

Forum examines topic of violence

BY STUART HUTSON
The Battalion

Emphasis on education and personal responsibility were two recurring themes yesterday in the open discussion on violence in America. The talk was hosted by Dean of Education Dr. Jane C. Conoley.

The discussion focused on reasons and solutions for the recent acts of violence, such as the Springfield and Jonesboro School shootings.

A teacher from El Paso said threats from her own students' hate caused her to live with fear, and she has been so traumatized that she is thinking of quitting for the first time in her 12 years of teaching.

"The fear is emotionally and physically draining," she said. "I am a strong woman and I never miss work, but this past year, I have been out 16 days because I just couldn't take it."

Conoley said situations like this are becoming commonplace at schools around the country.

She said the first thing soci-

ety does when these violent acts happen is point fingers at things like the media, parents and video games, when people should be pointing the fingers at themselves and their communities.

Conoley said violence prevention should start at a young age by educating children in schools and homes about the proper way to behave in society.

"The three R's taught in schools are no longer reading, writing and arithmetic," she said. "They are now respect for yourself, respect for others and responsibility for your own actions."

She said studies which show that the most violent criminals are poorly educated lead to the idea that increased state support of education is another possible way to deter violence.

"We may spend more money on schools, but we will save money when there are fewer criminals in prison, save personal angst when fewer of our children are shot, and save ourselves the extra fear when crossing a dark parking lot at night," Conoley said.

Hoarse horse



Jackie Cornett looks on as her horse Zipped by Nature, a two-year-old gelding, is diagnosed with strangles, a disease similar to strep throat. The horse is being prepped by Dr. Tim Eastman (right), a surgery resident at the Large Animal Clinic, and Jennifer Nagai, a fourth-year veterinary student.

Workshop discusses benefits of herbs

BY KRISTIN STOCKTON
The Battalion

The "Sacandaga Herbalist" started using herbal supplements when she first became ill from physical and emotional symptoms, she said at a herb and stress management workshop yesterday.

Dr. Wendy Keeney-Kennicutt, a chemistry professor at A&M and "The Sacandaga Herbalist," said although she had these problems, doctors could not find anything physically wrong with her.

"As I worked through my own health issues, I learned how herbs work," she said. "I have a gift for picking the right herbs and supplements for other people and their pets."

She said she uses mostly herbs and supplements, ear candles and homeopathic medicines in her herbal healing business.

Ear candles are Arabian cotton cylinders that have been dipped in wax.

The patient puts one end of the cylinder to the ear and lights the other end. As the wax burns, the warmth, combined with the vacuum that is created as the heat rises, cleans out the ear.

Keeney-Kennicutt said she categorizes herbs into four classes: water, air, earth and fire herbs.

The slippery elms, which are examples of water herbs, work to reduce inflammation, absorb toxins and heal tissue.

Air herbs relax tissue and dissolve toxic material in the body. Some examples of these are aloe and rhubarb.

Earth herbs, such as juniper berries, work to contract and tone tissues, which creates strength. They also stop bleeding and heal injuries and insect bites.

The fire herbs help to expel toxins from the body and promote circulation. Cinnamon, garlic and peppermint are all fire herbs.

A few of the health issues that

Keeney-Kennicutt has worked with include indigestion, allergies, skin problems and weight loss.

Dr. Ann Reed, associate director and head of clinical services at A.P. Beutel Health Center, said there are herbs which can be helpful in the healing process, as well as those which are detrimental.

She said there have not been any in-depth studies done in the United States and the United States is relying on studies from other nations such as Germany.

"The problem with determining whether these herbal supplements are 100 percent safe is that they are a mixture of chemicals," she said.

She said no one knows which chemicals are harmful and not many people in the United States are willing to spend money on doing the research.

"Some of these supplements may have good effects," she said, "but others, such as echinacea, have caused people to die."

NUTZ



RACE

Continued from Page 1

and actually building the car.

Greg Suiter, a team member for the Formula SAE and a mechanical engineering major, said preparing for the race is a challenge.

McDermott said this problem brings students from many different studies other than mechanical engineering, such as marketing, business, computer science and electrical engineering.

Both students and faculty involved in projects said the biggest gain from these petitions does not come from the student home at the end of the race. Suiter comes instead from the experience members gained while building the car.

"You learn so much from having a project from a blank sheet of paper to completion," he said.

McDermott said the project also students real-world experience with what would have been a half-million-dollar project.

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