

TRINITY TOTAL HEALTH NOW OPEN IN RALEIGH

CHRISTINE COCHRUM
Contributing Writer

RALEIGH, NC (October 28, 2005) There's a new massage therapist in town – Christine Cochrum, owner of Trinity Total Health has opened her charming new business on Hillsborough Street. Specializing in holistic health, therapeutic massage and nutritional counseling, Christine has over 1,200 hours of training, all of which she received in California. New transplants to the Triangle, Christine and her husband moved here in hopes of opening the business and growing it into a wellness spa. Christine will be continuing her education next year with studies in esthetics and will specialize in natural skin care, working with and carrying the Holistic Skin Care line Dr. Hauschka.

With so many services, including deep tissue, heated stone, traditional Thai massage, sinus massage, nutritional counseling and muscle testing, one is sure to find something that suits their needs. Christine has partnered up with Blue Cross/Blue Shield to be a provider in their AltMed program, offering discounts to their members. The inviting and comfortable space she has provided as the treatment room is complimented by the 1929 brick building it is housed in.

“The concept behind Trinity Total Health, is based on a whole-body healing process in which I use a combination of massage therapy, nutritional counseling, muscle testing, and acupressure to rejuvenate and restore the body's inner power,” said Cochrum. “I'm hoping to change the general idea of

massage, it's no longer just a luxury – it's a necessity to stay healthy.”

Christine is a graduate of Mueller College of Holistic Studies in San Diego, CA with a certification as a Holistic Health Practitioner in western modalities. She also holds a certification for Clinical Nutrition from the Natural Healing Institute in Encinitas, CA. She is a nationally certified massage therapist by the National Certification Board for Therapeutic Massage and Bodywork and a proud member of the American Massage Therapy Association and licensed in the state of North Carolina.

Trinity Total Health is located at 3402 Hillsborough Street, Suite 106. Call (919) 610-8080, or visit www.trinitytotalhealth.com for more information or to make an appointment.

What is Safezone?

KASEY ASHTON
Contributing Writer

While visiting the various offices of faculty and staff on campus, have you ever noticed a Safezone sign on their door? Ever wondered what it means and why they have it posted?

Safezone is a national program whose mission is to provide a safe environment for all Meredith College students, faculty, and staff. Implemented in 2003 on Meredith's campus, the program works to provide a safe place for all gay, lesbian, bisexual, transgendered, and questioning (GLBTQ) students, faculty and staff. Safezone members are trained to serve as friends, advocates, and allies for all GLBTQ individuals. The Safezone program is striving to promote understanding, education, and appreciation of all members of the Meredith College community.

Members of Safezone are easily identified by the Safezone signs on their doors which depict a woman wrapped in a rainbow. The signs have two interpretations: one being that she is an angel wrapping her rainbow colored wings around herself as a sign of comfort and acceptance. The other is that she is wrapped in a rainbow colored blanket, which also symbolizes comfort and acceptance. There are currently 39 Safezone mem-

bers with more to come in the Spring Semester. Keep an eye out for the Safezone signs posted in offices around campus!

Safezone would like to congratulate our newest members who completed the fall training from October 17th-21st, 2005. We would also like to thank the trainers of the three part session: Nikki Curliss, Assistant Director of Student Activities and Leadership Development, Charletta Sims, Director of Commuter Life and Diversity Programs, Aviana Alam, junior and President of Spectrum, Dr. Margarita Suarez, Professor of Religion and Philosophy and interim director of the Women's Study Program, and the student panel. The training sessions were lively, filled with excellent questions and discussion, which help cultivate an atmosphere of camaraderie and purpose between the newest Safezone members.

Interested in becoming a Safezone member? Contact Charletta Sims with questions at (919) 760-8523 or simsc@meredith.edu.

Congratulations to Meredith's newest Safezone members: Angela Shores, PJ Shoulders, Angie Frederick, Sarah King, Rachel Dickens, Allynna Stone, Gail Kenyon, Alyson Colwell-Waber, Crystal Moore, Gail Benton, Brett Bowers and Sharlene Provilus

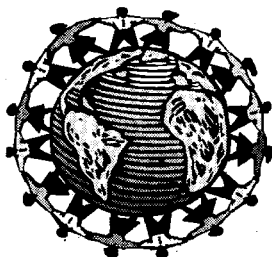
International Education Week November 14-18

Monday, November 14:

“Showcasing Sociology and Social Work Students Abroad”

This event features exhibitions from students on their experiences abroad.

11:00 a.m.-2:00 p.m.-3rd floor Ledford Lounge
Lunch from Neomonde



Tuesday, November 15:

“World Simulation Workshop”

A unique and powerful simulation designed to stimulate thought about the world's problems and possible solutions. This experience will give you a lot to think about and will enable you to meet other students interested in global issues. Enrollment limited.

6:00-9:00 p.m.-2nd floor Cate Lounge

A Global Celebration”

A celebration featuring international cuisine, study abroad information, international music, study abroad information, geographical challenges, study abroad information, a raffle, study abroad information, and cake for everybody. How could you miss it?

11:45 a.m.-1:15 p.m.-Belk Dining Hall
Cake for Everybody

Thursday, November 17:

“Opportunities for Meredith Women to Take on the World”

Study Abroad Information Table

11:45 a.m.-1:15 p.m.-Cate Center Lobby
Cake for Everybody

Attention Named Scholarship Recipients

Please mark your calendar for an evening of fellowship with your scholarship donors and their families by attending

The Annual Scholarship Dinner

Friday, March 31, 2006

6:00 p.m. – 8:00 p.m.

Weatherspoon Gymnasium

Meredith College

*Sunday dress attire

For additional information, please contact:

Ellie Vali at (919) 760-8519

valiel@meredith.edu

Your presence is greatly appreciated!