

The Moving Wall; veterans memorial comes to Boulder City.

# Lifestyles

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THE REBEL YELL

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## Eating disorders should be taken seriously

by Deriann DeHart

One hundred and fifty thousand people die each year from eating disorders according to the UNLV Student Health Center nutrition consultant, Lisa Cavaretta.

Cavaretta said, "It is assumed that one out of every 200 college students have an eating disorder." Therefore, approximately 100 UNLV students suffer from an eating disorder. Six million Americans probably share that same disorder.

There are many types of eating disorders. The two most common include anorexia nervosa (self-starvation) and bulimia (binging and purging).

Eating disorders do not start when you are in college. They start at a very young age. "Children are getting the message at a young age that being thin is better," said Cavaretta.

Children receive the subtle messages that are sent out

by media, adults and society in general. Cavaretta pointed out that our role models for many women on television are not fat.

"Little children take these messages literally," Cavaretta said. "They internalize the message, I cannot be fat."

As the child gets older, this may act as a catalyst to bring the eating disorder out. One might try to take control by controlling weight. Before the individual realizes it, food becomes very powerful.

With anorexia it starts innocently. A little weight is lost and there is a feeling of success or control. After a goal is reached with weight loss, it may become desirable to reserve that feeling of discipline and power by continuing the diet.

"The problem is they get sucked in," Cavaretta said. "Once your body fat gets too low it impairs your judgment. The once intelligent person you

knew becomes borderline illogical. They can look at this distorted figure in the mirror and say, 'God, even though I'm 69 pounds, look at how fat I am.' This is not an attention technique, this is what they believe."

"One of the things people think is that anorexia is extremely dangerous, and it is, but we are forgetting bulimia which is probably even more dangerous."

Bulimia can go undetected for years. Someone can be vomiting or abusing laxatives for 10 years without being discovered.

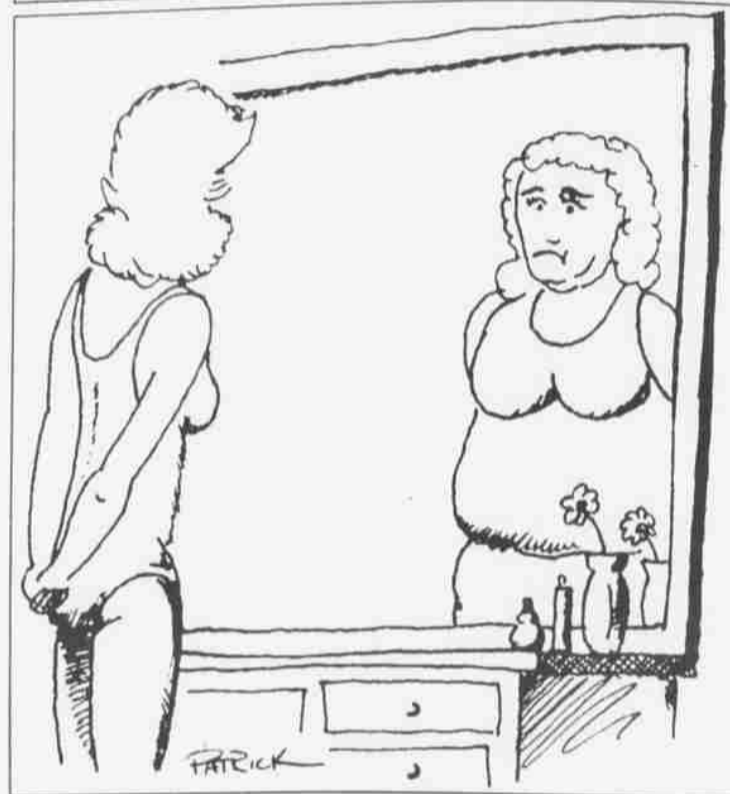
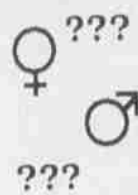
Anorexics deny or do not recognize they have the problem while bulimics do. Some bulimics want to be discovered.

"Most feel they are leading a compulsive addictive life," Cavaretta said.

If a friend is suspected as having an eating disorder, do not confront them. Instead, talk about what is really "eating"

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them and try to get them into counseling. Cavaretta recommended self-help groups, group or individual counseling.

According to Cavaretta, "Those with early detection and treatment are better off for recovery."

## Oooh, that smell

Plants can minimize odor and toxins in the home

by Kimberley McGee

College students may be the worst at cleaning house. This can lead to some smelly situations. However, the problem can be alleviated by ordinary house plants.

According to a two-year study by the National Aeronautics and Space Administration (NASA), plants can remove up to 87 percent of toxic indoor air within a 24-hour time frame. Dangerous chemicals such as formaldehyde, trichloroethylene and benzene are also removed from the air.

One plant for every 100 square feet of a home or apartment can provide effective air cleaning. For example it would take eight golden pathos, the typical house plant with spade

shaped leaves, to effectively clean and refresh the air in an 800-foot apartment.

Different plants can be used for different pollutants. Mike Berry of Green Valley Nursery described the different plants and how to tend to their needs.

"English Ivy likes to grow in the full shade. It has real petite pointy leaves and gets a red tint in the winter," Berry said.

English Ivy is recommended by the NASA study to absorb tobacco smoke easily.

"Mother-in-law's tongue is a succulent, full of water like a cactus but without the thorns. They like very sunny spots and grow relatively large and well," Berry said. "You want to watch the water and give it some water about every two weeks."

This plant is recommended by the NASA study to remove household cleaner fumes.

"Spider plants are excellent indoor plants. They need to be



watered every 10 days and by stretching out the water, little baby plants will shoot out," Berry said.

Spider plants are also excellent for cleaning household air by taking in the pollutants through their leaves and roots and converting those pollutants into breathable air.

According to the Foliage for Clean Air Council, an industry group, American businesses

spend as much as \$60 billion a year in toxin related sick leave, lost productivity and lost earnings. With sophisticated air-cleaning approaches such as plant filtering systems into atriums, lobbies and walkways, some problems may be eliminated.

Dry cleaning fluid smells can be alleviated by gerbera daisy. Paint fumes can be absorbed by peace lily and var-

nish fumes by warneckei.

More research into plants and their ability to convert pollutants into breathable oxygen might bring the environmental and dollar cost of cleaning up the air down considerably.

For more information contact the Foliage for Clean Air Council at 405 N. Washington St., Falls Church, VA 22046 or call 703-534-5268.

## Circle K is devoted to the community

by Kellie J. Adan

Circle K is an international organization dedicated to service, leadership and fellowship. UNLV has its own award-winning chapter.

Circle K is the college-level division of Kiwanis International, a network of community-minded professionals around

the world (so not only does one help the community by being in this club, they make future business contacts). All divisions are devoted to community service.

So what is your Circle K chapter doing in Las Vegas? Chris Glagola, the Lieutenant Governor of the California-Nevada-Hawaii District, and a

student here at UNLV, explained: "So far, we have been working with a local convalescent home and are planning to work with some children at Humana Hospital."

Circle K has already conducted a clothing drive for the homeless and are planning a canned food drive to commence

shortly. "We'd also like to have a dance," Glagola said, evidence that Circle K not only provides the community with various services, but also UNLV students with extra-curricular enjoyment.

If any student wishes to join Circle K, they may call Chris Glagola at 251-7018 or

come to a meeting. Meetings are on Wednesdays, 7 p.m. in the Moyer Student Union in Room 210 north. Become a part of this major organization spanning six countries with over ten thousand members world-wide. It's also one of the major bargains on campus, with a membership fee of only \$25 for a year-long membership.