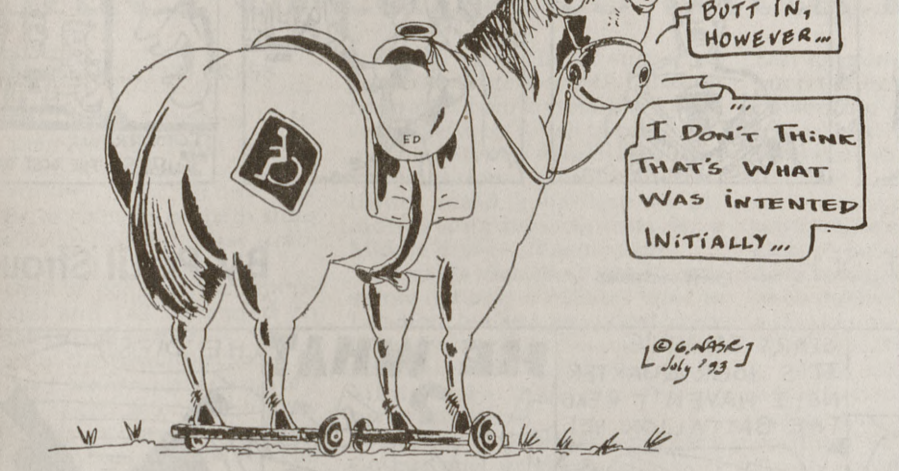


## TEXANS AND THE AMERICANS WITH DISABILITIES ACT



## Most Texas businesses don't comply with Disabilities Act

GUEST COLUMN

JAMES C. HARRINGTON

six months ago for smaller enterprises — after an 18 to 30 month grace period from the time the ADA was enacted.

Advocacy began its project in June. Cases so far include alleged discrimination by an oil company for terminating an employee who underwent short-term voluntary treatment for mild mental illness during his vacation.

Suits have also been filed against a car rental agency for refusing to furnish an automobile equipped with hand controls for a person in a wheelchair and against a number of chain stores. One case challenges the failure of the Texas Mental Health and Mental Retardation and the Department of Criminal Justice to provide proper services for prison parolees.

Advocacy estimates that, given the pervasiveness of the problem, probably about 50 suits will be filed as of mid-September all around the state.

As a matter of policy, Advocacy avoids suing small "mom-and-pop" enterprises, but rather focuses on chains and large entities that have the financial wherewithal to comply with the ADA. Besides, influencing change in a sizeable business or government agency benefits more people and gives greater impact with limited resources.

Non-compliance with the ADA in Texas is worse than most other areas of the country, but Advocacy is determined to help turn Texas around. People with disabilities are the only group still routinely denied admission to public accommodations due to architectural or programmatic inaccessibility and in some cases patently discriminating policies (e.g. day care centers refusing to take children with disabilities).

Although we no longer tolerate exclusion of individuals from restaurants, stores, theaters, banks, professional offices, and so on, because of race, sex or age, we continue to accept and thereby sanction such exclusion based upon one's status as a person with a disability. This reality gave rise to the ADA.

Advocacy will do everything it can to ensure that Texas business and government understand and fulfill their duty to comply with the ADA. The disabled community in Texas expects and is entitled to no less.

James C. Harrington is a regional litigation attorney for Advocacy, Inc. in Austin

## The perfect body: dying to be thin

### Anorexia and bulimia threaten young women's lives

I'm too fat...  
I'm too fat...  
I'm too fat...  
I'm so thin now...  
I'm so thin that my bones are seeping through my skin.  
But I won't eat.  
Because...  
I'm too fat...  
I'm too fat...



TRACEY JONES  
Columnist

More and more young women today are suffering from two eating disorders of life-threatening nature.

Anorexia nervosa, a disorder in which young women starve themselves, affects one in every 200 college-aged women.

Bulimia nervosa, a disorder that can occur with anorexia or by itself, propels its sufferers to take in massive amounts of food and then purge themselves of the contents, usually by self-induced vomiting. It affects approximately 5 million people in America — mostly women.

Neither disorder has any physiological basis.

Anorexia has its onset in adolescence, usually about the time that girls start to menstruate. The girls who suffer this eating disorder will go on a diet that eventually begins to extend way beyond any reasonable amount of weight loss. Consequently, amenorrhea, a condition of at least three missed menstrual cycles — develops.

Five percent of all anorexics starve themselves to death while twenty-five percent of the others have relapses after two years of treatment. It is an affliction that can follow the victim throughout her lifetime.

