

Center offers wholistic health care

By LYNN DAVIS
Staff Writer

Is there more to proper health care than crawling to Student Health Services for Sudafed every time a cold starts coming on? Can psychological problems such as stress and depression really make a person physically ill? Can a positive attitude help to heal physical illnesses?

According to staff members of the Community Wholistic Health Center at 107 N. Roberson St., the answer to all of these questions is yes.

Wholistic health care, said Bepi Pinner, director of the center, is "an approach to health care which emphasizes balancing the different aspects of a person, such as physical, mental, social and emotional."

"The idea is that all those things are interrelated and will affect your health," she added.

Barbara Hartley, publicity coordinator for the center, explained that the center offers both traditional and alternative approaches to health care, all of which emphasize helping the individual become aware that he or she can be responsible for good health or illness.

"It depends on a person's own attitude," she said. "If you're involved in your health and want to improve it, chances are that you will."

At the center, clients can see health care practitioners on an appointment basis. The present staff of practitioners includes two physicians, two psychotherapists, two massage therapists, one nurse practitioner and two midwives from the Chatham County Birthing Center.

In addition to the services of the practitioners, the center also offers a variety of classes and workshops at night and on weekends. Topics range from astrology and massage to the uses of healing herbs.

Pinner said classes in meditation, massage and visualization, a relaxation technique in which a person imagines himself in a pleasant situation, were usually among the most popular courses the center offered.

If a client needs additional health care that is not offered the center can refer him to one of its allied practitioners, Pinner said. Allied practitioners are health care professionals in the area whose work is endorsed by the center but who practice mainly at other locations in the community, she added.

Pinner said the center currently has around 200 to 250 members. Membership is not necessary to receive treatment or attend classes, but members do get a discount on the cost of these services. A large percentage of the clients and members are

women, and most are between twenty and fifty years old, but, Pinner said "There is no 'average type.' We have people of all ages, both men and women."

Hartley said the center was perfect for those who are somewhat intimidated by typical health care institutions. "The center provides medical care in a homey environment," she said. "It gives you answers to questions that you don't find in a conventional office. You don't just get a pill for your ailment. The doctor looks at the rest of your life to see what's really wrong."

Self-awareness is the first step toward following the wholistic approach to health care, Hartley said. Self-awareness is "being aware that it all fits together. What you're eating, your environment and stress all affect your health," she said.

After a person achieves self-awareness, possibly through techniques such as meditation, he or she must then have a true desire to change, Hartley added.

"We're here to educate people about how to change," she said. "Sometimes other people outside the center get the impression that we're all doing everything right, but actually, we're all trying to do better about our health and eating habits."

Another technique used at the center for helping clients achieve self-awareness and relaxation is hypnotherapy. Leif Diamant, a psychotherapist and hypnotherapist on the center's staff of practitioners who was one of the founders of the center, said he thought a lot of misconceptions about hypnosis exist today.

According to Diamant, hypnotic states really aren't as mysterious as most people think they are.

"Actually, most people go into some sort of trance several times a day, like in a boring class," he said.

Another misconception about hypnosis is that a hypnotist can "put someone else into a trance," Diamant said.

"A hypnotist can facilitate someone else going into a trance, but he does not actually put him into it," he said.

The benefits of hypnosis include relaxation, increased access to thoughts and feelings which may have become hidden inside a person's consciousness, and the potential to find ways to learn faster or retain things for a longer period, Diamant said.

He said about one-third of his clients were UNC students.

Both Diamant and Pinner said that wholistic health care was a field which was gradually evolving as new discoveries were being made.

"A lot of people accept that their minds can make them sick, but few are willing to take it one step further and admit that their minds can make them well," Pinner said. "And there seems to be growing evidence for that."



DTH/Lori L. Thomas

Ann Sue von Gonten, D.D.S., (left), demonstrates a procedure to dental students Darrell Gurren and Mike Graham. The physicians and students volunteer time to operate a weekly clinic for area residents.

Students staff weekly health clinic

By LISA BRANTLEY
Staff Writer

Expense is a major concern for many people when they seek medical and dental care. But a group of Chapel Hill health sciences students is trying to lessen the worry for the disadvantaged and get work experience for themselves at the same time. They formed a free weekly medical and dental clinic known as the Student Health Action Committee, which is held on Monday nights at the Orange County Health Department offices in Carr Mill Mall.

The clinic, which is staffed by UNC student volunteers in the fields of medicine, dentistry, nursing, nutrition and health administration, provides care primarily for low-income Chapel Hill and Carrboro residents but is open to anyone on a first-come, first-serve basis, said Bruce Williams, a fourth-year medical student who coordinates SHAC. He said many low-income Carrboro residents use SHAC as their primary source of health care while others visit the clinic on a more informal basis.

Williams said the SHAC clinic handles a large number of return visits, and volunteers characterized their usual patients as people from the Chapel Hill-Carrboro area who have been coming in fairly regularly for a long time. Any referrals are usually sent to the North Carolina Memorial Hospital or Orange-Chatham Comprehensive Health Services, he said.

Student Nursing Coordinator Kevin Ballance said the clinic often was not very busy, but that business picked up during the season for school athletic physicals. "Sometimes we only see three or four patients a month," he said, "but you can really tell when basketball season starts."

