



## Bungee jumping in Las Vegas

Stretch your entertainment dollar to the limit

by Rick Nielsen

Las Vegas may soon be expanding thrills to new heights. The key words here are expanding and heights.

Bungee USA is scheduled to open in Las Vegas the first weekend in October offering any brave soul a new sport to try.

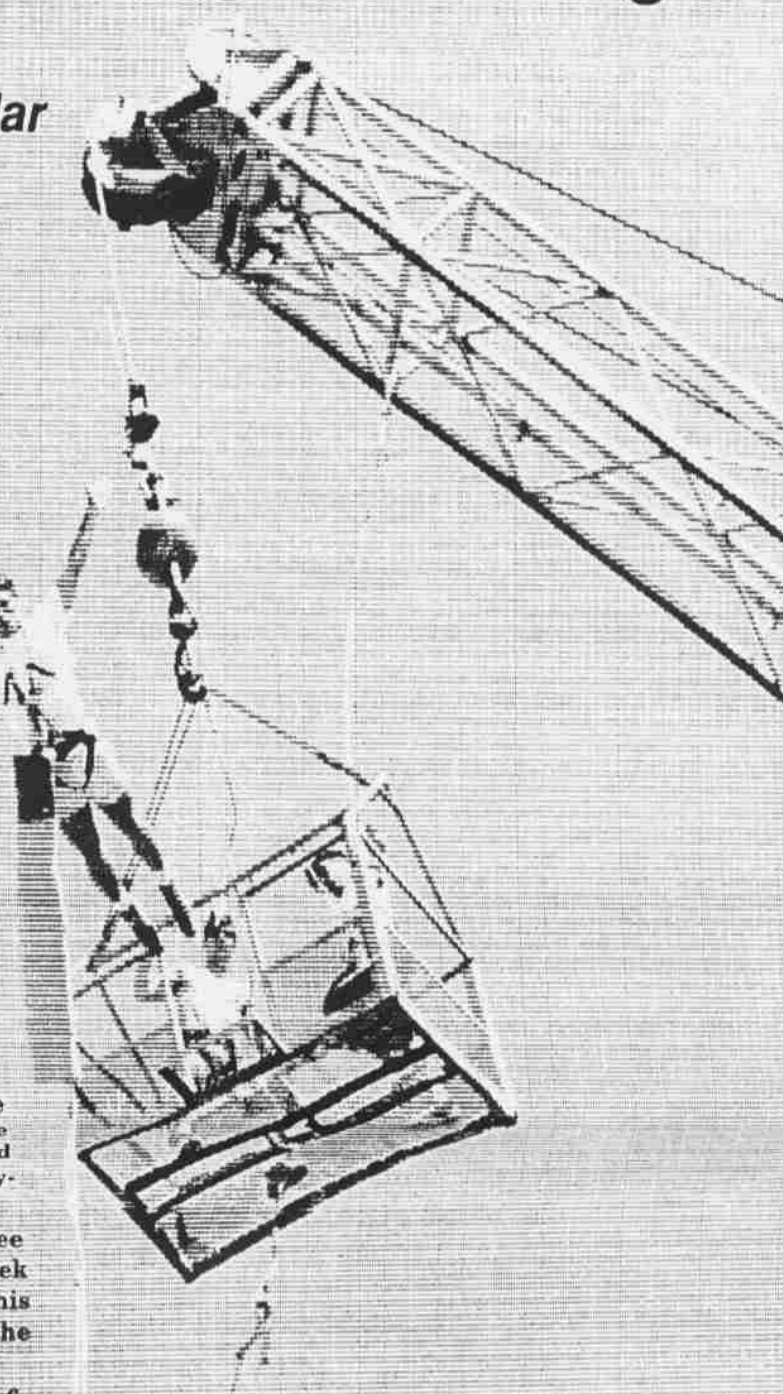
To fully understand this fast growing new thrill, it is first necessary to explain the concept of Bungee jumping. A jumper is strapped into a secure body harness, which is coupled to an enormous bungee cord. The bungee cord is then fastened to the steel basket of the construction crane. Next, the bungee jumper stands in the steel basket of the crane as it is lifted to a distance of 170 feet in the air.

Amid shrieks and cheers, the jumper takes a leap into the air.

The actual fall takes about five seconds. Then, just when the jump looks complete with the jumper near the ground, the cord springs up for another shot at defying Newton's Law of Gravity.

