

MEREDITH HERALD

Volume XII, Issue 5

September 20, 1995

Raleigh, North Carolina

Wiseman discusses media and women

By Ginny Bonkemeyer

Dr. Claire Wiseman spoke to a group of Meredith students on the subject of body image and eating disorders Thursday night.

She emphasized the impact that the media has over women's bodies - urging them to eat and to be thin simultaneously.

Wiseman stated that "in 1985, Americans spent over five million dollars on dieting," because the media portrays that dieting improves life. Imagine how much has changed since 1975, when the only advertised diet foods were Tab and Sweet & Low.

Despite the onslaught of diet products and diet foods, Wiseman said that the average American is getting heavier, and that 40% of Americans are overweight.

Wiseman spoke about the symp-

toms and serious effects of eating disorders, after stating that 80-90% of women are concerned about their weight. She outlined anorexia, bulimia and binge eating disorder. Anorexia nervosa is an obsessive panicking fear of weight gain.

The anorexic genuinely believes in their distorted body image, and is at least 15% below their expected weight.

Anorexia has extensive side effects: permanent body damage, decreased metabolism, delayed development, electrolyte depletion, depleted potassium and hypothermia.

An anorexic can actually grow a thin layer of fur, and begin to shut down the unessential body systems, such as the reproductive system. Five percent of anorexics actually die.

Bulimia is a chronic bingeing and



EDUCATING: Dr. Claire Wiseman addresses Meredith Students and educates them on the affect of the media on women's bodies.

purging cycle associated with subsequent guilt.

A bulimic has an over-concern with body image, shape, and weight.

Binge eating disorder, often a result of chronic dieting, is bulimia without the purging cycle.

Some serious effects of bulimia are dental decay, a vomiting reflex, esophagus damage, internal bleeding and electrolyte depletion.

There are several treatment options for these eating disorders, including medication, support groups or psychotherapy.

Wiseman stressed the importance of awareness and knowledge that models are not realistic representations of body image.

Wiseman addressed a topic that is significant at a women's college.

Freshmen positions filled

By: Betsy Stewart

Nearly 50 percent of eligible voters cast their ballots Thursday in the freshman class elections. Some races were decided on Thursday and a run-off election for four positions was held Monday. Officers of the class of '99 are: President Ginger Hudson, Vice President Melinda Spencer, Secretary Celia Dukes, Treasurer Meredith Pittman, Historian Brittany Cleavenger, Senator Susan Barkley, Honor Council Representative Jennifer Redinger, Student Life Committee Representatives Melissa Bishop, Emily Smith and Melanie White, Corn Huskin' Co-chairs Candice

Pinocci and Elizabeth Allen, and Class Marshall Lara Nosal.

"We had 233 voters on Thursday and 293 on Monday," remarked Elections Board Chair Ashley Peay, "this was a really great turnout."

Positions remaining to be filled are two senate seats, another honor council seat and a second class marshall. Freshman interested in serving in these positions should contact President Ginger Hudson who will be taking applications and conducting interviews in the coming weeks.

They came together for orientation, they survived the first four weeks of school and now the class of '99 and their newly-elected officers are ready to take their places in the Meredith Student Government Association. The SGA is looking forward to their participation.

Molner addresses issues on women and aging

By Kim Highland

Lori Molnar, an environmental gerontologist and interior designer, addressed a crowded Jones Auditorium at convocation on Monday morning with her lecture "Aging—A Woman's Issue."

Before beginning the lecture, Molnar showed a presentation of vivid photos picturing senior citizens from all walks of life.

Molnar then shed some new light on the old beliefs of aging.

"We think we will end up in an institution alone, but really only a small percentage of the elderly are

put in a home," she informed the audience.

She went on to explain that most people define aging as: old, senile, elderly, mellow, ripe and decrepit. Molnar believes that aging is a woman's issue because we live longer, we are survivors and because our income is in work patterns, meaning women have to take time out to have children and may have several different careers. Aging affects women's roles in caregiving, widowhood, change in

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