for short-term blues, family, friends and others can provide a sounding board

to "talk out" feelings of helplessness, isolation and low self-esteem.

Herbal remedies, such as St. John's Wort and Kava Kava have been used for many years around the world to help people deal with these problems.

The traditional use for Kava Kava was to induce relaxation and sleep. Now modern research has investigated the use of Kava - natural muscle relaxants that may have use in anxiety, nervous tension, skeletal muscle spasm, neck tension, some types of headaches and as an aid to sleep.

Remember, if your sad feelings last more than two weeks or are severe enough to be debilitating, it's a good idea to seek professional medical help.

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The SGA also allowed White to submit a written appeal.

Feb. 16 the SGA reviewed, discussed, and voted on the letter. White's appeal was denied by the SGA.

"I think that this (the impeachment) is ridiculous, counter productive, and shows that some people have not grasped the idea of sisterhood during their matriculation at Bennett," White said.

White says that she has been feeling as someone has been "out to get her" since she ran for the position of Miss Bennett College.

"I have been antagonized unjustly," White said.

Canady denies White's accusations that the SGA impeached White for "underlying

reasons."

"There was not a conspiracy to impeach her," Canady said.

"As the SGA we are there to do business. If someone is not fulfilling their duties then actions have to be taken."

Pecchioni said, "The SGA is a professional group of highly motivated and intelligent women and always operates in a fair and truthful manner, and we find it offensive to think that Candyce would accuse the cabinet of trying to mangle someone's personal character."

White said that she is trying to keep a positive attitude despite the controversy over her title.

"My main focus is to help the student body in a positive way and try to overlook accusations brought against me, no matter how invalid they may be."

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