

### Thunderalls

Variable cloudiness today with 30 percent chance of thunderstorms. High in the upper 80s.

# The Daily Tar Heel

### Sports staff

All old and new sports writers must attend a meeting Thursday at 4 p.m. Contact Linda if you can't make it.

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DTH/Zane Saunders

BSM Chairperson Wendie Watson speaks at organization's general body meeting Monday ...choir members presented a memo last week containing charges for her impeachment

## BSM Choir questions Watson's leadership; calls for impeachment

By KYLE MARSHALL  
Staff Writer

Controversy surrounding Black Student Movement leadership has resulted in a drive to impeach BSM Chairperson Wendie Watson.

The charges against Watson came last week from some members of the BSM Choir. The members stated in a memo that Watson and the BSM Central Committee, comprised of the organization's leaders, ordered changes in the purpose of the choir without first consulting its executive committee.

According to the typewritten memo, which was circulated on campus, Watson also allegedly misused funds allocated by the Campus Governing Council and forced the resignation of BSM Treasurer Anthony Hughes.

The memo came from the choir's executive committee, headed by Fletcher Gamble, but was not addressed to any particular individuals or groups. In it, the choir committee claimed to have collected enough signatures from BSM members to impeach Watson. In accordance with the BSM constitution, 45 member signatures are needed. However, the group lacks the five signatures from the Central Committee for impeachment procedures.

Watson refused to comment Monday afternoon on any of the specific charges in the memo, saying she saw no reason to respond to something at this time that had not been directed to her.

"We hear things, and we understand that there is a propaganda sheet, but nothing has been addressed to us specifically," she said. Watson said she learned of the memo when a BSM member (not a choir member) read it to her over the phone. "No choir member ever told me that they were going to do this (print the memo)," she said.

"It had been rumored during the summer that such an attempt might be made, but I had no idea how the approach would be. When the sheet was read to me, I was somewhat relieved that it wasn't a more professional document that would warrant a response," she said. "It's more or less a diversionary tactic to keep people from knowing the facts."

Watson defended the Central Committee's functions, saying it was responsible for addressing the concerns and needs of BSM members. "Because this has been an issue of concern to some

members, it is a problem that we can address. But it's important that we go on and devote time to other subgroups and functions of the BSM," she said.

"If there are two things that we're aware of, it's that we realize there is a propaganda sheet and that the sheet is inaccurate. Documentation can verify that it's not accurate."

Watson also refused to comment on Hughes' resignation. Former student body treasurer Rochelle Tucker, who graduated in May, is serving as interim BSM treasurer.

During the BSM General Body meeting held Monday night in Upendo Lounge, the reorganization of the choir was explained. The changes approved by the Central Committee included: a name change, dropping the term "gospel" from the choir's title; the purchase of new robes which would identify more closely with the BSM; broadening the music to include non-religious music; refraining from prayer and from the use of religious symbols during rehearsals and performances; and requiring auditions for choir membership to be directed by the Central Committee.

"The BSM cannot use funds for religious activity," Watson said before the meeting. "Some choir members want to use funds for religious purposes, but the entire choir doesn't feel that way."

Jai Harrelson, Central Committee cultural coordinator, who presented the changes to the choir's Executive Committee, said there was no hostility at the presentation. "I gave them just what the Central Committee handed down, and they didn't say much at that point."

Harrelson, also a choir member, said the memo's charges were inaccurate. "From what I know about how the Central Committee operates, certain charges are pretty far-fetched," he said. "The committee will discuss how to respond later. It's possible that we'll choose not to answer the charges at all." Harrelson serves as a liaison between the Central Committee and the BSM subgroups, which includes the choir and other performance groups.

The choir members stated in the memo that Watson misdirected funds to allow for a summer retreat for the Central Committee. At Monday's General Body meeting, Watson said two retreats had been coordinated for the committee, but did not disclose where the funding came from. Watson said the committee was "focusing on being more organized and more unified" this year.

## Dangerous dieting

# Anorexic tells of guilt, self-denial

Special to the DTH

Editor's note: The author's name has been withheld by request.

"The return of the 95-pounder" is the title of today's entry. I am sick, without a doubt. To be conscious of every bite of food put into your mouth is true torture in this sugar-coated society.

I weigh 82 or 83, somewhere near that. And I can't enjoy an M&M (That's singular. Certainly not a whole pack!) without fear of cellulose and fat rumples. And if I had my way, I would eat everything raw. I'd certainly save a lot of calories. It feels strange when I catch myself watching people on campus to see what THEY are eating, trying to gauge what the right amount of food is. I've lost a sense for that. And I also mark other's indulgences — a candy bar, cookies or popcorn. But I just keep aesthetically watching and occasionally browse through the snack bar to see what I used to be able to eat. (Remember during high school when you would eat a Dolly Madison Cherry Fruit Pie with a pint of milk on work break? Can you imagine putting that many calories in your mouth at one time now?)

