

Anorexia Nervosa: Taking control

contributed by Sarah White

It is Sunday and Ashley is at home surrounded by a large portion of her family who are telling old stories, and catching up on the family. She is enjoying good company until she notices everyone is staring at her.

"What is wrong with them? Haven't they ever seen a skinny person before? Who cares if my arms look like toothpicks?" said Ashley.

Everyone stares at Ashley's plate as she creatively moves her mashed potatoes from the left to the right, never putting any in her mouth.

"Don't they know I am starving and want to eat," said Ashley.

Like Ashley, many American women are suffering from Anorexia Nervosa. According to the American Psychiatric Association one out of every 100 women are anorexic.

The anorexic tries to solve all her problems and anxieties by manipulating her body size through self-starvation, said Steven Levenkron, a New York psychotherapist.

"They enjoy the sensation of hunger. It offers assurance that they are not gaining weight," said Levenkron.

Stelka, a 17-year-old patient of Levenkron said, "When I was able to lose weight and keep it off, I finally felt like I was in charge of my life."

Patti, a 19-year-old patient claims,

"Whenever I don't eat—when I'm finally able to stand it, and I don't give in to the hunger—I believe that if I can do this, I can do anything."

The onset of anorexia nervosa usually occurs between the ages of 14 and 18. The women are usually attractive and come from middle class families. They have distorted body images. Sometimes it is caused by a parent who is obsessed with weight, and sometimes it is caused by a number of childhood experiences.

Even when they are underweight, they have an intense fear of becoming fat, said Ann Waldon, Chapel Hill social worker.

"The disease is often associated with stresses of puberty and sexuality," said Dr. D. Heining-Boynton, associate professor of psychology at Meredith College.

Victims of anorexia have obsessive compulsive behavior. They are perfectionists, have low self-esteem, have an over emphasis on exercise, and are driven, claims Heining-Boynton.

"I watch students in the cafeteria. Most get a bowl of sugar cereal for breakfast, and walk out with three slices of bread for lunch. This is an unhealthy diet," said Heining-Boynton.

The difficult part of diagnosing the eating disorder is recognizing when someone is dieting on a regular basis

and when someone is starving themselves. This is a very thin line claims Levenkron.

So, how can you tell if someone is anorexic?

The difference between a dieter and an anorexic is the way they act. The anorexic has a glazed look, as if they are "not there," said Maureen Wilson, a social worker at Cary Counseling.

Anorexics withdraw from others around them. They behave differently than their friends and loved ones. For example, they have a difficult time showing emotions of excitement and happiness, said Wilson.

"My daughter was anorexic," said Wilson. "I remember we used to go out to eat, and she would never eat what she ordered. If she ordered a salad, she would take all the cheese, dressing, and croutons off. Dieters do not do this."

The students of Meredith are excited about the new year and the new athletic facility. While traveling around campus, you can see for yourself how many women are getting into shape. But keep a look out for the signs of this eating disorder. Watch your roommate and suite mates. We want everyone to have a happy and healthy new year!

Meredith makes a difference in Tanzania

by Clarky Lucas

Meredith College lent a helping hand to those in need through Project Tanzania by sending medical supplies to the impoverished area of Africa this year.

A sealand container holding 18 mechanical hospital beds, 18 night stands, 18 bed tables and a sterilizer from Meredith was sent this past fall semester.

Before housing students in Carroll residence hall, the entire building was an infirmary. The second floor was much like a hospital ward. When it was renovated to become a residence hall for students, the furnishings were put into storage.

Clark Suttle of Facilities Service and Jessica Owens of Housekeeping came

up with the idea of sending the supplies to WRAL Channel 5 News Station in June 1993. The station had been coordinating a relief effort to Tanzania since 1984 when there was a great famine in Ethiopia.

The supplies are stored in a warehouse owned by WRAL located near a transmission tower.

Project Tanzania began when a representative from WRAL contacted the Catholic Relief Services who related information about an area in east Africa that need supplies. The station wanted to tell the story of this region through the eyes of North Carolina, said Waltie Resulula, WRAL associate.

People working in medical, agricultural and educational fields were

asked to volunteer to go over to Tanzania, so they could tell the residents of North Carolina about what life was like for the average farmer, children in school and medical facilities. WRAL chose three of the volunteers to go with Resulula and a photographer to Tanzania. They took school supplies and seeds on their trip along with other supplies.

Project Tanzania has continued with financial support through scholarships to help students finish high school, a reforestation program to help build up the vegetation and selling artwork from the citizens of Tanzania and sending the money back to the people.

Culture Calendar February

compiled by Clarky Lucas

- An Intimate Evening with Al Franken who plays Stuart Smalley on Saturday Night Live will take place at NCSU Center Stage. The program begins at 8 p.m. on Wed., Feb. 1. General Admission costs \$15 and students will be admitted for \$7.50. Call 515-1100.

- The 12th annual North Carolina Jazz Festival will showcase Jazz great Eddie Henderson, trumpet, and the Duke Jazz Ensemble Saturday Feb. 4 at 8 p.m. at Baldwin Auditorium on the East Campus of Duke University. Tickets are \$10 for the public and \$7 for students. Call Page Box Office for more information at 644-4444.

- Bob & Mike's Valentine Hook-Up Party begins at 6 p.m. on Sunday Feb. 12 at Cafe Giorgios. Admission is \$5.

- Raleigh Little Theatre will feature *The Foreigner* by Larry Shue on Feb. 3-19. The performance demonstrates what can happen when a group of devious characters must deal with a stranger who (they think) knows no English. Tickets range from \$10-\$17. The Raleigh Little Theater's Main Stage is located on 301 Pogue Street. Call 821-3111.

- The North Carolina Symphony will present "Music from the Movies" pops concert on Fri & Sat., Feb. 3 & 4. The performance at Memorial Auditorium begins at 8 p.m. Tickets cost \$18-\$28. Call 831-6060 for information.

- The Visit will be presented in Chapel Hill at the Paul Green Theater by Playmakers Repertory Company. It is a tragicomedy by Friedrich Durrenmatt. The play will run Feb. 1-26.