

Senator Reid discusses eating disorders at UNLV

By Royal Hopper III
Staff News Writer

Eating disorders affect 8 million people in the United States alone every year. They are called such names as Anorexia, Bulimia and binge eating. They have taken the life at least one celebrity.

They were also the topic of discussion for a distinguished panel of experts on Saturday in the Marjorie Barrick Museum of Natural History.

The program, called "Shattering Images," was hosted by Senator Harry Reid and his wife Landra Reid. It included local radio personality Lark Williams of KXPT-FM, former Miss Arizona Stacy Kole, who is the author of "Satisfying the Starving Soul," Dr. Robert Lynn Horne of the Eating Disorders Program at Lake Mead Hospital, Dr. Fredrick Lippmann of the UNLV School of Medicine, Steven Oster of UNLV Student Psychological Services, Ann Jenich and Amy Hyams of National Association of Anorexia Nervosa and Associated Disorders and Angela Stevens, a UNLV student who recently recovered from an eating disorder.

The purpose of the panel was to educate the public about eating disorders and to dispel certain myths connected with them.

Three disorders were identified: Anorexia Nervosa, which essentially is fasting to the point of starvation; Bulimia, which is bouts of uncontrolled eating followed by some form of purging such as laxatives or vomiting; and Binge eating, which is characterized by episodes of uncontrolled eating.

One of the myths that the panel sought to dispel was that eating disorders are strictly about food. They are psycho-

logical disorders occasionally aggravated by biological factors which manifest themselves in obsessive and compulsive eating behaviors and are usually brought about by outside stresses. Food, they all agreed, was only part of the problem.

Issues of control and escape, of distorted self image and of false images of perfection were the most mentioned causes. Anorexics, for instance, will always see themselves as fat even at the point of starvation. Hyams related that near the end of her bout with Anorexia she looked in the mirror and thought she was fat. It wasn't until she realized that the fat she saw was her sternum protruding from her chest that she realized something was wrong.

Oster said that part of the problem is that "we are constantly bombarded by media images of what we are supposed to be" and that these images seldom reflect realistic goals for "normal" people.

Dr. Lippmann, who works closely with the UNLV athletic department, said that he knew of a young woman who was denied being a member of the cheerleading squad for being four pounds overweight. When questioned about the decision, the people in charge of the squad said that they wanted all the girls to look alike and to fit in the same uniform. He also said that he has seen athletes, both male and female driven by the stress to perform, practice unsafe eating habits.

Senator Reid cited a study of fourth graders which he called disturbing. He related that 50 percent of these fourth graders considered themselves overweight and 80 percent of the fourth grade girls had already been or were on a diet.

Stevens related that part of



Senator Harry Reid talked about the dangers of eating disorders at UNLV.

her problem was that she was always driven to be perfect; the perfect friend, the perfect student, the perfect daughter.

Seven factors have emerged as the profile for people who are

vulnerable to this kind of disorder.

High self expectations, a poor body image, the extreme need for approval, a sort of all or nothing attitude, low self esteem, a tendency toward anxiety or depression and cultural factors are the signs that parents should be on the lookout for. It is because of these reasons that people in industrial countries seem most vulnerable to these disorders.

Another myth that the panel sought to dispel was that this is strictly a disease of women. Even though only 10 percent of the current cases diagnosed have been men, statistics have shown that these cases are on the rise.

Jenich highlighted the need for reforming the attitude of the health insurance industry, which in most states allows for only five or six days of treatment to be covered by insurance. She also pointed out that little attention is being given

to "applied" prevention and determination of risk factors.

All of the panelists seemed to agree that modern society pays too much attention to appearance and that people need to seek a more balanced view between mind, body and spirit, both in themselves and the world.

For those seeking information or possible treatment for eating disorders there are several options: Landra Reid sponsors the Landra Reid Eating Disorder Center at the University of Nevada-Reno; ANAD (Anorexia and Associated Disorders) maintains a local chapter in Las Vegas; the Lake Mead Hospital Eating Disorder Program; and there are thousands of web sights on the World Wide Web, including the National Eating Disorders sight at www.laureate.com which provides answers to some of the most often asked questions concerning eating disorders.

