

Body Image Awareness Week *Flu outbreak on campus*

UNCW NEWS BUREAU

The pressure on college students, especially women, to look a certain way is one factor leading to a rise in eating disorders. To promote that health and beauty are not synonymous with being thin, Wellness Services Department and Counseling Center will sponsor "Mirror, Mirror on the Wall," a body image awareness week, Monday, Jan. 29 through Thursday, Feb. 1. Scheduled events include:

Fairest Are They All: A Real Display of Beauty, 8 p.m., Monday, Jan. 29, Warwick Center Ballroom. Hosted by Nicole Hinson, a registered dietitian, this event includes a fashion show featuring UNCW models of various body types. Afterward, there will be a screening of the film *Slim Hopes*, which offers an in-depth analysis of how the female body is featured in advertising and how this depiction affects women's health.

"Recovering Bodies, Recovering Selves," 6 p.m., Tuesday, Jan. 30, Cameron Hall Auditorium. Following the video "Re-

covering Bodies," which features stories of college students and the pressures that lead to eating disorders, a panel of UNCW students will share their own experiences. Yael Gold, a psychologist with the university's Counseling Center, will moderate the discussion.

Healing Arts Network, 8 p.m., Wednesday, Jan. 31, University Union, Room 101. Guest artists from the Healing Arts Network will illustrate how music, art and dance can help participants reconnect with their bodies.

"Learning to Love the Bodies We Live In," 7 p.m., Thursday, Feb. 1, Wagoner Hall, Madeline Suite. An interactive body image workshop where participants take a personal look at the limiting messages they have internalized over time.

All of the events during "Mirror, Mirror on the Wall" are free and open to the public. Pre-registration is required for "Learning to Love the Bodies We Live In." For more information, contact Wellness Services at 962-4137.

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faculty and staff members expressed concern that the decision was made too fast and based on insufficient information.

Russell believed this was not the case.

"The vote wasn't about 'abuse' by faculty and staff, it was about faculty and staff using a service that is for students," Russell said.

Russell also said she could have vetoed the decision but decided not to because she thought that the representatives acted judiciously.

"They are representing their constituency, and I work for them. I think they had all the information," Russell said.

Farley is currently working with the Human Resources department to come up with a similar program for the faculty and staff to use.

It was originally thought that faculty and staff, who are state employees, had several places to buy the tickets outside the university, such as the State Employees Credit Union, however; this is not the

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with some of the psychology aspects of the body image - looking into depth at the issue underlying the body image.

On the other hand, Hinson deals more with food-related issues. In most cases, she meets one-on-one with the student and talks about the issue at hand, whether it involves eating habits, body image or other relevant concerns.

"I want people to be comfortable with being the healthiest they can be," Hinson said.

They have collaborated to sponsor Body Image Awareness Week, Monday, Jan. 29 through Thursday, Feb. 1. The program is entitled "Mirror, Mirror on the Wall," and will consist of scheduled events and lectures pertaining to body image issues.

DAN GUY

NEWS EDITOR

An outbreak of illnesses has sent many students flocking to the student health center since the start of the spring semester.

According to Dr. Albert Abrons, UNCW medical director, influenza (flu) and gastroenteritis have been the most common illnesses diagnosed at the health center during the last few weeks.

"It's pretty common for this time of the year," Abrons said. "Good hygiene and washing your hands often will help prevent spreading [of the illnesses] since it travels mostly through hand contact."

Abrons added that the flu carries symptoms such as a fever, muscle aches, sore throat and other respiratory symptoms. Gastroenteritis symptoms include nausea, vomiting and fatigue.

Wellness Services recommends that students with the flu stay in bed, drink plenty of fluids, take ibuprofen for fever and aches and cough syrup for temporary relief of cough symptoms. They do not recommend aspirin for viral ill-

ness.

Limited supplies of the flu vaccine are now available at health services for \$10, however, it usually takes about two weeks to build up antibodies to fight the flu.

"Maintaining a healthy diet is very important when illnesses are going around campus in order to keep your natural immune defense system working properly, said Nicole Hinson, university nutritionist. "Avoid skipping meals and make sure that your meals include vitamin-rich foods like fruits and vegetables and fortified grain products."

According to Hinson, the best thing to do for a stomach virus or flu is to stay hydrated. Dehydration can occur from fever, vomiting and diarrhea. Drinking plenty of fluids such as water, juice and clear soups is recommended.

"Despite vitamin C's celebrity, there is no scientific evidence that large daily doses will prevent contracting a cold or the flu," Hinson said. "Once you have contracted an illness, however, extra vitamin C may shorten the duration of a cold and lessen the symptoms, just don't supplement with more than 1000mg in a pill form."

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case.

Farley said the only "verified" way faculty and staff can purchase discount movie tickets is if they have a Preferred Customer Club card from the *Morning Star*. She said faculty and staff would need a subscription to the newspaper in order to get a card.

Farley said the SGA might want to establish a limit on the number of tickets a student can buy, but she said she understands the hesitation there might be regarding a limit because of students who use the program regularly.

Farley was also concerned that some of the SGA representatives might have reached a conclusion too quickly, and cited the lack of evidence they had at the time.

"I felt there were assumptions made by the SGA that tickets were flying out the door, but there is no hard evidence to prove this," Farley said.

She also said that at this time, "We don't have anything but anecdotal evidence that faculty and staff were buying tickets."

Among the scheduled events will be a fashion show, displaying student models of all shapes and sizes and a discussion panel featuring students who have overcome battles with eating disorders.

Both Gold and Hinson insist that "Mirror, Mirror on the Wall," is not only for the benefit of those with body image anxieties but also includes valuable information for the entire student body.

"We feel that there is something here for everyone," Gold said.

Overall, the program seeks to make students more aware of a growing problem "that affects us all," Hinson said.

For more information on body image and disordered eating you may contact the University Counseling Center at 962-3746, or the campus nutritionist at 962-4137.

Bush outlines education plan

MATTHEW MCGUIRE

TMS CAMPUS

President George W. Bush promised to help failing schools before stripping them of federal funds as he presented his education plan to Congress Tuesday, Jan. 23.

If troubled schools fail make improvements within three years of being notified, "disadvantaged students may use Title I funds to transfer to a higher-performing public or private school," Bush's plan states.

"Once failing schools are identified, we'll help them improve. We'll help them help themselves," Bush said.

During Bush's campaign, he promised to give \$1,500 vouchers to students in schools that are considered failures three years in a row. But the Associated Press reported

that Bush could make some changes to his voucher plan to win over Democrats. The idea of giving public school students vouchers to transfer to private schools may be the most contested idea of Bush's education package with Democrats.

Bush's plan also gives Sec. of Education Rod Paige the power to reduce federal funds given to a state for administrative expenses if the state fails to meet educational goals. Likewise, high performing states will be rewarded, but the plan makes no mention of monetary rewards.

Increased testing is also in Bush's plan, as he calls for states to annually test students in math and reading, and for a pool of 4th and 8th grade students from each state to be tested for the National Assessment of Educational Process.