That was my diary entry for March 22, 1982, the thoughts of a possessed dieter. I had joined the ranks of those with anorexia nervosa.

My story begins three months earlier. At 5'2", I felt uncomfortable at 105 pounds. Friends and relatives noticed that I had "put on a few" — and told me so. Calorie counting and exercise were the natural solution. Success came too easily for me, however. I lost 25 pounds in two months and in the process, I lost my mental stability around food.

"Most people don't follow through on a diet," said Dr. Bruce Vukoson, a physician at the UNC Student Health Service.

"Some do well and stop. But there is another group of women — one in 200 is a recent estimate

Planning low-calorie meals became an obsession. Taste was rarely a factor in considering what to eat at mealtime.

— who become so successful with their diet that it becomes an obsession," he said.

These women are true anorexics, one of three rough divisions in a general category of eating disorders.

Typically, anorexics lose more than 25 percent of their body weight. A woman's menstrual period will stop when her body fat drops below 7 to 8 percent of total body weight.

The problem rarely begins after the age of 25, and some studies estimate that 20-30 percent of all college women have a brush with some sort of eating disorder during their four years, Vukoson said.

"Women with this problem tend to be strivers, perfectionists. A lot of energy is put into the diet," he said, adding that he had yet to see a man with anorexia. "It's a lot more acceptable for a guy to walk around with a beer belly," he said. Vukoson said that anorexics usually don't lose interest in food. They simply stop eating it. "But the further the diet goes, the worse the food restriction becomes," he said.

The other day I was washing a pair of jeans and found a slip of paper with one of my food plans on it. A dinner of stir-fried vegetables, toast and coffee was the most caloric meal of the day — about 175 calories total.

Planning low-calorie meals became an obses-

sion. Taste was rarely a factor in considering what to eat at mealtime. And there were only three meals per day. Snacking was absolutely forbidden.

The extras that give food flavor were also eliminated from my diet. Butter, jelly, salt and cheese were put on a black list. Armed with my trusty pocket calorie counter, I would face each day with low-calorie intake as my first priority.

Dieting grew from a matter of losing a few pounds to an issue of will-power, control and extreme self-denial. There were never any slips in my diet.

Gone forever were Oreos, Cookies, jamoca-almond-fudge ice cream, potato chips and beer. Regular-size helpings of food shrunk into the smallest of portions. Hunger was ignored and eventually disappeared completely. My fear of fat turned my food mentality into one of a Nazi general controlling food rations. I allowed myself to eat as little as it took to remain alive.

Then there's the group of women who go on a food binge only to throw it all up afterwards. "Bulimic women are typically of normal body weight and they binge and purge, maybe with a severe fast, vomiting or laxative abuse," Vukoson said.

Also within the category of eating disorders exists a third type, a hybrid. These women begin with an anorexic picture then settle down into a bulimic or binge/purge pattern. Severe diet restriction

flows into a binge/purge mentality of handling food.

Vukoson said the beginning of any eating disorder quite often will be related to some particular life event, like the break-up of a relationship or death of a parent.

"A sense of anger and loss of control can accompany this," he said. "The fear of losing control is a common feature in all eating disorders." Strict control over food can become a compensatory action for loss of control somewhere else. So food control must always be maintained. Vukoson gave an analogy of sitting on a river bank and watching the water. You may want to reach out, grab it and control it. But the tighter you close your fist, the more water will seep through your fingers.

I was closing my fist with a vengeance.

But something went wrong. After a large meal with company that I was forced to eat, I immediately ran to the bathroom. Even though I had eaten only half of each course, the amount was well beyond my past standards. I had to get rid of the food somehow. Thankfully the bathroom was empty. I began to practice a new type of control over my food intake — purging.

That was the first time that I made myself throw up. I had tried to a couple of times when I was young to get out of a day of school, but had never been able to actually make the food come up. Now I had the proper stimulus.

On one occasion when I couldn't throw up a large meal — I was around family and friends — I resorted to a new control over the food in my body. I took four Ex-Lax bars the next morning, then four more a few hours later. I was running to the bathroom continuously for the next 24 hours, but it worked. The food put into my system was gone before the calories had time to make me fat.

See ANOREXIA on page 4

## Date rapes common, reports few

By STEVE GRIFFIN  
Staff Writer

The party was almost over when he asked his date back to his room to watch some television. She could tell he was a little drunk, but he seemed nice enough and besides, she thought, what could happen in a crowded dormitory?

Rape. Acquaintance or date rape is defined as using physical force in making a woman perform a sexual act against her will by someone she already knows. It is more common and frequent than most people realize, experts say.

Robert A. Melott, North Carolina deputy secretary for crime control and public safety, estimated that at least half of all rapes are acquaintance rapes.

