

Counseling helps former honor student get back on track

By MIKE GUNZENHAUSER
Staff Writer

After being diagnosed in March with hypomanic depressive disorder, Michael Evans is getting his life back together.

Evans, 26, a 1981 UNC graduate, was arrested April 10, 1985, after locking himself inside the second-floor Ruffin Dormitory room of Kelly Grady, now a UNC senior, whom he had previously dated.

Evans had been having emotional problems since graduating from UNC Phi Beta Kappa in 1981, but psychological counseling had not found the reason for his problems. He was confused and, at times, suicidal for the last five years, Evans said in an interview Tuesday.

It was a suicide attempt with a bottle of sleeping pills March 6 that brought him to N.C. Memorial Hospital, where a team of doctors diagnosed his condition, a bipolar affective disorder.

"When they told me I had been suffering from hypomanic depression, for the first time in my life, I thought there was hope," Evans said.

In connection with the April 10 incident, Evans was put on probation, which ends July 31. Evans was prohibited from getting in touch with Grady or coming onto campus unless he was enrolled as a student. He was also required to maintain counseling.

Officials had charged Evans with second-degree kidnapping, assault and possession of a firearm on campus, but kidnapping charges were dropped in the plea bargain. Evans said in the interview that he had detained Grady for only a few seconds.

Evans said that he had been referred to as a hostile hostage taker by the press, and he wanted people to realize that at no time was he a danger to Grady or anyone else.

"I take full responsibility for the things that I did wrong," he said.

Evans explained that in the months before the incident, he and Grady had been dating, but Grady had decided to return to her previous boyfriend.

He had begun carrying a gun with him so

he could kill himself in case things got out of control, he said, and Grady knew he was keeping a gun and that he had suicidal intentions.

Evans said that he had been upset with Grady for not helping him when he was in need of help.

Despite his differences with her, he did not want the interview to be a vendetta against Grady.

"I would like to make a gesture to her and her family, a gesture of apology for what I have done," he said. "I don't want to get even with her."

When he went to Ruffin April 10, he had the gun with him to kill himself if necessary, he said, but he didn't show it to Grady.

He intended to apologize for pushing her down about a month before, an incident for which Grady had taken out a warrant for Evans' arrest.

He talked to her for a few minutes before Grady asked him to leave, he said. He restrained her for a few seconds when she tried to leave, Evans said, but let her go when he heard her

voice quiver.

Grady called the police from next door, he said. When the police came, he threatened to kill himself if they entered the room. Evans surrendered to police after meeting with Frederic W. Schroeder, dean of students.

Evans had been enrolled as a graduate student, but he withdrew for psychiatric reasons after the incident.

Evans attempted to re-enroll in the fall, but Student Health Service would not give him medical clearance. With the help of Vice Chancellor Donald Boulton, Evans enrolled in classes unofficially to prepare for official enrollment in the spring.

Coming to campus each day was technically a probation violation. "Everyday I saw a cop, and chills ran down my spine," Evans said, "because I thought I would be arrested."

In the spring semester, his fear of going to jail if he ran into Grady interfered with his studies so much that he stopped going to classes.

After attempting to talk to Grady several times, Evans was arrested in February for

trespassing in Mantly Dormitory, where Grady currently lives.

Evans was suspended from school because of the incident and spent 10 days at the Triangle Correctional Center in Raleigh for violating probation. He attempted suicide after he left prison, he said, because he thought he had nowhere to go.

Doctors are treating Evans with lithium, which should effectively control his disorder.

Dr. Phyllis Sage, a psychiatrist at N. C. Memorial Hospital, said hypomanic disorder is characterized by episodes of depression alternating with periods of hypomanic activity. The disorder is biogenic, she said.

Evans hopes a hearing before the administration will enable him to return to school to study music. He has also applied to a music conservatory in Boston, he said.

Anyone with suicidal tendencies should contact the hospital and get proper diagnosis and treatment, he said. "If I had been adequately diagnosed, none of this would have ever happened."

Long-term rape awareness program to strive for end to 'rape culture' attitudes

By KERSTIN COYLE
City Editor

A long-term rape awareness program is under way in an effort to decrease the incidence of rape on campus, said Anne Bowden, associate dean for the Office of the Dean of Students.

The goals of this program, Rape Action Project, are to coordinate security measures on campus, promote rape education and provide victim support, Bowden said.

In an effort to maximize security, the group plans to evaluate current campus security procedures and make recommendations which include 24-hour desks in dorms, lighting on campus and emergency telephones.

"Our goal is not to light up the campus like the Fourth of July,"

Bowden said. "The long-term solution of rape goes way beyond physical changes into attitudinal changes."

Bowden said a "rape culture" exists in which societal norms and attitudes do not work to prevent rape or promote respect for other people.

