

The Decree

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Rapes lead to banning of program

After hearing reports of the fourth rape of the semester, University of Missouri at Columbia officials in mid-November banned all "little sister" programs at campus fraternities.

"The environment surrounding the little sister programs makes it more conducive for sexual abuse or alcohol abuse to occur," said Don Graham, Missouri's associate director of residential life.

Fraternity members were charged in all four of the incidents.

One victim is a little sister, and another had been invited to become a little sister. Three of the rapes occurred during or after fraternity parties.

Greek leaders say they are getting a bad rap.

"The rapes weren't because of the little sister program. Guys would have been drunk anyway and would have done it regardless of a party or not," said Julie Andersohn, president of the Sigma Pi Little Sister program.

"The problem of date rape

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FOOD DRIVE — Wesleyan students Jay Quigley and Adam Ipock load boxes of food for transport to the Crisis Ministry Center. The food items were collected by the Student Activities Committee and the ROTC program during the Wesleyan Community Food Drive. (Photo by Kevin Davis.)

Student says rape occurred on campus

By **TERRIE ROBERTS**

An alleged rape of a North Carolina Wesleyan College student by another Wesleyan student occurred on the North Carolina Wesleyan campus at approximately 2 a.m. Sunday, Dec. 3.

The alleged rape was reported to nurse Janice Stump at approximately 5 a.m. by Edgcombe resident director Patricia Grieco, who wanted to know the procedure for such an incident, reported Stump.

Stump then contacted Nash General Hospital to inform them the alleged rape victim was being transported to the hospital. The nurse also notified Chaplain Carleton McKita of the incident.

At the hospital, the alleged rape victim was given a rape examination and then returned to the Wesleyan campus. Stump's

main concern was that the alleged victim, "go to the hospital."

Tim Millerick in Student Life and Deborah Pittman, head of campus security, were unable to be reached for comment on the alleged rape.

When asked how to deal with a rape situation, Stump said, "Students should be aware and careful and should learn all they can about the subject of rape." She also added that rape is a "sad situation for everyone involved."

Stump offered some precautions to avoid being raped. A woman should never walk alone, she should stay in well lit areas, and when walking to her car at night she should have her keys ready.

The nurse added that the most important precaution a woman can remember and practice is to "always be aware of what is around her."

Students find ways to cope with exams

By **DHANA CHESSON**

Relax! It's exam week. This should be the easiest week of the semester. In theory, all papers and revisions have been written, all homework has been turned in, all assignments have been read, and learning new material is over. The only thing college students should have to do during this week is eat, sleep, exercise, study/review a lot, and then take the finals. No problem.

But in reality, most students on the NCWC campus don't feel this way about exam week.

Many students do not view exam week as a time of relaxation but more as a time to panic and become stressed out. This

mainly happens because many feel they haven't mastered the materials in their courses. According to Janice Stump, campus nurse, college students become stressed out because they manage their time incorrectly, and mostly due to the fact students put so much pressure on each other and themselves.

The students on campus view exams in various ways. Some have plans of intense preparation for their tests, while others are intensely preparing for their Christmas vacations.

Loren Segura says, "It depends upon the class, but usually I study pretty hard," while sophomore, Eddie Pollock, feels more confident when he says, "I'm not

worried, I figure if I haven't learned it during the semester, I won't learn it during exam week."

There is some concern for the freshman who haven't yet experienced final exams on a college level. Senior William Sasser Jr. feels "exam week must be harder on some of the freshman, who are weaker in time management skills." Freshman Tina Gupton, seeing reason for concern, says, "We are going to find that exams in college are different from the ones taken in high school." But over all, both freshman and upperclassmen agree that exams should not be taken lightly and this can lead to stressful situations."

During this week we will see students with black circles under their eyes from staying up all night studying, people with noses stuck in books without any breaks, and some pouring copious amounts of coffee in their system in hopes that caffeine can pull them through the week. To combat stress, none of these are recommended.

Janice Stump recommends the basics to help us all get through exams: a well balanced diet, enough sleep, fresh air, exercise, and taking breaks during studying. She also reminds Wesleyan students that exam week is not a good time to party because the brain is not going to function well with alcohol in the body.

Both Dr. Carleton McKita, the school's chaplain, and Dr. Evans Harrell, the school psychologist, agree that alcohol is something that should be avoided during exams. Unfortunately, some students try to relieve the stress of being ill-prepared for exams in the form of alcohol abuse. Dr. Harrell suggests that instead of using caffeine pills or even "uppers" that exercise is a much healthier and wiser way to stay alert in order to study.

So, if stress is a factor during exam week, the best way to combat it is to maintain healthy eating habits, get an appropriate amount of rest and exercise and plan your study time in advance in order to fully prepare for each exam.