

Anorexia can be a killer

Some medical experts believe anorexia and bulimia (A-B) are rapidly reaching epidemic proportions. It is estimated that anorexia now strikes more than one of every 100 teenage girls and young women. One of five college women develop bulimia.

In addition, anorexia nervosa is the most lethal of psychiatric illnesses, killing 5 to 10 percent of its victims.

Dr. W. J. Kenneth Rockwell, director of the Anorexia Nervosa/Bulimia Treatment Program at Duke University Medical Center, said anorexics and bulimics are preoccupied with food and share an irrational fear of being fat.

Anorexia is characterized by a dramatic weight loss from continuous self-starvation or from severe self-imposed dieting. Bulimia is characterized by bingeing and purging, accompanied by frequent weight fluctuations rather than profound continuous weight loss.

"A 10 pound weight fluctuation over a few days is a characteristic of bulimia," Rockwell said. "But they (bulimics) will rarely lose more than 25 percent of their normal weight."

Rockwell said victims of A-B are mostly upper-middle class, white, adolescent females.

"They seem to be overly ambitious, the overachievers, the over-protected, the over this and over that," Rockwell said. However, recent research indicates that the problem cuts across socioeconomic, racial, age and intellectual boundaries.

Although no one knows the exact cause of anorexia nervosa or bulimia, social and psychologi-

cal factors are generally considered the root of the problem. The dynamics of parental and sibling relationships may often play a role, Rockwell said. "Treatment often involves family work," he said.

Individuals with A-B frequently report feelings of failure and isolation. Their low self-esteem may puzzle family and friends because they are often quite successful in school.

However, for many A-B victims, their drive to achieve comes not from the satisfaction of accomplishment, but from the overwhelming fear that they may fail or be rejected.

In today's society, where beauty is equated with being thin, many A-B victims are convinced they would be more acceptable if only they could lose more weight.

A-B can occur at any age, but young people are more susceptible when they are contemplating a move or if they just moved away from home. Other major stressors or life changes, such as a broken love relationship or the divorce of parents, can also trigger the sicknesses.

"Bulimia is a response to stress," Rockwell said. He said bulimia is more pronounced at stressful times, such as during college exam time.

Rockwell said bulimics may eat as many as 40,000 to 55,000 calories in one sitting and then vomit. "We don't know why, but it seems that if they feel they have had one bite too many during a normal meal, then they feel they must go ahead and keep eating," Rockwell said.

After the vomiting, bulimics feel some relief of tension, Rockwell said. "But then self-loathing sets in," he said.

Conversely, anorexics rarely feel any remorse about self-starvation. "They get off on it," Rockwell said.

Symptoms of A-B patients vary from one individual to another, but some are usually present including:

- Extreme weight change. In anorexics, severe weight reduction; in bulimics, severe weight fluctuation.
- Hypothermia. Extreme weight loss reduces the body's ability to maintain heat so A-B patients will often complain of being chilled.
- Insomnia. Routine sleeping patterns are disrupted by A-B.
- Constipation. The intestinal tract is often disturbed by the failure to take in or retain sufficient food and fluid.
- Skin rash and dry skin. Body dehydration and associated problems will result in skin deterioration.
- Loss of hair and impaired nail quality caused by protein deficiencies.
- Dental caries and periodontal disease. The nutritional deficiencies in A-B, together with vomiting, adversely affect the teeth and tissues of the mouth.
- Cessation of the menstrual cycle. A-B usually reduces the female hormone levels.

Historical medical records indicate that anorexia nervosa and bulimia are centuries-old eating disorders. But their prevalence in this country in this decade is unparalleled in medical history.

Efficiency characterizes class president

by Laura Nelson

She is one of the movers and shakers and one who adds flair to anything she is involved in.

Anna Sumpter, a prelaw major and sophomore class president, is articulate and dynamic and turns those words into action as she performs her roles as scholar, Belle and class officer.

"I saw a lot of changes that needed to be done and felt I was the one to do it, along with the help of the board members," she says. She has worked to change negative attitudes on campus.