Nick Till, president of Bungee USA, was on UNLV's campus last week interviewing a potential crew for his operation which will be located at the

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## Eating disorders are a crisis on campus

by Kellie J. Adan

hair become dry, their hands and feet grow cold, they get weak, constipated, lose their menstrual periods and eventually can't even sleep. It becomes easier for them to get sick and break bones. An anorexic's heart muscle may become so weak that it eventually stops, killing the victim.

The average college female can identify with this situation. She looks in the mirror on Saturday night and frowns because she thinks that she looks, well, frumpy in her sausage casing dress. If America's rigid "guidelines" on weight and appearance have gotten her down, think how those suffering from anorexia and bulimia feel.

Lisa Caberetta, a dietician at the Student Health Center, said eating disorders are a great problem facing many college students today. "Anorexia nervosa (starving oneself to lose weight) affects only about five percent of students," Caberetta said. "Bulimia (binging and forcing oneself to vomit or taking laxatives to remove food) is more prevalent."

However, both illnesses are dangerous "and should be taken care of immediately," said Lori Winchell, director of the Student Health Center.

Young girls may feel pressured by society's physical standards, but other factors can cause a person to resort to these painful weight-loss tactics. Emotional problems such as anger and depression caused by uncontrollable situations in the girl's life can cause her to try to regain control through rigidly monitoring her eating habits.

"We don't really know all the origins of these problems, but they could be related to something in the brain or are results of obsessive compulsive behavior gone haywire," Caberetta said. "(Anorexia) can develop accidentally when dieting because when body fat gets too low, one's rationality can be impaired."

The symptoms of these illnesses indicate their severity.

Anorexics, despite achieving an emaciated look, are afraid to gain weight and lose control. Their skin and

Bulimics tend to binge eat and purge, fast on occasion and over-exercise. Dehydration is common along with constipation and extreme muscle and tooth weakness.

Human beings may have problems with food because it satisfies more than simple bodily needs. "From the time we're newborn babies a bottle is stuffed in our mouth when we cry," Winchell said.

Food is constantly used by society to satiate emotional needs. Anorexics and bulimics gain control over their emotional traumas by controlling the food they might want to reach for. Unfortunately, their obsession with control migrates to all forms of eating, including the kind needed to survive and function.

There is hope for students suffering from anorexia and bulimia. Clinics offer support for the nutritional and psychological problems associated with eating disorders.

The Student Health Center on campus offers strictly confidential treatment.

Caberetta said "Society tells us that thin equals success, even when we're young. People with eating disorders need to know that they should value themselves, despite weight or appearance."

Anyone curious about nutrition or concerned about their eating habits can visit WIN (Wisdom in Nutrition) meetings held Wednesdays at the Health Center.

## Sleep may be more important than you think

by Robyn Ginney

Does a heavy meal, a warm room, a low dose of alcohol or a boring lecture make you sleepy?

Do you find that you are irritable, clumsy and uncoordinated, and prone to bouts with colds or the flu?

Do you awake to an alarm clock in the morning?

An answer of yes to any of these questions could mean you are suffering from sleep deficiency.

While most of us are busy watching what we eat and trying to goad our unwilling selves into going to the gym, or at least driving by one, we are sadly overlooking one important aspect of our daily lives. Sleep.

It may be far more important than most realize.

Recent studies conducted at Stanford University, Brown University and the Henry Ford Hospital in Detroit show that at least 16 percent of student subjects could fall asleep within five minutes given a darkened room in which to lie down.

Perhaps that is because most college students need between eight and 10 hours of sleep a night but get an average of only six a night.

So what does this sleep deficiency amount to? Per-

haps \$50 billion a year in worker mistakes, such as accidents and failure to sufficiently complete their job.

Loss of only one or two hours a night amount to one night a week, and the loss of that one night a week could lead to a weakened immune system, difficulties with concentration or memory, lack of coordination and clumsiness, numbness or weakness in the limbs, slurred speech irritability and loss of creativity.

The good news is that most people are able to make

up for their 'sleep deficit' on the weekends, as it only takes one or two days to return to normal.

Also, research has shown that one 'creatively-placed' cat nap per day can alleviate sleep deficiency.

So, ideally we should not wait for that massively boring 8 a.m. class to catch up on our sleep. A 'cat nap' that makes a person miss something important is not creatively placed.

Since we don't all need the same amount of sleep, there is really no set amount of time a person should sleep, but if you suffer from any of the aforementioned afflictions, perhaps you should consider catching up on your sleep.

