

The News Argus

The Student Newspaper of Winston-Salem State University

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ANOREXIA, from page 3

"I don't want a booty like J. Lo," Doswell said. "I don't want to look like Beyonce because she is fat."

Her roller coaster with eating disorders began in anticipation of an exchange program trip to Japan.

"I didn't want to be fat on the trip," Doswell said. "So, I just stopped eating. It was that simple."

Thirteen pounds later, Doswell was still not happy with her new, thinner self. So she forced her weight lower into the upper 90s. By spring 2002 she was eating only rice or fruit and exercising incessantly, stealing laxatives and throwing up the little food she consumed. But she did not know that her behaviors had a name.

"I went online one day and found out that what I was doing was actually a disease," she said.

The Web has become a haven for young women with eating disorders who feel they have nowhere else to turn for help and support. The issue of race and stereotypes about eating disorders are hot topics for members of the Colours of Ana Web site, created as a support system for girls and women of color with anorexia and other eating disorders.

Many girls on the www.coloursofana.com site wrote that they have heard negative comments from other blacks suggesting that they developed anorexia because they are trying to be white by becoming thin.

"I have an eating disorder because I am sick, not because I am wanting to be white," wrote one woman. "We need to get past this sort of exclusivity. It is just not helping."

In the mid-'80s Zina Garrison, a professional tennis star, looked around the tennis world and did not see anyone who looked like her.

"I didn't really have anyone to look up to," Garrison said in an interview. "At the time it was basically myself, Jackie Joyner-Kersey and Florence Joyner who were the pivotal African-American women athletes doing something."

At 21 years old, Garrison was ranked in

the top 10 of women's tennis and had beaten Chris Evert. But still she struggled with self-image.

"I was in a short skirt all of the time, and I was always told that I didn't have the figure to fit the tennis skirts," Garrison said.

In an effort to fit the mold of the all-white world of women's tennis and the emptiness she felt as an athlete and public figure, Garrison tumbled into bulimic behavior without actually knowing that she was developing an eating disorder.

Purging took a toll on Garrison's health. Her hair started to fall out. Her skin became blotchy. Her nails softened.

Garrison became too weak to play the game she loved. After watching a television show on bulimia and eating disorders, Garrison recognized her behavior as an illness, got help from her trainers and went on to return to the top of the tennis world as a winner of major tournaments.

Even now, Garrison said, "Recovery goes on day by day."

Kaelyn Carson was not as fortunate. At 5 foot 8 and 115 pounds of solid muscle, Kaelyn Carson, of Comstock Park, Mich., was a brown-eyed beauty with long, curly brown hair and big dimples. But after a 14-month battle with anorexia and bulimia, Carson died at age 20. She weighed 75 pounds.

Carson, who was biracial — African American and white — exemplifies the fact that no one is immune from eating disorders because of her race.

"She was everything," said her mother, Brenda Carson. But now she is left with only memories of her daughter, who was a member of the National Association of Collegiate Scholars, Miss Michigan American Teen, a cheerleader and a track star.

"Don't close your eyes to it," her mother said.

If you would like more information about eating disorders or need help, contact: The National Association of Anorexia Nervosa and Associated Disorders at anad20@aol.com, or call (847) 831-3438.

Have we all simply been misled

By Eric Mink
KRT

In a manner of speaking, I guess we were soldiers. We weren't drafted, we didn't volunteer and we didn't even learn what we had done until the second anniversary of Sept. 11 was almost upon us. But in the fear and confusion of the immediate aftermath of the attacks, the commander in chief needed the people of New York to serve their country: He needed us not to panic.

So he misled us.

Through his National Security Council, White House Council on Environmental Quality and Environmental Protection Agency, he told those of us living in New York at the time that the air was safe to breathe, that walking and working in lower Manhattan posed no real health risks, that residents could return safely to the homes and shops of their downtown neighborhoods once the World Trade Center perimeter had been secured, the far-flung debris cleared and the ash and dust cleaned up.

A recently released EPA internal investigation revealed that none of this was true. At best, the administration lacked any data to justify such statements; at worst, it recognized the potential dangers to health.

Either way, the administration chose reassurance over alarm. And either way, the president was right.

It doesn't take much imagination to envision the impact on an already shaken nation if millions of New Yorkers had gathered up their families and fled the city in fear. The president couldn't

chance it.

For this one-time New Yorker, whose risk of exposure to toxins was admittedly negligible, the problem is not the deception of the relatively few for the greater good of the country at a moment of unprecedented national crisis. The problem is this administration's habitual, condescending dissembling in service of its political/ideological agenda:

Under the Bush administration's "Clear Skies Initiative," the air will get dirtier. Permissible levels of many pollutants will increase, and the timetable for cleaning up others will be extended far into the future. Its "healthy forests" proposal will result in fewer trees. Its clean-water regulations have rolled back allowable levels of arsenic in drinking water to a 1942 standard.

Meanwhile, the administration is letting pollution from older power plants continue to damage human health and plant and animal habitats. States are forced to take the administration to court, using up limited time and tight budgets. Said one state attorney general: "I'd like to spend the money fighting polluters."

