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Reader said eating disorders are not at the top of the list of problems for which students seek help. She ranks it behind a host of college students' difficulties. "Anxiety, stress, depression, relationships, self-esteem and financial matters are more prevalent," she said.

Reader said it is not always easy to immediately identify or isolate an eating disorder from other problems. "It can be a constellation of concerns. There can be many underlying causes, such as depression, family discord or addiction in the family."

"It's not always simple,"

Reader said. "Often it goes very deep into how they feel about themselves. We have to ask what else is going on in their lives."

Reader said that generally if the coun-

selors on campus suspect an eating disorder, the student is referred to a medical doctor, to check for physical problems, and to psychology professionals for counseling and therapy.

Dr. Kayj Okine, who previously worked in the counseling center, believes more people are coming forward with eating disorders. She started the Chrysalis

Center in Wilmington to treat the illness. "There was no way to be able to meet the demand for help on campus," Okine said.

Okine, a UNCW psychology instructor, said she didn't have exact numbers on the disease, but the rate among men is rapidly

increasing. "It is becoming more equalized between men and women," she said.

The U.S. Department of Health and Human Services statistics back that up. They show that while 90 percent of those with eating problems are women between the ages of 12 and 25, there are increasing numbers of males and older women.

NEDA spokeswoman Reid agreed. "It appears to be spreading in all populations," she said. "We now have volunteers in 10 countries."

Many of the experts in the field also point to an increasing awareness of the disease and its treatment being instrumental in people

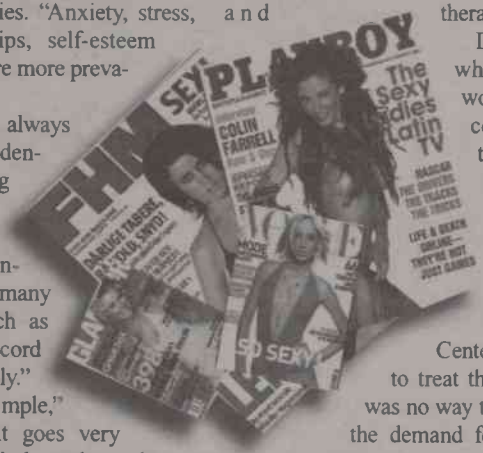
seeking help and thus increasing the number of reported eating disorder cases.

It has been nearly 27 years since Hilde Bruch wrote "The Golden Cage" defining eating disorders to the general public. Published in 1978, it was the first major publication on the subject not aimed primarily at the medical community.

Dr. Reader

said that for college students the causes of eating disorders are part of a larger picture. "It comes down to what we as a culture value," she said "Perhaps we put too much emphasis on physical attractiveness."

"We see pictures of airbrushed models in magazines and television," she said. Maybe we lose site of what is really important in a person."



For more information please contact the UNCW counseling center at 910-962-3746 or The National Eating Disorder Association at 800-931-2237

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reach out to the community," Lorenzo said.

UNCW students helped with the social in many different ways. Students helped run coat checks, refreshment tables and danced and socialized with the seniors attending.

At the social, senior citizens were able to dance with students to the music of a live band. In addition, the attendees were served refreshments and given the chance to win door prizes. Some of the door prizes included gift baskets and gift certificates to local restaurants. Photography services were also available for the senior citizens to take pictures with each other and with volunteers.

The entire social was put together with donations from the community. All of the refreshments, decorations and door prizes were donated by local businesses.

Community Service Coordinator Becky Long was pleased with the turnout and felt the social was a great way to get students involved in the community.

"This is a gift from students to seniors in the community," Long said.



Photo by Lisa Moyer | THE SEAHAWK

A UNCW student dances with a senior citizen at the 11th annual Young-at-Heart Social. The event is held around every Valentine's Day giving senior citizens the chance to socialize amongst themselves and with members of the campus community.

UNCW gets

and everybody freaks out. Tune in next week for more on this campus phenomenon.

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Division of Student Affairs

An FFO/AA institution. Accommodations for disabilities may be requested by contacting Kenan Auditorium at 962.3500 at least three days prior to the event.



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