Sumpter becomes serious as she talks about her role as president of the sophomore class. Some of her projects include a sophomore class party for South Africa and a Blow Pop sale which was a fundraiser for the class treasury and Miss Sophomore.

Sumpter plans to run for other offices even though she is not sure which. "I'll definitely run," she says and adds "I still see things that need to be changed. I'll try to change them in my years here."

Sumpter's dreams are an expression of her dedication to hard work: "I want to have a law firm in a major city like Washington, D.C., Chicago or New York with one black female partner and a male secretary." She wants to start a referral system for her present and future Bennett sisters.

Sumpter says, "My door is always open," and likes for people to remember "my smile and the words I have to offer." As she attempts to describe herself, Sumpter is overcome with her mischievous wit and begins to call out numerous adjectives, "... and friendly, funny and outrageous." She quickly regains her composure and says she is studious, conservative and funny.

Sumpter joined the Young Entrepreneurs, the organization which keeps her aware of what is going on in the business world.

She attended a business high school in the Wall Street district of New York City.

Sumpter specialized in legal studies and secretarial science. She says, "I chose that school because I had thought of making business my major and it opened up a lot of doors for me," such as a student internship at Chase Manhattan Bank and visits to various courts in New York.

Always finding the wit in any situation, Sumpter says she liked the school's atmosphere and remembers "the school was across from the police plaza, so you know there weren't very many fights."

Even Sumpter's hobbies and interests display her flair. She likes to travel and wants to go to China someday. "I like putting on different accents—Jamaican, Spanish, English—it's fun to change my voice," she explains. Sumpter, emphasizing aerobics, says "I like sports; I like to be healthy."

Sumpter stresses the significance of tradition. "You shouldn't keep traditions within yourself, but share them with other people; everyone should know of your traditions." Sumpter says traditions are very important to her family. As she speaks of her family, there are small jokes made but she becomes serious and softens as she says, "I think they brought me up well—pretty good—I'm a Bennett Belle." She makes the last statement as if it was the final evidence that her parents had done a good job of raising her.

Sumpter would like to contribute to the world "a message of peace, pride and togetherness." Yet as she contemplates the question of what she would like to contribute, Sumpter decides there is a saying that describes how she feels—"... All I can do is accomplish as much as I can. I cannot change the system, but I can succeed and excel despite it"

"You need to be a global person"

Summit succeeds

by Carla Bannister

How often is it that Greensboro students can get together in the coffeehouse and discuss the Soviet and U.S. relationship? On a cold rainy Thursday, Feb. 6, the Political Science Club hosted a forum sponsored by the National Conference of Christians and Jews.

The speaker was Dr. Robert Lickliter, a UNCG research associate in psychology. A short video, discussion groups and a box lunch were the activities of this forum.

Sophomore Janice Smith, a member of the Political Science Club, enjoyed the experience. "Although there was a definite lack of participation on the students' part," said Smith. "I think the Kaleidoscope program went off well. I met a lot of interesting people and heard their views and ideas on the U.S.-Soviet

relationship. I found the program very enlightening and my once critical outlook on the Soviet Union isn't as one-sided any more."

One instructor, who does not want to be identified, believed that the forum was "a good experience for students, and it exposes them to several ideas outside of the classroom setting."

The program included a video tape, "The Soviets: What Is The Conflict About?" In addition, there were three discussion groups, which talked and tried to shift their view of the Soviet Union.

Dr. Dorinda D. Trader said that she wanted to increase her respect for the Soviets. Trader said, "Who am I to say that we're better than them? Their system should be given respect."

Beth Conright, an instructor at Greensboro Technical Community College, visited

Russia. She said the Soviets were like Americans. Conright said that the Soviets were friendly towards American tourists and her trip opened her views about them. She saw that the American and Russian definition of freedom differ. Conright said that "even though the government took care of the people, they still didn't seem as free as they should be."