Anorexics exhibit the following signs:

- A refusal to gain weight (they are usually at least 15 percent below normal body weight for their height and age).
- An intense fear of becoming fat, even though they are underweight.
- A distorted body image (they feel fat even when they are extremely thin).
- The absence of three consecutive menstrual periods.

Bulimia, a condition similar to anorexia, is also extremely harmful to the victim. She goes on a great eating binge

and then expels the food from her system by self-induced vomiting or an excessive laxative intake. A typical binge can consist of two packages of cookies, a loaf of bread, bags of chips and snacks, several sodas, a pie, a cake — all in one sitting.

Bulimics are much harder to detect than anorexics because they usually maintain a constant weight and do their binging and purging in secrecy.

Bulimics exhibit the following symptoms:

- Recurrent episodes of binge eating.
- Regular self-induced vomiting or use of laxatives or diuretics to prevent weight gain.
- A minimum of two binges a week for at least three months.
- Persistent concern with body weight and shape.

Anorexics and bulimics seem to be attempting to exert some form of control over their lives. Anorexics tend to be perfectionists and children of controlling parents. By refusing to eat, they are removing some of the control that their parents extend and placing themselves in control. It is a strange, inconspicuous way of fostering self-competence.

Bulimics take control of their bodies by indulging to the fullest extent and then subsequently ridding their bodies of the guilt and calories their overeating creates. They then have control over the form of their bodies and other aspects of their life.

For instance, a bulimic who is severely afraid of rejection may subconsciously allow herself to become too obese or too thin in order to remain unattractive. This way, men will not approach her and she does not have to face the possibility of failure or rejection.

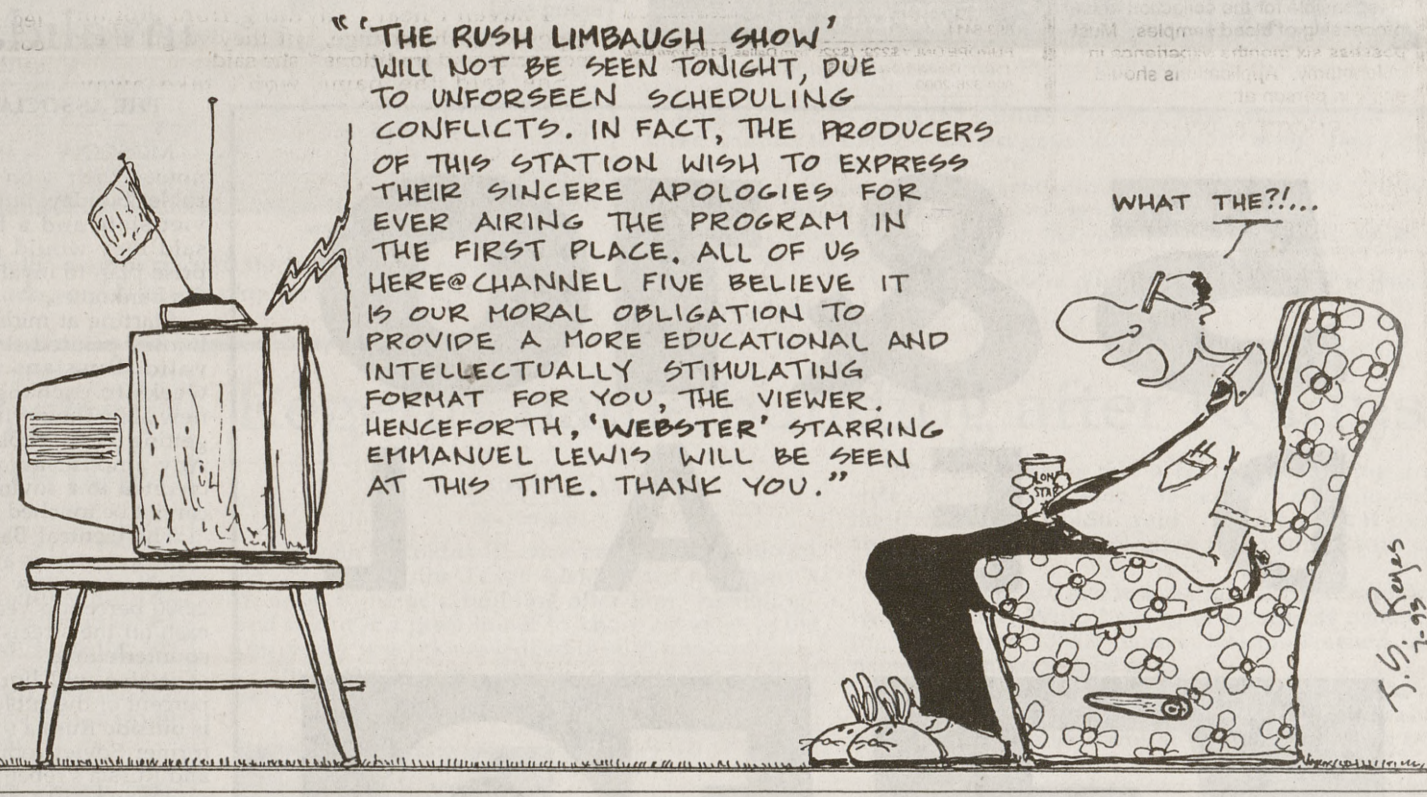
These disorders are indeed life-threatening and need to be treated immediately. Self-competence and self-esteem do not evolve from starvation and weakness and sickness. It comes from facing what is feared and persevering anyway.

