

Student Health Service works to stop the binge-purge syndrome

By LINDA VAN DEN BERG
Staff Writer

It is the season for watching your weight. With Spring Break only a few weeks away, students begin pulling out last year's faded swimsuits or shopping for this year's hottest fashions. And many take one look at the skimpy suits and realize again that skinny is in.

For some students, however, staying thin is an obsession that can lead to eating disorders, such as anorexia nervosa and bulimia. To help students with eating disorders, the Student Health Service is sponsoring an eight-week Bulimia-Purging Support Group.

The support group holds its initial meeting in the mental health section of SHS Tuesday at 2 p.m. Participation is open to all UNC students, male and female, and to all levels of bulimics.

Bulimia is an eating disorder in which victims binge and then induce vomiting or use laxatives to control their weight. Some victims also exercise vigorously.

Cecil Ussler, a social worker at SHS and a counselor of the support group, said the characteristics of bulimia were very different from anorexia nervosa.

"Bulimics are not concerned with what they put into their mouths, whereas anorexics are constantly watching what they eat," Ussler said. "Anorexics are primarily involved in self-starvation." In addition, anorexics do not usually induce vomiting, she said.

Bulimics may or may not binge and purge on a regular basis. "Some do several times a week, others several times a day and some just during stressful periods," Ussler said.

But Ussler said that bulimia was

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physically as well as mentally unhealthy. Acids from vomiting may damage the esophagus and tooth enamel, and the use of laxatives can cause lower gastrointestinal disorders.

Bulimics come in all shapes and sizes. "There are no hallmark bulimics," Ussler said. However, there are some common characteristics.

"Ninety percent of bulimics are female," Ussler said. "Society places so much emphasis on thinness."

Ussler said a Yale University study showed females were much more conscientious of their appearance. Bulimia is more prevalent in middle- to upper-class women, and women of a higher socioeconomic status are more likely to be preoccupied with beauty and fashion, the study showed.

It is not infrequent for athletes, whether gymnasts or weightlifters, to binge and purge to control their weight, Ussler said.

Changes in lifestyle are also often linked to the disorder. "The transition to college is sometimes a subconscious fear," she explained. "Students may ask themselves what they are doing here, what their values are and what their purpose is." Ussler said some students use bulimia as a rebellion against adulthood.

Any emotional conflict, such as roommate troubles, sex, or drug abuse may also trigger the disorder, she said.

Ussler also said the one common characteristic among all bulimics is their persistent need to control their bodies. "They feel a lack of control in other areas of their lives and use

bulimia as establishing some sense of control."

One of the main objectives of the support group is to identify what triggers the binge-purge cycle. "We may not be able to discover the cause, but we do try to find how the eating patterns of the bulimic are associated with his or her emotions at the time," Ussler said.

Dr. Erica Wise, clinical psychologist and a counselor of the Bulimia-Purging Support Group program, added, "Our goal is to make the first step in getting over their eating behavior. We know we cannot cure everyone."

Most of the feedback from the 50-60 people who have participated in the program has been positive, Wise said.

Ussler said Tuesday's initial meeting would only be an introduction to the group.

The group will meet once a week for the next eight weeks. Because the counselors wish to emphasize confidentiality and cohesiveness, participants are encouraged to come each week. "There is no obligation, but we do not want people to be coming and going," Ussler said. "It's a structured program."

The program concentrates on regaining control of eating habits, stress management, relaxation, building self-esteem and nutrition.

The majority of the sessions are devoted to discussion and situation exercises. Ussler said participants are encouraged to be open among their peers.

"The whole idea is to give support," Ussler said. "These people feel so isolated. We want to exchange information on how to handle certain problems and situations."

Sports

Poindexter does her part, leaves accolades to others

By CLAY HODGES
Staff Writer

Rebounding is crucial in the game of basketball. In fact, success on the boards can have as big an impact on the outcome of a game as scoring.

And yet, too often rebounders are overlooked while the shooters reap the praise.

Tia Poindexter, a senior forward on the UNC women's basketball team, is the team's second-leading rebounder and is, fittingly enough, as unassuming as the facet of the game in which she excels.

"I am a quiet leader on the floor," Poindexter said. "I try to lead by example."

This leadership approach is effective. So far this season, she has grabbed 166 rebounds, for an 8.7 per game average. In fact, going into this season Poindexter had cleaned the glass 606 times for a solid 6.7 three-year average. She is currently sixth on the all-time UNC career rebounding list.

While Poindexter admits rebounding is her strong suit, it is also apparent that she has improved considerably as a scorer for this year's team. She has scored 226 points thus far this season for an 11.9 average. Her field goal percentage stands at a respectable 47 percent.

"I've tried to work on my shot this year," she said. "I wanted to become a better shooter."

Although her statistics are impressive, Poindexter has remained a role player throughout her career in Chapel Hill. Former All-America Pam Leake ruled the court during



Tia Poindexter

Poindexter's freshman and sophomore years, averaging over 22 points a game in her final season.

Last year, Poindexter's junior season, Dawn Royster stepped into the Leake vacancy with an 18.7 scoring average to go along with 9.9 rebounds a contest. This productivity earned Royster first-team All-Atlantic Coast Conference honors.

This season, Kathy Wilson has been heir to the Leake-Royster dynasty. She is currently averaging over 20 points and nine rebounds a game for the Tar Heels.

Nevertheless, Poindexter realizes the team looks to her for leadership in this, her final season in Chapel Hill.

"I think the responsibility (of leadership) has helped me a lot this year," she said. "The pressure doesn't bother me, it makes me play better."