AWARDS: Several fraternities and sororities were honored for their hard work

and Sigma Alpha Epsilon won the Overall Greek Week Interactive Olympics. Alpha Gamma Delta and Lambda Chi Alpha won the Overall Greek Olympics. Alpha Gamma Delta and Beta Theta Pi won the Greek Showcase competition. Sigma Alpha Mu won the Most Spirited award for Greek Week and Beta Theta Pi and Alpha Gamma Delta won the Overall Greek Week award.

In the Greek Life awards, Alpha Gamma Delta won the Spring '97 Best Grades award and Sigma Kappa won the Fall '97 Best Grades award. Lambda Chi Alpha won both awards on the men's side.

Alpha Gamma Delta and Sigma Chi won the Outstanding Educational Program award and Alpha Gamma Delta and Beta Theta Pi won the Outstanding Educational Program Series award.

Sigma Kappa won the Outstanding Philanthropic Event award

and Alpha Gamma Delta won the Outstanding Philanthropic Chapter award. Lambda Chi Alpha swept both awards on the men's side.

Phi Delta Theta won the Outstanding Chapter Improvement award and Alpha Delta Pi was an honorable mention.

Chris Augustin of Lambda Chi Alpha and Jolene Tietel of Alpha Delta Pi won the Outstanding Chapter Member award.

Alpha Delta Pi and Sigma Kappa were honorable mentions for the Outstanding Chapter Advisor award and Delta Zeta won the award.

Inter-Fraternity Council President Nick Vaskov of Lambda Chi Alpha won the Greek Man of the Year award and Education Senator Nicole Lehman of Delta Zeta won the Greek Woman of the Year award.

Other awards handed out included certificates of academic achievement for Greeks with a 2.9-3.9 grade point average and a sepa-

rate award for Greeks with a 4.0 cumulative grade point average.

The final awards presented were the Greek Review Process awards which looked at chapter's goals at the beginning of the year and how many of those goals were met by the end of the year. Alpha Epsilon Pi and Beta Theta Pi excelled in one area of chapter operations. Alpha Delta Pi and Alpha Gamma Delta both excelled in four areas. Delta Zeta excelled in nine areas of chapter operations and Lambda Chi Alpha excelled in 13. Sigma Kappa took top honors as they excelled in 20 areas.

"We are becoming a community," Program Coordinator for Greek Life Pete Glass said. "We will be a Greek community. We will be a proud, strong community through excellence."

The awards ceremony concluded Greek Week festivities. Greek Week is a week-long celebration of Greek unity which reaches out to the campus and the community. The event is sponsored by IFC, Panhellenic and Pan Hellenic.

BUDGET: The increase in student fees is needed to offset cost

the 1999 Legislature or to the governor. The state's tax revenues are below projections, which will cause the state to have a lower budget surplus than in past years.

"I know we will probably not see 35 percent," Jarvis told reporters. "But we are giving the Legislature a choice."

The regents also unanimously approved a plan created by Governor Bob Miller's wife, Sandy, to create a research institute for children at UNLV. The institute would conduct research and develop methods to improve the quality of life for children in Nevada.

"There is no statewide organization to speak for children," Miller told the board. "We have lots of children's advocates, but we have no centralized hub. Hopefully, we can build bridges and speak in one voice. We want the institute to be visionary enough to see what is coming next that affects children."

Harter said that the university could be started for approximately \$195,000 and could be operational by May of next year. The money for the project would come from private donations and grants, along with some university money.

"We would like to create an endowment to ensure the future funding," Harter said. However, she also said that the program would eventually require state funding.

Miller also asked that the regents set aside money from a \$2.6

million special reading program for the administration of the institute. The program sends volunteers from the state's colleges and universities into elementary schools to help children to read. Miller called this program the "most visionary project in the United States." However, she said that the university officials who currently administer it have other duties to perform. The regents approved seven to nine percent of the grant to be set aside for administration.

The first director of the institute will be Vince Juaristi, currently the executive assistant to Governor Miller. It will operate from the office of the vice president for research.

Mrs. Miller told the board that the need for the institute became apparent last year when the state set up a free health-care program for needy children. The estimates of how many children would be served by the program ranged between 20,000 and 80,000.

Another major emphasis of the program would be child care.

"Good quality, affordable child care for our children is the most pressing need," Miller said. "Young families are struggling with \$200-a-week child care bills for each child."

She also stated that the federal government makes many changes in child care policy and the institute would be able to better monitor these changes.

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