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Dance to the Maxx

With Christmas right around the corner, the Christmas dance committee has been working diligently to prepare for "Christmas in New York." One of the many preparations has been to seek out an outstanding band for what is hoped to be a special evening among Meredith students and friends.

The Maxx, an Atlanta-based band, which plays mostly cover versions of top 40 hits has been chosen to perform. The band, which has been playing together

for more than seven years, has performed for groups all over the East Coast and Canada, opening for such headliners as the SOS band, Chubby Checker, the Fabulous Thunderbirds and Bobby Blu Bland.

Tickets are \$12.00 This price includes a party package. The dance will be held in the Kerr Scott Building Dec. 1, 1984 from 9:00 p.m. until 1:00 a.m.

Make plans now to attend "Christmas in New York" for a delightful evening to the "Maxx."

Gandhi

The recent assassination of Mrs. Indira Gandhi, prime minister of India, and the subsequent communal riots in the name of religion are the worst insult any community could pay to its religion. An ambitious and power-hungry few have managed to mislead millions of innocent citizens to death or disaster. Religion is merely a stepping-stone for them who want to assume power over the corpses of innocents.

The so-called religious heads of the Sikh religious community are those who are the farthest from God. Endowed with a superior understanding of mass reactions and a driving, ruthless ambition that will stop at nothing, these Sikh leaders have converted the Sikhs from a peaceful, secular, and above all an Indi community to a raging, misled, power-hungry people.

For months the Sikh turmoil had occupied front page positions in the country. Everyone thought it would in time blow over like the Assam issue. Of course the Sikh issue was not isolated like Assam; rather the Sikhs, due to decades of peaceful co-existence with the Hindus, affected all north Indians adversely with their talk of Khalistan, a separate religious state. Still no one took the talk seriously till the Sikh religious leaders decided to shift the limelight onto themselves. Then began the terrorism and guerilla tactics of which Mrs. Gandhi proved more than capable in handling.

But no one could imagine how deep rooted the malice and ambition were.

Suddenly on October 31, 1986 the careful handling by Mrs. Gaudhi of the Sikh rebellion and her attempts to resolve the issue without force of bloodshed were cruelly and spitefully thrown back into her face, or to be more precise, over her dead body. The Sikhs have shown their hand and now it is the turn of the Hindus. They are reacting with uncontrollable fury and despair but they do not realize that displays of violence are not always the successful means of accomplishing an end. Did not Mahaharra Gaudhi prove to the world (and be the first in doing so) that an alternative to violence exists—that it is possible to end oppression and terrorism through a policy of peaceful non-cooperation? Hindus should remember this strategy today and apply it when they react violently in anger against the Sikhs. Today the Sikhs are not separate from Hindus due to marriages and peaceful co-existence there is not a single Hindu family that is not in some way related to a Sikh. As a Hindu I advise my Hindu brothers to remember where they go in anger to burn the houses of the Sikhs. A momentary angry impulse will cost us much - we may kill the Sikhs. But in another area our own Hindu friends or relatives will be killed by our own Hindu friends.

So our anger will only rebound on ourselves. So today let us remember our commitment to the Mahatma's principles - our promises to him given freely in exchange for the freedom he would bring us from the British oppressors.



1984 Christmas Dance
December 1st

Silver Shield Induction

Silver Shield is a honor society recognizing those students who display leadership, Christian character, and service to the school. The purpose of the club is to set examples of honor and cooperation within the student body. This past Sunday evening, November 11, Silver Shield had its Fall Inductions. Four senior members were inducted, thus completing the 5 percent allowed them the class, along with three Junior Associate Members, who are recognized for their outstanding display of the

characteristics that represent the purpose of Silver Shield. Those inducted from the Senior class were, Jean Bunting, Kim Tansky, Karen Tansky, and Shelley Richardson. The three Junior Associate Members were Bridgette Parker, Lisa Brett, and Nancy Ratcliff. The Honor Society members above selected a new adviser, Dr. Gene Jackson. Dr. Jackson is a Meredith Alumnae and was also a member of Silver Shield while at Meredith. The society is very pleased to have such a strong asset.

Bulimia, anorexia can cause stress over the holidays

Most students look forward to holiday vacations as a joyful time for reunions and large family meals; but, for people with eating disorders, these instead may be times of confrontations, lies, and painful anxiety. Bulimia, which is characterized by binge, purge behavior, and anorexia nervosa, a less common but related condition of self-starvation, are dangerous epidemics affecting between 25-33 percent of college-aged women (also many men). Under ordinary circumstances, their lives are dominated by low self-esteem, generalized fear, and obsessive thoughts about food. During the holidays, however, these feelings are intensified. With a well-thought-out plan and plenty of motivation, these individuals can use this time off to start a program of recovery.

Although the underlying causes vary, eating disorders typically begin for psychological reasons and become addictive. Most cases are women with unrealistically high expectations of achievement, especially concerning their own appearance and weight. The initial binges might be triggered by specific events, such as: moving away from home, rejection by a lover, or family pressures. The behavior often starts as a way of dieting or in reaction to a failed diet. It becomes a numbing, drug-like coping mechanism that provides instant relief for emotional pain or boredom. Bulimics often binge on several thousand calories after eating what they feel to be one bite too many at a meal. Since they have eaten more than they "should" anyway, they go ahead and binge, knowing that they will later force themselves to vomit or abuse laxatives. These purges confuse body signals causing extremely low blood sugar

levels, electrolyte imbalances, and cravings for more sugary foods. This cycle perpetuates itself, dangerously upsets normal digestion, and further complicates the original psychological reasons for bingeing.

Lindsey Hall, who cured herself after nine years of bulimia has co-written three booklets on this subject, which are used in more than 500 colleges and universities. She writes in her first booklet, EAT WITHOUT FEAR, "I binged up to four and five times a day after the third year." There were very few days without one. My vision often became blurry and I had intense headaches. What used to be passing dizziness and weakness after a binge had become walking into doorjams and exhaustion. My complexion was poor and I was often constipated. Large blood blisters appeared in the back of my mouth. My teeth were a mess." The research study on which her third booklet, BEATING BULIMIA, is based, documents other bulimics who were hospitalized, had miscarriages, and spent more than 20 years struggling for food. Between 7-9 percent die due to cardiac arrest, kidney failure, or impaired metabolism. (Lindsey Hall's booklets are only available by mail from: Gurze Books, Box 20066U, Santa Barbara CA 93120 Gurze Books. The "bulimia set of three" costs \$13.25 including postage and handling.)

Dr. Jean Rubel, president of Anorexia Nervosa and Related Eating Disorders (ANRED), a non-profit organization which serves as a national clearing-house of information and referrals, observes that college students commonly fall victim to food problems, "Students are vulnerable to a cycle of

[Continued on Page 4]



HATS OFF TO HOLLYWOOD -- The Broadway-style musical, "Hats Off To Hollywood," performed at Busch Gardens, The Old Country, in Williamsburg, Va., is a first step to Broadway and national touring companies for many young hopefuls. Busch Gardens is auditioning talent for its 1985 season in 17 Eastern and Midwestern cities.

FOR DETAILS ON AUDITIONS, SEE PAGE 3