

Binge Eating Study to Begin Next Week at UNC

BY ELLEN FLASPOEHLER
STAFF WRITER

In everyday college life, students face numerous pressures, including acing the next exam, being able to find a job after graduation and fitting in with the in-crowd. Of all the pressures, perhaps one of the most detrimental to the health of college women is the pressure to fit in.

Many women think that in order to be accepted they must meet the standards set by a looks-oriented society. They must be the perfect weight and have a glamorous figure. These social standards make many women obsessed with the idea of being thin, an attitude that may lead to eating disorders.

The most well-known eating disorders are anorexia and bulimia, but another disorder has surfaced in the psychology. Binge Eating Disorder is the primary focus of a research study to be conducted by psychology Professor Linda Craighead and graduate student Heather Allen.

Craighead said anorexia was characterized by not eating and by exercising excessively. Bulimia is separated into two aspects, bingeing and purging. Purging is the process of making up for overeating by excessive exercising or inducing vomiting,

while bingeing is out-of-control eating. "Many women don't purge but they do binge," Craighead said. "We now want to focus attention on those people who only binge, which is the Binge Eating Disorder."

Craighead and Allen want to study women who binge several times a week but do not purge. These binge periods may not be noticeable to others as a time when an individual overeats, but the individual knows that she is eating more than normal.

The study will try to examine how helpful psychologists can be in diagnosing BED. It will consist of a wait-list group. One group will participate during this semester, and the second group will be treated second semester, starting in January. There is no payment for participation, and treatment is free. Craighead would like to start the study next week.

Craighead would like 10 to 20 female volunteers between the ages of 18 and 26 who are not involved in any other therapy for eating disorders. Participants must be normal to overweight and must binge at least twice a week without purging.

The study's goal is to help the participants stop bingeing and start eating more naturally and normally. "This is not really a weight-loss program, but if the person is

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LINDA CRAIGHEAD
Psychology professor

overweight she may find that it helps," Craighead said.

The study includes an eight-week therapy program that focuses on helping participants get more in touch with their natural hunger and fullness keys. Most BED sufferers feel out of touch with their regular eating cycle because they eat according to diets while not paying attention to their hunger.

Craighead wants to help the participants get to a point where they will think their eating habits are natural and be able to resist the urge to overeat.

Few studies have been conducted on BED because the disorder was not distinguished from other disorders until this year. Craighead said her study was important

because it confronted two problems that needed to be addressed. One problem is that for overweight people suffering from BED, the process of weight loss is usually not successful because of bingeing. The second problem is that for many, BED is the stage before the development of even more serious eating disorders.

Craighead believes this is a relevant problem on a college campus because of self-esteem problems.

"We live in a society in which appearance is a factor in social life, but we tend to focus too much on outer appearance rather than concentrating on things like being friendly," she said. "Appearance is a factor that women can do something about, so they latch on to it."

Our culture is filled with pictures of ultrathin models that tell women what they should look like. Most models have body weights that are subnormal. Athletes, dancers and models are also at high risk for eating disorders.

Anyone interested in participating should contact Heather Allen or Linda Craighead at 962-5082 and leave a message with the Psychology Department secretary. A consultation will be conducted over the phone, and then participants will be chosen.

Every Group Stands Out At A Cappella Invitational

A supreme mixture of talent from up and down the East Coast presented an awesome combination of popular jams and oldies tunes to the delight of a standing-room-only audience during the first night of the annual Loreleis Fall Jam on Friday.

Friday's jam featured campus talents the Loreleis, the Clef Hangers and Tar Heel Voices and one visiting group, the University of Virginia Hullabahoos.

ALISON MAXWELL
Concert Review
Loreleis Fall Jam

Saturday's performance showcased the Tufts University Beelzebubs, University of Pennsylvania 6-5000, the University of Rochester Yellowjackets, the UVa. New Dominions and the Loreleis.

Each group attempted to outdo the previous performers and capture the audience's heart, but each had that special "something" that made them unique and likable.