Although the incidence of date rape may be high, the number of cases actually reported is low. Women hesitate to prosecute for a number of reasons including guilt, confusion, rejection by peers or retaliation.

Ellen Doherty of the Rape Intervention Program at St. Luke's-Roosevelt Hospital in New York believes that date rape is the least reported form of all rapes. Doherty was quoted in an article on date rape in the September issue of Ms.

"There is a latent guilt present in the girl's mind," Doherty said. "She often thinks that when she said no, the boy didn't understand and that things were her fault."

Doherty maintains that the girl is never the one to blame in the case of a rape.

"No woman ever provokes rape. She may arouse a male's sexual interest, but when she says no and he keeps going, then that's definitely his fault," she said.

Although University police files show only one acquaintance rape reported on campus since January, representatives of both the Student Health Service and the Orange County Rape Crisis Center claim that figure does not reflect the real situation.

"There are more assaults being committed than that. One report does not give an accurate picture," said Liselott Matthews, president of the board of the Rape Crisis Center.

Melott theorized that changes in American society had increased the potential for date rapes on college campuses. Increasing sexual permissiveness has led to greater expectations of what will happen on a date, he said.

"A female must realize that if she goes out to dinner with a guy, he may expect in-

See RAPE on page 4

## Arafat leaves Lebanon with promise to continue struggle

The Associated Press

BEIRUT, Lebanon — Cannons boomed and supporters cheered when Yasser Arafat sailed from Beirut Monday with a final word of defiance for the Israelis, who have scattered his Palestinian legions into a new exile.

"I am leaving to continue the struggle so that we can win," Arafat told reporters in west Beirut before he departed on a Greek passenger ship bound for Athens.

The guerrilla leader also threatened vengeance against Arab nations that failed to help the Palestine Liberation Organization in the fight for its 12-year-old Beirut power base, describing their hearts as colder than "the snows of Mount Hermon."

Standing on the deck of the ship Atlantis in a military jacket and black-checked kaffiyeh headdress, Arafat flashed the "V" for victory sign at Prime Minister Shafik Wazzan and a crowd of Lebanese dignitaries who stood on the quay, many of them in tears.

Fifteen cannon salvos boomed as the Atlantis gave a two-minute farewell blast of its horns and cruised off with a U.S. 6th Fleet frigate and a French warship in escort.

About five hours later, an estimated 600 more guerrillas sailed for Algeria on the Cypriot ferry Sol Georgios, bringing the number of departed PLO fighters to 7,285 by Lebanese government and PLO count.

The PLO has said there were 7,100-7,500 guerrillas in the city when the evacuation started 10 days ago, along with about 3,100 Palestine Liberation Army "regulars" who already have left. Israel has said there were about 8,600 guerrillas in Beirut, but there was no way to reconcile the conflicting numbers.

The U.S.-arranged withdrawal is expected to end by Wednesday with the departure of the rest of the guerrillas and the remainder of the 3,000 Syrian troops trapped in west Beirut by the Israelis.

About 1,200 of them left Monday in a convoy, and Syria's official news agency SANA said they rejoined Syrian forces facing Israeli troops along a 25-mile

front in eastern Lebanon's Bekaa Valley.

Israel has said it will not leave Lebanon before the Syrians, but Lebanese government sources said that once the evacuation is over, Wazzan will demand a prompt Israeli withdrawal from Christian east Beirut.

In Moslem west Beirut, several banks that had been closed since soon after the June 6 Israeli invasion reopened, as did many government offices. Employees of shops, groceries and cafes removed rubble and started repairs.

In Manama, Bahrain, the radical newspaper *Al-Khaleej* quoted Arafat as saying the Palestinians will "take account tomorrow and take vengeance the day after tomorrow" against not only Israel, but also Arab governments who did not help the PLO.

A PLO statement released after Arafat left said he was heading straight to Greece at the invitation of Socialist Prime Minister Andreas Papandreu, and the choice of a non-Arab country underscored Arafat's anger at the Arab governments.

Arafat abandoned his shell-shattered west Beirut redoubt on the 86th day of Israel's invasion to drive

the PLO from Lebanon. The 10-day land-and-sea exodus to Syria, Jordan, Iraq, Tunisia, Sudan and South Yemen was staged under a plan drawn up by U.S. envoy Philip C. Habib to stop the Israelis from storming west Beirut.

Habib told reporters he plans to go home next week, and refused to answer other questions.

During the morning, the 53-year-old Arafat careened through the streets of west Beirut in a black Mercedes that took him from the hillside home of leftist Moslem leader Walid Jumblatt to Wazzan's office and then to the port, where he virtually disappeared into a throng of well-wishers, soldiers and journalists.

"I am leaving this city, but my heart is here," he told a reporter at Jumblatt's home, where his farewell was marked by both laughter and tears.

Israel had no official reaction to Arafat's departure.