"There are no prescriptions of do's and don'ts to eliminate the problem of rape," she said. "There are many complexities in preventing rape, some of which don't include the word rape."

For example, Bowden said there is an entirely different dating atmosphere in college than in high school. Knowing oneself, being assertive and effectively communicating parameters in a relationship can help reduce the number of acquaintance rapes on campus.

She also said, "One of the whole

myths concerning rape is that some say 'If the woman had just done "X" different it wouldn't have happened.' There are no guarantees against rape."

Another goal of the group project is to provide rape education and awareness by publicizing rape programs, evaluating current educational efforts and developing new strategies, she said.

The group hopes to decrease the incidence of rape by coordinating programs, publicizing reported crimes, bringing rape "out of the closet" and developing rape programs for freshman orientation.

Peter Hatcher of the Student Union's Human Relations Committee said that a freshman rape awareness program poses a potential danger. "We don't

want to accuse the student body population of being a bunch of closet rapists," he said. "But it is a risk worth taking in the long run."

Another main goal of the project, according to Bowden, is to encourage men to participate in the rape awareness programs.

"Rape is not a woman's problem," she said. "It is a problem both men and women have to confront together. There has been a tendency towards female-dominated rape awareness groups. The group is working on developing strategies that will reach men in an effective way."

Hatcher said that "promoting aware-

ness among men must happen to make much of a difference." He also said that the group hopes to get fraternities involved in the Rape Action Project.

Hatcher said that promoting equality among the sexes is a key factor in eliminating rape in our society.

Groups involved in the Rape Action

Project include the Dean of Students Office, the UNC Police Department, Student Health Services and the Orange County Rape Crisis Center.

Involved from the Executive branch of Student Government, the Student Congress and the Resident Housing Authority is strongly encouraged.

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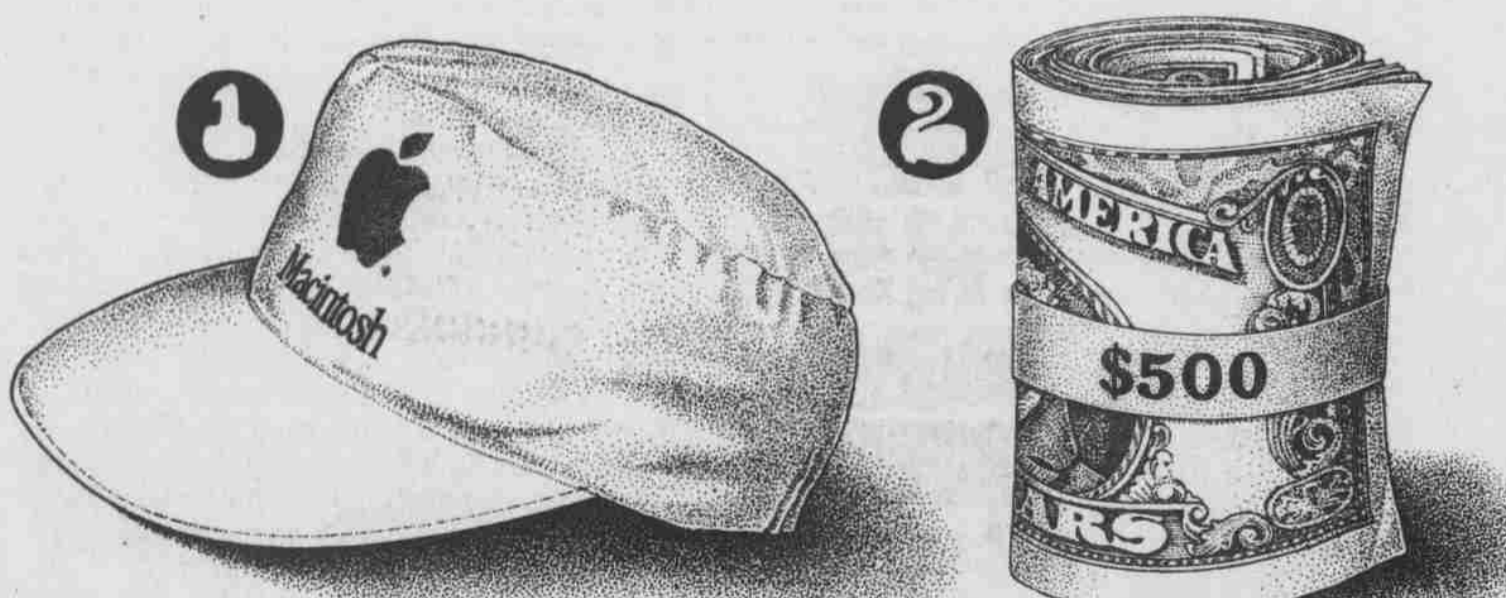
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