While the music was impressive, the logistics of the event left much to be desired. Gerrard Hall simply didn't provide enough room for the event. There was little space to move comfortably, and many seats had an obstructed view. Also, programs are needed to keep track of the performers.

Luckily, the tremendous amount of musical talent at the concert prevailed over all else.

Tar Heel Voices delivered what was perhaps the most impressive set of Friday's performance. The group has improved tremendously since last year's performances with the addition of several new members and a recent selection of diverse hits.

Member Crystal Harwell stole the show with her rendition of the 4 Non Blondes' hit "What's Going On." Harwell was as good as if not better than the group's actual lead singer, without the huge mouth and nappy hair.

Other impressive hits included THV's rendition of the Proclaimers' "500 Miles (I'm Gonna Be)" and "Mighty Moe."

The UVa. Hullabahoos presented the most contemporary, hip selection of jams, which seemed most closely suited to the college audience. Stage fright certainly isn't in the Hullabahoos' vocabulary, because the group's performance was the most re-

"Each group attempted to outdo the previous performers and capture the audience's heart, but each had that special 'something' that made them unique and likable."

laxed of the evening. They successfully interspersed humorous skits, such as a "what to do when you spot someone on campus you want to avoid" skit, with serious singing.

Group member Kevin Fudge took inspiration from Boyz II Men with Cyndi Lauper's "True Colors" and New Edition's "Cool It Now." The Hullabahoos' laid-back session had the rowdy audience begging for more of their Southern flair.

The UNC Clef Hangers stuck to the oldies Friday, performing calmer selections seemingly geared toward an older population. With the exception of Green Day's "Cracking Up," the majority of the Clefs' songs were mellow, like James Taylor's "Down on Copper Line." Five members of the group showed their ability to combine several songs in one with impressive rounds of "Frère Jacques," "Swing Low, Sweet Chariot" and "Row Your Boat." Brad King wowed the audience with his performance of "Sleeping With the Television On," and the entire group jammed with the Beatles' "All my Lovin'."

The Loreleis proved they take music seriously with their set, garnering a standing ovation. Dressed all in black, the group appeared eloquent and mature while performing beautiful music in high-pitched melody.

In addition to their attention-grabbing set, the Loreleis had the most humorous skit of the evening, which satirized the Homecoming court. They also performed ear-catching renditions of Mary-Chapin Carpenter's "Passionate Kisses" and Blondie's "Call Me."

The caliber of musical talent combined in this year's Fall Jam was impressive. The Loreleis deserve a pat on the back for coordinating this successful concert.

New Guidelines Set for SuperFan Section

BY GAUTAM KHANDELWAL
STAFF WRITER

North Carolina students who think they may be the ultimate Tar Heel fans may be rewarded by applying for the "SuperFan" block seats available for the 1994-95 basketball season.

The SuperFan block consists of four rows of seats in section 109 of the Dean E. Smith Center, behind the UNC team's bench.

UNC head coach Dean Smith allotted these seats, which were formerly reserved for the players' parents, to the student body at the beginning of the 1992-93 season, said CAA co-president Nil Dalal.

Dalal said the seating change was made as an effort to increase student spirit at the games and to provide students with prime seats at basketball games.

"Two years ago, we had the back four rows [of Section 109] reserved for students and the front four rows for the players' parents," Dalal said. "Coach Smith switched the seating arrangement so that students would be seated as close as possible to the floor, and the parents received the back four rows."

In previous years, the CAA used a "magic number" system in which numbers were randomly picked to be included in the SuperFan Block. Dalal said the new system should increase student spirit at the men's basketball games.

SuperFan Block Application Rules

1. Twenty-four names, along with their social security numbers, must be written on the application.
2. The group must be given a name. Groups do not have to be recognized student organizations to be eligible.
3. The first person on the list is the official group representative and must include his or her telephone number.
4. Each person may only enter the contest as part of one block. Anyone appearing on more than one SuperFan Block application will be disqualified from all of the blocks he or she has signed up for.
5. At least 12 of the 24 persons on the list must be present in the Pit on Oct. 18 at noon. At least six of the 12 persons present must have on some kind of North Carolina apparel.
6. Special rules apply for the Duke and Florida State contests. Entries must be turned in Thursday, Oct. 13, by 5 p.m., at the CAA office.