Dr. Isaac H. Miller Jr. said that he was glad that the forum took place because he's "aware that in many ways our perspective in life is related to the U.S. and Soviet nations." Miller said that we need to keep in mind the song "Let There Be Peace On Earth," "and let it begin with me."

Miller also pointed out, "College students must have a perspective on the world scene and you need to be a global person."

American media stereotypes African life

a column
by Omotayo Otoki

I have had two semesters of public speaking courses, but nothing compared to what I had to face in my television and radio announcing class at UNC-G. My instructor is Lee Kinard, an announcer at WFMY-TV.

He gave each student a different topic so I decided to talk about my country. This was my first time to sit in front of about 35 students, 30 of them white. For a few seconds, I lost my breath but, the thought of shedding some light on my country awakened me. I was ready to talk my heart out.

The American media always portrays Nigeria, or should I say Africa, as a land of barbarians where people do not wear any clothes or shoes and live in the forest with the animals. This is not so at all. Africa is noted as one of the leading developing continents in the world. The people are civilized.

Though we have political unrest, we certainly have plenty to offer tourists around the world

in the area of social attractions and heritage. Africans do not pass judgment on Americans before we learn about their country.

This important point has put a question in my mind for some time. Are Americans ignorant to foreign issues due to their media or is it just a matter of indifference? The class has not come up with a sufficient answer yet.

My instructor asked me whether I feel what America has is worth having. I answered that America might not realize this but what it has is something to be grateful for.

In Nigeria, we do not have segregation, and everybody lives in an environment he or she can afford. This brings me to Nigerian men. Marrying more than one wife is customary in my country. This depends on whether or not the man can afford more than one marriage. Unfortunately, some of these marriages take place out of greed and ego. I also talked about famine which is a problem facing all countries instead of just Africa or Ethiopia as the American media seems to think.

Big Meeting in Miami

The United Negro College Fund Conference was held in Miami, Fla., Feb. 6-9. It involved 43 privately operated colleges or universities.

The purpose was to allow each school to report on its activities on behalf of UNCF, to make plans for the next year and to better acquaint student representatives with the functions of pre-alumni councils.

Mrs. Ellease Colston, director of pre-alumnae affairs here, was reelected treasurer for the National Alumni Council Board of Directors. Clara V. Bernette served as member-at-large officer for the college.

Penny Hill, Miss Bennett, was chosen as Bennett's Miss UNCF. Other Belles attending the conference were Josefa Bethea and Vicky Dunn, SGA officers; Sharon Highsmith, Stacey Goode, Monica Johnson, Valerie Reid, Constance Blackwell, Da-Nah Muhammad, and Pamela Douglas, representatives of the Pre-Alumnae Council; and Monica Basil and Anna Lisa Sumpter, freshman and sophomore class presidents.

Senior Constance Blackwell gave up her title as eastern regional director. Mr. James Burt, director of institutional advancement, also attended.

The Pre-Alumnae Council plans to get students more involved so that it can increase attendance at the next year's conference to be held in Atlanta.

(Anna Lisa Sumpter)

Women's March

Members of the Greensboro chapter of the National Organization for Women and other interested citizens who support reproductive rights will travel to Washington, D.C. on March 9 for the "March for Women's Lives," organized nationally by NOW.

The march will demonstrate that large numbers of people support safe, legal abortion and birth control. Participants will meet and load buses at 1 a.m. in the Four Seasons parking lot near the movie theatres. The buses will arrive in D.C. in time for the 10 a.m. rally on the mall where an estimated 250,000 people are expected to gather.

The activities will then move to the Lincoln Memorial where speakers such as NOW President Eleanor Smeal will address the group. By 4 p.m., Greensboro buses will head home and should arrive back at the Four Seasons parking lot by 10 p.m.

Those interested in joining the Greensboro NOW chapter for the trip should contact Maura Fallon (288-7184) during the day or Pam Leary Valadez (852-7168) in the evening for further information. Tickets for the trip will cost \$35. Reservations must be made by Feb. 28.

(Jackie Blount)