

Meredith Herald

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We attract bright, talented, ambitious students. Naturally we're a women's college.

October 23, 1996

U.S. Senator shares her views with Meredith

By Robin Riddick

On October 17, 1996 Meredith students, faculty and guests filled Jones Auditorium to hear United States Senator Kay Bailey Hutchison speak. Hutchison captivated her audience through her experiences as a female political leader and through her words of wisdom.

Hutchison, a republican of Texas, is the first woman to ever represent her state in the U.S. Senate. In 1993, she was elected with a larger percentage of the vote than any other Senate challenger in the history of the United States. In 1994, she was reelected to a full, six-year term in the Senate.

Hutchison said that without any question, her most important trait is her perseverance. She commented how she had been knocked down many times while she was in politics, but she just had to pick herself up and keep right on going and learn from her mistakes.

She pointed out that a woman have three choices in life. One, she can stay at home to make a quality household and volunteer in the community to make the family unit stronger. Two, she can devote her life to the work force and try to make the country a little better to live in. Finally, she can juggle both at the same time and do the best she can.

Hutchison said that the most important thing



United States Senator Kay Bailey Hutchison, Republican from Texas, spoke to students, faculty and guests last Wednesday.

is the family unit. She said that "if the family unit has deteriorated, it will not survive." She further commented that the strength of the family is where everything starts.

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"Roofies," new date rape device, moves into the area

By Arinn Dixon

The drug Rohyphol, the newest date rape device, is moving into the area. At least four instances of use of the drug to intoxicate women have been reported in Chapel Hill, University Police say.

"It's definitely here, there's no question about that," said Matt Sullivan, substance abuse prevention counselor at the University of North Carolina at Chapel Hill.

Rohyphol, or "roofies," is a depressant 10 times as powerful as Valium which, when taken with alcohol, can cause temporary blackouts, loss of inhibition and amnesia for eight to 24 hours. It is odorless, tasteless and dissolves instantly in liquid. Police are worried about those aspects of the drug most of all.

Out of the four reported cases, two involved alleged sexual assault. Both victims were females and believed the drug had been slipped into their drinks, according to the *Daily Tar Heel*.

Roofies is believed to have started in universities in Florida, Texas and California and is now spreading out. Several cases of female students being drugged without their consent occurred at the University of Mississippi in February 1996, and the most recent reported case was two weeks ago.

Georgia Nix, director of Rape Crisis Services at UM, offered advice on defenses against falling victim of the drug. "Be street-smart," she said. "Stick together in big groups when going out. This sets the standard when

facing the unknown, and rohyphol is the unknown."

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How to keep yourself safe at bars or parties:

- Don't take drinks from strangers
- Don't leave your drink unattended
- Stay with friends at all times

What are "roofies?"

- Roofies induce muscle relaxation, sedation, short term amnesia and loss of inhibition
- Roofies are tasteless, odorless and dissolve instantly in liquid.

The Daily Tar Heel

October designated as Breast Cancer Awareness Month

By Dina Di Maio

In 1996, 44,300 women will die of breast cancer in the United States, according to the American Cancer Society. In North Carolina, about 4800 will be diagnosed with the disease, and about 1000 of those diagnosed will die. Breast cancer is second only to lung cancer as the leading cause of death from cancer for women.

Breast cancer is first detected as a lump, or abnormal growth, in the breast. Not all lumps in the breast are cancerous. If breast cancer is detected early, it can be treated successfully.

What can you do to battle breast cancer? There are a number of ways in which you can try to prevent breast cancer. One way is by per-

forming a self-examination every month. Self-exams are easy to do, and most lumps are found by women themselves.

The best time to do a self-exam is when breasts are not swollen or tender, right after your period. To find out how to do a self-exam, ask your doctor, or call one of the cancer hot-lines for brochures and information. The American Cancer Society also has a web-page that shows how to perform a self-exam.

In addition to self-exams, have a doctor examine your breasts every three years if you are between ages 20 and 35 and yearly if you are 35 or older.

Mammograms are another important way of detecting breast cancer. You should get a baseline

mammogram at age 35. Current guidelines say that women between 40 and 50 should get a mammogram every one to two years, and women over 50 need to get one yearly.

New research suggests that annual mammograms for women in their 40s are worthwhile. According to the American Cancer Society, almost 20% more women in their 40s are diagnosed with cancer than women in their 50s.

Mammograms detect cancer better in women aged 50 or older because their breasts are made up of mostly fatty tissue, tissue which allows for clearer imaging. Younger women's breasts are more dense, so it is more difficult to detect tumors.

Some other things that help reduce the risk

of cancer are not smoking, exercising regularly, and eating healthy (foods low in fat and high in fiber).

There have been some new developments in breast cancer research. In 1994, a gene was discovered that, when defective, is thought to cause cancer. Women who have a family history of breast cancer have a 50% chance of inheriting the gene, BRCA-1. And women who inherit the gene have an 85% chance of developing breast cancer. Tests are also in development for a second gene, BRCA-2, that is associated with 40% of inherited breast cancer. Researchers also say there may be other genes associated with breast cancer.

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