Active coping styles identify and correct problems; but passive resistance only serves to enmesh the person deeper and deeper into incompetence.

- Stop starving.
- Start eating.
- That's being good to yourself.

Jones is a senior psychology major

## LIBERAL-CONTROLLED MEDIA HUMOR...



country stands out as an attribute of the CT. It seems, however, that love of country demands a better understanding of its past than lies in the grasp of either Fecci or Hudson. We must face up to the ugly truths lying beneath the surface of A&M's past, so that we may pursue justice in the seamier aspects of A&M's present.

Ricky Floyd Dobbs  
Graduate student

## Must A&M 'protect' us from nude photos?

This is in response to the recent controversy about the removal of the Czechoslovakian photos in the MSC Visual Arts Gallery.

I have a question for Wynn Rosser, the chairman of the AggieHostel. Does Mr. Rosser think that members of the AggieHostel don't look in the mirror at home? Maybe he is worried that since the AggieHostelers are all over 65, they may get too worked up if they see some skin in a picture.

Does Mr. Rosser follow the members home and protect them from going into the Hastings magazine section? I wonder if he warns them about what current movies have nudity in them.

I was lucky enough to slip into the exhibit before it was shut down to protect the AggieHostelers. I thought the

exhibit was fascinating, and it was far from the pornography the Mr. Rosser might have been expecting. I was not forced into the exhibit against my will, but went on my own accord. Does the AggieHostel program force its members to see every gallery, every sight the campus has to offer?

Maybe Mr. Rosser could instruct the gallery to put up a sign that says "CAUTION — Nudity Ahead" and put it in front of the door.

Since the AggieHostelers are 65 and over, they have probably seen more than enough nudity in their lives that a photograph of a breast or penis would not cause them any undue harm.

Finally, I think the MSC Visual Arts Committee should thank Mr. Rosser for all the publicity he has provided free of charge. Attendance to the exhibit should increase when the exhibit re-opens. If we could only get those Czech photos to an Aggie home basketball game....

Trey Morton  
Class of '93

## Groff best choice for A&M athletic director

Why make a mountain out of a molehill? Wally Groff meets all of the qualifications as presented to the 12-member search committee for A&M's athletic di-

rector by A&M President Mobley last April.

Wally Groff meets all of the five qualifications plus many more important ones, especially to Aggies. Wally is an Aggie (we don't need Rice, University of Miami, Maryland, or 'Podunk' coming here to divest Aggie athletics.)

Wally Groff is tried and true with integrity and has a heart for what is best for A&M and the SWC.

No "off-campus" expensive travel interviews are necessary. Wally is right here.

Speak up, let President Mobley know how you feel (he will make the final decision). Let him know Wally Groff is the only one for athletic director for A&M.

No need to make a mountain out of a molehill.

Helen Pugh  
College Station

COLLEGE STATION, TX  
JULY 26  
1993  
**MAIL CALL**

## A&M must face up to past to achieve justice

On July 20, James Hudson and Mark Fecci offered arguments for the Corps of Cadets' continuing value to A&M. These arguments are easy enough to accept, provided that the Corps remembers its place as a part of the University community and that A&M zealously pursues and punishes wrongdoing within the Corps.

However, the University's half-hearted effort to investigate alleged offenses (combined with its wholehearted attempt to ward off the Attorney General's office) leaves this skeptic with little hope that a proper balance of the Corps' rights and the rights of the student body will be achieved before Armageddon.

What most puzzles me about Mr. Hudson and Mr. Fecci's letters was not their defense of the Corps, but their hopelessly clouded view of American history. Hudson seems to doubt that

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