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Rape victim recalls emotional problems, fears of being alone

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up the apartment and steal all this stuff. It was just a lot of psychological violence afterwards. Finally he left and I called the police."

The next day Anne decided to move into the house with a woman she works with, a move she considered unnecessary until the second rape.

The second rape destroyed the fragile sense of security she was beginning to regain during the police stakeout, she says. "After the first rape, I thought I was going to be fine. I thought he (the rapist) had forgotten me. I was beginning to recover and forget about him a little so I wasn't thinking about him every five minutes. So I figured he had forgotten about me, and I was terrorized to find out that he hadn't.

"I would never be safe again. I mean that's the way I felt. If he wanted to find me, he could find me anywhere. I had had my windows nailed shut, but he broke in through one of them anyway!"

Meanwhile, she was disappointed in the psychiatric treatment she was receiving for an emotional unbalance stemming from the first rape, she says. During the third session, when the psychiatrist suggested that she commit herself to the psychiatric ward at Memorial Hospital, Anne decided to discontinue the treatment.

Except for the psychiatrist, Anne says she was treated well by the medical, legal and counseling organizations she dealt with.

The three months following the second rape, when she lived with her fellow-worker and house-sat for a professor during the Christmas vacation, was the time she struggled most with the psychological horror of the rape crises, she says.

"When I was living with (the fellow-employee), I wasn't afraid very much," she says. "But that's when I realized I had deadened myself, steeled myself to a lot of emotions and to my terror, to just about everything that had happened to me in the past three months."

Remembering the two weeks she house-sat for the professor, the first time she had lived alone since the second rape, Anne says, "The dam of my feelings and my emotions and my terror, starting breaking. You see, I had closed myself off from them. I had just thrown up a barrier, and that barrier crumbled.

"I was having to deal with what had happened to me, how I

would go on, whether I would live alone again and a lot of ambiguities about friendships that I had just shoved aside.

"It was like all my personal problems fell down on my head." In January, Anne moved into an apartment by herself. At that time, she began to experience again the feelings of fear she remembered from three months earlier, she says.

However, because she had convinced herself that she would live in the apartment only temporarily, she was able to deal with the fear, she says.

Seven months later, she moved into a small house and has lived there since.

Sitting with her feet pulled up in her chair, Anne says she believes her friends and fellow-workers are largely responsible for the recovery she has made in the last 21/2 years.

The days immediately following the rapes were the most crucial, she says. "I didn't want to tell them (her friends and fellow workers) sometimes. It hurt them for me to have to tell them. I mean they would just fall on the floor.

"They would just be so upset, and I would have to pick them up and pat them and say, 'Look, it's OK, I'm alive. I'm a girl, you know, and this is what happened."

"They would talk to me about it and that was real good because I had to tell. I told people everyday. Sometimes I would find notes on my desk saying they were sorry. I appreciated that."

Anne says the rapist, who claimed to be a burglar when not a rapist, has not been caught. And always in the back of her mind, she says, is the thought that he is still in Chapel Hill.

"It was a while before I could get angry at him," she says. "I would be irrationally angry at other people but not at him. And then I would realize that that was crazy.

"Now I am angry at him and at whatever caused him to be that way."

She says the rapes, besides prompting the usual precautions, such as not walking alone in deserted places after dark, have changed her perception of incidents that remind her of the crisis. For example, she says, two springs ago she began jogging, but quit shortly afterward.

"People noticed me when I was running," she says. "A lot of people screamed, guys screamed when they came by in cars. It scared me.

"Always before they had done it, but they didn't bother me that much. It was like, 'Oh, they're just hollering,' because they see a woman and they aren't going to notice what I look like or anything like that.

"Now I'm not so sure. I know people watch me. And if they watch me, they can follow me and notice where I live. I started noticing a lot of things after that."

Another incident that has had an impact on her occurred after a UNC football game when she was walking along Rosemary Street, she says.

For info on rape

the street. All these men started making comments and trying to get me to come in. It made me angry," she says.

"I'm angry because I have to live with this fear, I have to learn to cope with this fear. I'm angry because I have nightmares, I'm angry because I just feel like I'm not very normal," she says pausing to find the right word, sounding depressed, resigned.

"There are some preventive things you can do, but in the end "In front of a local bar, all these people were spilling out into there are cases where it happens no matter what you do."

Activities, seminars this week

By PAM KELLEY

Staff Writer Local groups have planned a variety of activities to inform the public about rape this week in response to Chapel Hill Mayor Jimmy Wallace's declaration of March 25-31 as Rape Awareness Week.

A public information display put together by the Association for Women Students will be in the Union from 11:30 a.m. to 2:30 p.m. today. At 7:30 p.m. members of the Orange County Sheriff's Department and the Chapel Hill-Carrboro Rape Crisis Center and an assistant district attorney will present "An Overview of the Rape Issue" at the Cedar Grove Rouritan Club.

From 4:30 to 7:30 p.m. Tuesday the Rape Crisis Center will present another public information display in University Mall. "We want people to know who we are and what we do," center director Margaret Shackford said. "We want them to know that they have a place to call and ask questions."

"Lady Beware," a program on personal safety on campus, will be presented at 7:30 p.m. Tuesday in room 217 of the Union by Lt. Charlie Mauer of the University Police and members of the AWS.

A police perspective on rape will be given at 7:30 p.m. Wednesday in the Chapel Hill Police Department courtroom by representatives from the Chapel Hill and Carrboro police departments and the Rape Crisis Center. A third information display will be held from 11:30 a.m. to 2:30 p.m. Thursday in the NCNB Plaza. The medical aspects of rape will be examined at 7:30 p.m. Thursday at Stanford Junior High School in Hillsborough by members of the North Carolina Memorial Hospital Rape Crisis Team and David Hughes of the Orange County Sheriff's Department.

An all-day seminar on rape will be held Saturday, March 31, in Carrboro Town Hall. At 10 a.m. a slide and tape

presentation prepared by a rape victim will be shown. The medical treatment of rape victims will be discussed at 10:45 a.m.

At 11:30 a.m. local police officials will present a perspective on rape and at noon a discussion on the court system and the rape victim will be held. Home security will be discussed by local police at 12:30 p.m., followed by a personal safety discussion at 1:45 p.m. Seminar participants will hold a panel discussion at 2:30 p.m.

"In Orange County from 1977 to 1978 there was a 650 percent increase in rape reports-from two to 13 reports," Rape Crisis Center director Shackford said. "From these figures it is impossible to tell if the number of rapes has increased. I'd like to think people are just becoming more willing to report them," she said. Anyone who would like to talk to a counselor from the Rape Crisis Center should call 967-RAPE, Shackford said.

Janus honors new members for dorm work

In a pre-dawn ceremony Friday, the Society of Janus initiated 42 students and

This is the ORIGINAL Pabet Blue Ribbon beer

