

Dear Counselor:

February is Eating Disorder Awareness Month. Studies show that eating disorders affect over 6.6 million people. Eating disorders are complex and involve much more than occasionally overeating, dieting, or thinking you look "fat."

Although people of all ages can develop eating disorders, people in their teen years are at highest risk. College students who are prone to eating disorders may find that they have a more difficult time managing the disorder when they are under excessive stress of studies, new routines, and new relationships. People with eating disorders may use food to deal with painful emotions. They may eat or avoid eating to calm themselves down. They may develop the disorder in an effort to feel in control of things in their lives that feel out of control of.

Eating disorders include BINGE EATING (eating a lot of food quickly even when you are not hungry,) BULIMIA (bingeing and purging,) and ANOREXIA (not eating.) Excessive exercising can be a behavioral characteristic of an eating disorder.

Serious health problems such as heart disease, diabetes, dental problems, anxiety, and depression can result from behaviors associated with eating disorders.

If you think that you or someone you care about may have or be developing an eating disorder, talk with someone. Here at Montreat College you can come by the Counseling Center or the Health Center for a free confidential consultation.

Cassie Pavone, Counselor

Jane Carter, Counselor

Linda Thompson, Nurse

Connie Bouldin, Nurse

10 Ways to Love Your Body:

1. Make a conscious decision to love your body (even if you don't feel like doing so at the moment.) Look at yourself in the mirror and state it out loud. Write it down. Do something to mark the occasion. "Starting now, I am going to love my body." Make the decision without conditions or disclaimers ("...after I lose 10 lbs., " "after a year of therapy," etc.) Paradoxically, it is often not until you accept your body as it is that you are able to make healthy changes. (In other words, the "diet-as-punishment" approach does not work.)
2. Finish this sentence: "If I absolutely loved my bod, some things I would do differently would be..." Write them down. Now do them. Example: "If I absolutely loved my bod, I would: Strut...Buy clothes that fit well and make me feel good...Get a massage...Stop comparing myself to others...etc.
3. Accept compliments. If someone compliments you, just smile and say "Thank you." This is harder than it sounds. Do not contradict the compliment, downplay it, or explain it away, even if you have to bite your tongue to do it. Do not roll your eyes, laugh, or act embarrassed. (Hint: though many fear that they will seem conceited, the ability to accept a compliment is a very attractive quality.)
4. Surround yourself with people who love their bodies. The mindset will rub off on you. Avoid people who dislike or put down their bodies. Have you ever fallen into a "who can insult their butt and thighs more" contest? It doesn't just hurt self-esteem—it's boring.
5. Take a "media holiday" from fashion magazines and television. Feed the part of your mind that does not depend on a certain weight, hairstyle, or breast size to feel valuable.
6. Read "Phenomenal Woman" by Maya Angelou. Daily. Savor it. Recite it with relish.
7. Imagine that your body can hear everything you say or think about it. What would it hear? After hearing these things, how would someone feel? If the answer is "not too good," it's time to make friends with your body. Compliment it. Take it out for a good meal. Give it a massage. Write it a letter of apology and praise. Cut out the insults. Treat it like you would any good friend you were trying to reconcile with.
8. Spend some time thinking about your mission or vision for your life. What are your passions? Sometimes we obsess about our bodies to avoid having to think about the larger picture. Sometimes when passions are stifled, we funnel the energy into shallow concerns. Who are you besides your body?
9. Surround yourself with supportive, loving people, who aren't afraid to tell you that they love you for you.
10. If poor body image persists, it may be a symptom of something deeper. Seek help from a professional therapist who is trained in body image issues.

Happy Valentine's Day from staff at the Counseling and Health Centers!

To my Valentine

To my squad: Kort, Jebula, Falcor, Kripulator
(and Joey)

Who needs valentines - we have each other! Y'all are like family to me, and I thank God every day for you. Love you lots!

- Lollicifer

Bandwidth Woes

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more students will download." The budgets of larger universities make it easier for them to attain needed equipment to alleviate bandwidth problems.

CNN reporters Bob Brewin and James Cope assert, "explosive growth in student Internet usage over the past two years has resulted in school systems beefing up their networks to the point where they rival or exceed the capacity of many corporate networks."

Last semester's technology sluggishness stemmed from a problem with the port at UNCA, caused by faulty Internet service product equipment. Since repair, students continue to challenge campus equipment and maximize the use of restored Internet speed.

Differing viewpoints exist on campus policies such as, "[students] are not entitled to any expectation of privacy with regard to their files, data or communications."

McMurtry claims, "There are students who offer to tell me who is downloading because it is slowing down the network and affecting their schoolwork. Online classes are hindered because they cannot access or send assignments and class documents."

"One option, a caching server," boasts it "would take the most commonly used websites and put them on our local network so as to make them available without going outside the local network. However, this caching server is \$12,000."

McMurtry must consider costs and labor involved in network improvements, "Many students don't know that it costs \$15,000 a year to have just one line. I've heard students suggest we get another line, but the question is, 'where will we get the

money?'"

The flood of E-mails on the network last semester necessitated a new \$1200 version of Exchange called Enterprise. "The old version we had was antiquated by 3 years," recalls McMurtry. The storage capacity for E-mails skyrocketed from 16 gigs to 68 gigs with the new installation, thus, soothing another student concern.

More evidence of controlled Internet access is the limited hours of the computer labs. Rumors of a 24-hour lab in the library basement ripple through campus. Freshman Jeb Berkeley heard these rumors and asked, "Is it really going to happen? If so, when?"

McMurtry responds, "This would cost an estimated \$15,000 and that doesn't include hiring someone to work in there or the other option of installing security cameras. I really want to do this for the students and I'm working on it, but would they use it?"

Freshman John Bridges screamed, "Oh yea I would use it! In fact I needed it last night at 3 a.m." Computerless students hope the lab pushes its way to the top of the agenda.

The most common online activity which violates the MontreatNet Registration terms and conditions is: "the downloading of music. Although games, movies, and other things we'd rather not know about also add to the problem," according to McMurtry.

Most students do not read what fills the screen every time they log on in the labs. However, clicking 'yes' seals a usage contract between the student and the school.

Before any student can access the Internet in their room, they have to put their electronic signature - username and password - on the MontreatNet Registration Info, indicating that they read and agree to all terms and conditions.

This usage policy is available on the technology website (www.montreat.edu/technology) and also is in the student handbook.

McMurtry responds to McDonald, "We are not on a witch hunt. We strive to create a fair environment for students on and off campus to have the same access. Our goal is not to keep people from doing what they want, but to make it possible for them to do what they need."

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