Poindexter began playing basketball in the sixth grade. She credits her brother, Corey, with getting her interested in the game.

"Corey was a really good high school player," Poindexter said. "I just picked it up from him."

Apparently her brother taught Poindexter well. The Lexington, Va., native averaged more than 25 points and 12 rebounds per game for Lexington High. For her exploits, Poindexter was awarded with a spot on USA Today's All-State team.

The UNC women's basketball team has fallen on uncharacteristically hard times this season, and Poindexter has not taken these misfortunes lightly.

"It's been really hard on me, as well as the rest of the team," she said. "We know we can play with anyone in the country, but we have to stop making mental mistakes."

The Tar Heels are currently 3-8 in the ACC, 9-12 overall, and appear headed for the school's first losing women's basketball season since 1977. With just three conference games remaining, UNC is assured of its first sub-.500 ACC record in seven years as a league member.

Despite all this, Poindexter remains positive the Tar Heels can rebound in time for the March ACC Tournament.

"We are not thinking as losers," she said. "We know we can win."

Former two-sport star Sullivan sprinting his way to ACC fame

By GINGER JONAS
Staff Writer

Effort is important to sprinter Brad Sullivan.

The UNC senior, who holds five school track records, is currently preparing for the Atlantic Coast Conference Indoor Track championships, which will be held Feb. 19-20 in Johnson City, Tenn. Sullivan knows his conference competitors will be talented.

"In the ACC, the competition is good every year," he said. "But this year everyone running the 55-meter dash has close to the same times. Hopefully I'll run well, since I have another week to prepare."

Sullivan is currently ranked second in the ACC in both the 55-meter and the 200-meter dash. He is only tenths of a second away from qualifying for the NCAA meet, which will be held in March. Obviously, he hopes to qualify during the ACC meet.

"This year I've been concentrating on peaking late in the season," Sullivan said. "Last year I ran really well in the Eastman Kodak Invitational and the Millrose Games. I was running very fast early in the season. This year I haven't peaked yet. I've been saving it for the ACC."

When Sullivan came to Chapel Hill as a freshman from Durham's Hillside High, track was an extra activity. He played football his first two years at UNC and ran track only during the indoor season. However, he soon began running year-round, and sprint records in both indoor and outdoor track began to fall.

"I got interested in track when I was nine years old," Sullivan said. "When I was nine I got involved in

the Durham Striders track program. I also ran when I was in high school."

The 5-foot-11, 180-pound sprinter gained some attention last year when he finished third overall in the 60-yard dash at the Millrose Games. However, he said the most exciting moment in his track career came when he won the 60-yard dash in the 1987 Kodak Invitational meet.

"To me, that was better than doing well at Millrose," Sullivan said. "In that race I broke the school record in the 60. At that time I didn't think I was capable of doing it. It was really exciting."

Like many other athletes, Sullivan sets goals for himself. He hopes to be an ACC champion in both the 55-meter and 200-meter dash. But another goal is qualifying for the 1988 Olympics.

"My training has gone well this year," he said. "I would like to qualify for the Olympic trials in July. I guess that is my main goal. I can't look past the 1988 Olympics because when the next games are held in 1992, I think I might be too old to qualify in the sprints."

In addition to running sprints, Sullivan also runs a heat in the men's mile relay. The experience is new and exciting for him.

"I didn't do that last year," he said. "In running the relay you have a certain camaraderie, because there are three other teammates depending on you to do well. I still attack my heat the same as if running individually, but it's been a really good experience."

But running is not the only thing Sullivan must do to prepare for meets. He said lifting weights plays

a major role in his workouts, in addition to preparing himself mentally before each race.

"I find it's important to concentrate on not losing before I run," he said. "I tell myself that I can't be beat. I always want to do my best, and the success I had last year motivates me."

Although he has been involved in track for more than 12 years, Sullivan is not tired of the hard conditioning. In fact, the hard work has rewards both on and off the track.

"It's very enjoyable," he said. "We have some great personalities on the team, and it never gets boring with them around. I still want to do as well as I can. I want to be the best at whatever I do."

On Tap

TODAY
MEN'S SWIMMING vs. N.C. State, 7 p.m., Koury Natatorium
WEDNESDAY
MEN'S BASKETBALL vs Wake Forest, 7:30 p.m., Smith Center
WOMEN'S BASKETBALL at Virginia, 7:30 p.m.
THURSDAY
WOMEN'S SWIMMING at ACC Championships in Raleigh
FRIDAY
GYMNASTICS vs Pittsburgh, Indiana (Penn.), 8 p.m., Carmichael Auditorium
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announcements

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TOMORROW IS ASH WEDNESDAY. Lent 1988 at the Chapel of the Cross. Ash Wednesday, February 17, 1988: 7:30 am The Holy Eucharist; Rite Two / 10:00 am The Holy Eucharist; Rite One / 12:15 pm The Holy Eucharist; Rite Two / 5:15 pm The Holy Eucharist; Rite Two / 8:00 pm The Holy Eucharist; Rite One / All services will include the Penitential Order and Imposition of Ashes. A priest will be available throughout Ash Wednesday for those who wish to talk privately or to use the Church's Rite of Reconciliation of a Penitent. Between the 7:30 am and the 5:15 pm eucharist, a priest will be in either the church or the chapel. **Weekday celebrations of the Holy Eucharist: 12:15 pm Mondays / 7:30 am Tuesdays / 10:00 am Wednesdays / 5:15 pm Thursdays / 12:15 pm Fridays / **Sundays during Lent:** 7:30 am, 9:00 am, 11:15 am, and 5:15 pm.**

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