Sonya Jackson, an 11th-grade Chapel

Hill High runner who visited the clinic for an athletic physical, praised the clinic but said patients sometimes had to wait a long time to be examined. "I come here every year," she said. "Most of the athletes at the high school do because it's free. They (the student volunteers) try to be really thorough."

In addition to physicals, SHAC offers immunizations, gynecological exams and PAP smears, diabetes testing, tuberculosis skin tests and care for patients with high blood pressure, said Barb Brett, a senior health administrative major who is in charge of the administrative side of the center. Dental care also is provided by SHAC on an appointment basis, but occasionally dental emergencies are seen, Brett said. It consists mainly of filling cavities, pulling teeth, and giving fluoridation treatments.

Ballance said the way the program operates is that first year medical students and nursing students interview the patients and take their medical history. A fourth-year medical student then examines them, acting as the physician and ordering all treatments.

Ballance said a physician from the School of Medicine and a nurse from the School of Nursing co-sign prescriptions and oversee the nursing staff. The attending doctor and nurse, known as preceptors are required by law to be at the clinic at all times, he said.

"We can't touch a patient unless a preceptor is there," Ballance said.

Williams said the doctor and nurse also provided guidance to students. "The attending physician and nurse do provide legality," he said, "but a large part of their function is to provide a teaching dimension as well."

Ballance said lab work at the clinic, which is also supervised by the precep-

tors, is done by second- and third-year medical students, while students from the School of Public Health take care of the administrative duties such as keeping track of patient files and charts and managing finances. Neighborhood volunteers also participate in the project by registering patients for examination when they first come in.

The clinic has four medical examination rooms and three dental chairs and on a typical night operates with a staff of around 12. Usually the clinic sees 10 to 12 patients per night, but they have the capacity to see as many as 15 to 20, Brett said.

Most volunteers agree that this hands-on learning experience is a valuable addition to what they receive through the UNC health sciences schools.

"I think the biggest thing for me is that it (the clinic) gives you a whole different outlook on nursing," Ballance said. "You get a whole lot more freedom and also more responsibility than when you're working within the nursing school for a grade."

SHAC, the longest running student-operated clinic in the country, was started during the 1967-68 school year as a project by UNC and Duke health sciences students to serve Chapel Hill, Carrboro and Durham.

Williams said the program began with clinics in two locations—one in Chapel Hill and one in the Durham Edgemont community.

Both clinics have since relocated to other facilities, but Williams said SHAC has maintained "coalition attitudes" in that students in different fields join together to provide health care.

Brett said funding for the project comes almost equally from three local organizations. This year SHAC received \$1,200 from both the United Fund of Chapel Hill-Carrboro and the UNC School of Medicine and \$1,500 from North Carolina Memorial Hospital, she said.

budget

From page 1

NEA, said it appeared the administration might ask for \$100 million more for the Education Department than the \$15.38 billion that Congress appropriated for fiscal 1984.

That compares to the less than \$10 billion that Reagan requested for the department in fiscal 1983 and the \$13.2 billion he sought for the current fiscal year.

film

From page 1

"I can understand the speculation, but it wasn't at all a part of the decision," Fordham said. "The content of the script had nothing to do with our decision."

The script of *Everybody's All-American* was based on a novel by Frank Deford. The book dealt with the life of a UNC football hero and his fall from glory.

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TALES RESOLD

Panel hears ideas on improving schools

By CINDY PARKER
Staff Writer

"There is a need to increase the number of college students training to teach vocational education," said Tom Broughton of the N.C. Advisory Council on Education. This omission in the plan needs to be corrected, the council said.

The plan calls for a Principal's Institute to be established at UNC. The program would combine the resources of the School of Business Administration, the Institute of Government and the School of Education, as well as "the wealth of resources available throughout the University," it said.

Several of the organizations represented on the panel said the proposed timetables went too fast. They suggested a slower progression in areas like salary raises.

The draft proposal recommends that the teacher salary range, which is currently \$13,660 to \$19,680, be raised to a range of \$18,000 to \$34,000 a year for teachers who have completed a two-year period of initial certification. The funding level needed from the General Assembly this year is left blank.

The 22-page draft includes a section on partnerships between N.C. colleges and universities and public high schools.

"The purposes of the partnership would be to plan and conduct staff development programs, plan and conduct practical research designed to improve instruction and review and refine teacher education programs," the draft stated.

The plan also outlines a Quality Assurance Program for certified teachers. The program will attempt to change the way college students traditionally have been trained to become teachers. College freshmen and sophomores who are planning a career in teaching will be required to pass two sections of the National Teacher's Examination before admission to teacher education programs.

Students in third, sixth and ninth grades should demonstrate specified proficiency before being promoted to the next grade, the draft said. For students who do not meet the new requirements, special summer school programs and remedial classes throughout the school year should be implemented.

The N.C. Congress of Parents and Teachers said its first priority would be reducing class sizes. The plan's section on class size-reduction refers only to grades four through six.

The N.C. Association of Educators said the plan was too general and omitted certain groups.

"We want to build this system well from the bottom up," Hunt said. "Our second-graders are reading a year above the national average. That's progress. It's time to move ahead."

The 50-member commission, modeled after a national education task force Hunt chaired last year, is expected to discuss final proposals on Feb. 14 and release a final draft on March 15.

CGC candidates to meet for DTH picture

Candidates for CGC representatives should meet in the DTH outer office at 4:30 p.m. Thursday to have their pictures

made for Friday's DTH. Forms should be turned in by that time.

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