"Last year, we had an average of 3,000 people applying for the block seats for each game," she said. "This year, not only are we having an application process, but we are also dividing the seats into two 24-seat blocks rather than one 48-seat block, which will give more chances to students for winning the block."

But if students want to sit at these prime

seats, they must do exactly that — sit. Smith has implemented a new rule stating that students in the SuperFan block must sit for the majority of the game but are allowed to stand and cheer during exciting plays.

Groups failing to sit after being warned by Smith Center ushers will be ejected from their seats.

Dalal said that Smith's decision was made as a compromise between the students and the alumni who are seated behind the students.

"Coach Smith wrote us a letter over the summer and said that many of the parents and alumni are not able to stand up all game," Dalal said. "Many have bad backs and what-not, and they can't physically stand up for the entire game."

Daniel Thornton, CAA graduate advisor, said he didn't think that the new rule would pose a problem.

"We would certainly prefer for students to stand up, but we recognize that the seats are a gift from Coach Smith," Thornton said. "It is his prerogative to give it to us or to take it away, and so we do respect his decision, and we will enforce it."

"Sometimes, after a good play, many students just stand there and don't cheer, and I can see how that could be frustrating to people seated behind them."

"They're still outstanding seats, and I don't think the new rule is going to take away from the seats."

MIDNIGHT

FROM PAGE 1

by ESPN and basketball analyst Dick Vitale. But there will be no national coverage during the event Friday.

Daniel Thornton, CAA graduate advisor, said the national coverage and hype may have taken away from the student-player interaction.

"I love the extra attention we got, and it helped attendance," he said. "But I think the (ESPN coverage) took away from the players and took away from the intimacy of the event."

The Tar Heel Tip-Off will begin at 11 p.m. on Friday and will be held at the Dean E. Smith Center. The Smith Center doors will open at 10:40 p.m., but only students with UNC One Cards will be able to enter at this time. The general admission doors will open to the rest of the public at 10:55 p.m.

The CAA has organized various contests, including chances for students to win their weight in Coke and also to win \$100 in a "Cash Grab" contest, Thornton said.

The Duke and Florida State "SuperFan" Blocks will be given away. The festivities will also include performances by the UNC band, the cheerleaders, the High Kicking Heels and an appearance by the women's basketball team.

"It will be a great opportunity for players, students and alumni to enjoy themselves on Friday night," Thornton said.

The players will make their appearance at midnight, marking the beginning of the 1994-95 basketball season.

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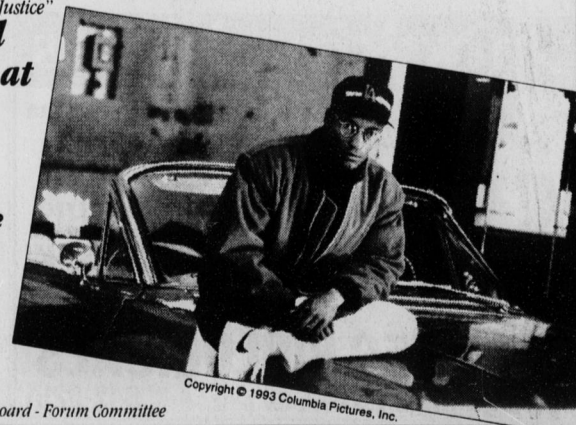


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Before the Game,
Come Watch
'Melrose Place'

He shook the Hood. He jammed with Janet. ...and now he's headed for the Hill!

Director of "Boyz n the Hood" & "Poetic Justice"
John Singleton will speak Tues., Nov. 1 at 8 p.m. in UNC's Memorial Hall.
General Admission Tickets will be on sale Wed., Oct. 12 at the Carolina Union Ticket Office
\$2 UNC students/\$5 general public
presented by the Carolina Union Activities Board - Forum Committee



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