The respected scientific journals Science, Nature, Lancet and others have commented that administration officials are now questioning nominees to ostensibly impartial scientific review panels about their political views and voting records. Yet the administration has challenged the scientific validity of reports on global warming.

The administration's "No Child Left Behind" plan sets impossibly rigid standards for academic achievement by public

schools and then fails to provide schools the funds necessary to make good-faith efforts to meet them.

The administration announced an ambitious program to fight the lethal AIDS epidemic in Africa, but is now working to reduce the funds needed to run it.

The administration's specious claims that Iraq had nuclear, chemical and biological weapons at the time of our invasion completely unraveled over the summer in a swirl of hilariously contradictory explanations. Here's a thought: If Iraq DID have weapons of mass destruction then, and the United States DOESN'T have them now, who does? Does that make America safer, or at greater risk than it was before the war?

Then there's the depressing economic litany: mischaracterized tax policies, exploding budget deficits and the economic recovery that nobody feels, least of all the intractably unemployed.

I want to believe what my president tells me. I lived through the dispiriting disillusionments of Vietnam, Watergate, Iran-Contra and even Clinton-Lewinsky, and — contrary to the ceaseless bleating of the right-wing media — it was not fun for progressives. But this administration is making it very hard to take anything at face value.

ABOUT THE WRITER

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CALLOWAY, from page 3

WSSU parking enforcement about two years ago!

I was hot about that and initially refused to pay it since issues like that are SUPPOSED to be cleared up before you graduate. A few months later I got a threatening letter saying the matter would be turned over to a collections agency if I didn't pay it. Of course I bit the bullet and paid the dang ticket because I didn't want it to put an ugly mark on my credit.

Avoid the department store cards. When the nice sales clerk at Express says, "you can save an extra 10 percent if you open a card today" say no thank you. That 10 percent savings will be out the window if you don't pay the bill on time. That card has an interest rate of around 22 percent. A good ole Master Card or Visa with a rate under 10 percent will do just fine and it works in Express and everywhere else.

One of the best things my dad did for me when I was in college was to

open a joint credit card in both our names. I used it for necessities and he got the bill. Because he was getting the bill I never abused the card but at the same time I was able to establish a credit history, a must if you want to eventually buy a house or a car. I know you're grown and you don't need your parents to go in on a card for you. It's a good way though to get a credit card and police yourself at the same time if you lack the proper self restraint to stay out of trouble.

Knowing my parents were

checking my bills sure kept me in check.

I know you want to look your best and have the best for the game, the party, the whatever, but don't ruin your credit trying to do it. Be smart and you'll look better and have better than anyone else when you're able to get a good job because of your good credit. Plus you won't have the stress lines in your forehead caused by calls from bill collectors. Nor will you be rejected when you try to get the things you want and deserve.

BUSH, from page 3

exporter of violence and terror," he said. "Iraq is now the central front. Enemies of freedom are making a desperate stand there — and there they must be defeated."

He urged countries around the world to contribute troops, money and other aid. His appeal for international assistance was an acknowledgment that rebuilding Iraq has been far more difficult than administration officials had hoped.

In addition to seeking troops and financial support from the United Nations, Bush will ask Congress to commit another \$60 billion to \$80 billion for the effort.

"The terrorists have a strategic goal. They want us to leave Iraq before our work is done," Bush said. "They want to shake the will of the civilized world."

Top administration officials acknowledged earlier Sunday that the mission in Iraq is far from over,

despite Bush's declaration four months ago that major combat had ended. And members of Congress from both parties warned that the situation could spin out of control unless Bush commits more troops and money.

"It's going to cost more and there will be continued sacrifice on the part of our young men and women," Secretary of State Colin Powell said on the Sunday talk-show circuit. "We have a long way to go."

Powell expressed hope that other countries would send as many as 15,000 troops to join 140,000 from the United States and about 22,000 from Britain and other allies.

Bush's speech was his first prime-time address on Iraq since his May 1 announcement that major combat was over. Polls indicate that public opinion about the war has deteriorated steadily since then, along with Bush's approval ratings.

Although most Americans continue to say that they approve of Bush's performance as president, the aura

of invincibility that surrounded him in the aftermath of the Sept. 11 terrorist attacks has faded amid concerns about the economy and developments in Iraq. About half of Americans think the war is going badly.

Democrats have become increasingly vocal in criticizing Bush's handling of Iraq. Republicans are starting to join them.

"Every assumption the administration made about what would happen after the war was dead wrong," Sen. Joseph Biden, D-Del., the top Democrat on the Senate Foreign Relations Committee, told CBS on Sunday. Biden, who recently visited Iraq, predicted that the price tag for U.S. operations there would swell to at least \$100 billion next year.

The Pentagon estimates that the war is already costing U.S. taxpayers nearly \$4 billion a month. Sen. Harry Reid, D-Nev., said on CNN that Bush and his advisers left the impression that Iraqi citizens would throw bouquets at U.S. troops, "but