

etc.

[PEOPLE ■ PLACES ■ WHATNOT]

Life, liberty and overnight visitation

TAMARA LAW Staff Writer

When you go away to college the main enjoyment of college life is unlimited freedom. Freedom to do what you want, when you want.

However, unless you live in one of the apartment-style residence halls, that freedom does not include visitation. Many students feel that a 24-hour visitation policy should be in effect for all residence halls.

Quincy Stevens, a resident in Snowden said, "If we have the adult mentality to go to class and to go to school, we should have the adult mentality to monitor our own visitation without university interference."

"When you come to college you are leaving behind your childhood ties. We are expected to act like adults but not given the privileges to do so," said Kristi Hamilton, a Patterson resident.

Bates House resident Anthony Brogsia said, "We're responsible people. If you can trust us until 2 a.m., then you should let guests stay overnight."

The policy is one reason students often cite for why they move off campus. Victoria Cooper, a former Capstone resident. She now lives in University Commons.

"Extend the visitation policy for those living on campus so they will not move off," she said.

However, some students want some form of restrictions. Natisha McNeil, a Capstone resident said, "The policy gives roommates the opportunity to study or partake in any other activity without the distraction of male guest. This reduces a lot of roommate tension because each would know exactly when the other guest is staying over night."

Housing and Residential Services spokesmen said the policies are designed to protect roommates' rights, but we have to accept that there will be some people who will abuse a 24-hour visitation policy.

This is where the controversy lies: how do we separate those who will handle 24-hour visitation responsibly and those who won't.



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TODAY DYING

Eating disorders plague women trying to live up to society's ideal

By CHAIS DIXON
STAFF WRITER

Eating disorders, including anorexia, bulimia, compulsive overeating and compulsive exercise, have become increasingly more prevalent over the past 20 years, especially in women.

Anorexia Nervosa, which dates back to 1694, is defined as a starvation syndrome and is characterized by excessive dieting and exercise, as well as a body weight that is 15 percent less than normal for that particular individual.

Lisa Mohn, director of Health and Wellness programs at Open Door, said anorexia is about more than just weight.

"It's not only about low weight," Mohn said. "They have a morbid fear of fat and a distorted perception of their body."

Anorexia has a 20 percent fatality rate and occurs mostly in young women 14 to 18 years old. About one out of 250 teen-age girls is said to suffer from the disorder.

Bulimia Nervosa, which was practiced in ancient Rome, is defined as a binge-purge syndrome and is characterized by consuming a large amount of high-calorie foods, and then purging the body through vomiting, laxatives, diuretics or enemas. Bulimia usually starts in young women around 18 years old, and bulimic behavior in college students is estimated to be around 25 to 30 percent.

While it is not associated with purging, compulsive exercise is when a person continues exercising, despite injury, illness or family and social responsibilities.

"Compulsive exercise is not just about a lot of exercise but getting out of control with it," Mohn said. "They feel they haven't exercised enough."

Traditionally, eating disorders have occurred mostly in white, middle-income women who were successful and did well in school. However, the profile is changing, and eating disorders are becoming more common among African-American women. No more than 10 percent of people with eating disorders are men.

"With men, it's mostly athletes, people who have to be within a certain weight range," Mohn said.

According to senior Nicole Ferrari, whose senior thesis deals with this topic, the media is to blame for the discrepancy between eating disorders in men and women.

"Men are not bombarded the way women are," Ferrari said. "There is not as much pressure for men to look good as there is for women. Heavy men are portrayed in the media. There are no normal looking women to look

up to, except for Roseanne, and even she is not happy," Ferrari said.

Eating disorders tend to be more prevalent in women because of societal influence, Mohn said.

"Women are defined by their looks," she said. "Thinness is portrayed around us. Kate Moss and Cindy Crawford are our role models, but only 1 percent of women can achieve that body type. Once women became a threat to societal norms is when the twiggy look came in. It's funny that when women have more opportunities and advantages is when weight and looks are most important."

One way to end the predominance of eating disorders in women is to offer an alternative to the ultimate supermodel figure.

"More realistic looking women need to be portrayed in the media," Ferrari said. "The media needs to make younger girls see that you don't have to be 5'10" and weigh 115 pounds to be beautiful. It's an unrealistic standard that can't be attained."

The worst case scenario is having a friend or family member with an eating disorder and not knowing how to help them get treatment. The main thing to remember is to confront them in a caring manner and to express concern.

"Don't diagnose them, but say what you have observed," Mohn said. "Tell them they don't look well, and it's not healthy. Ask if they would be willing to talk to someone, but have resources to recommend. They might be in denial, so you may not get a warm welcome, but bring it up again."

Unfortunately, eating disorders are not curable, but they are treatable. Those who suffer from eating disorders can go on to live relatively normal lives.

"People can go on to live a good quality life, some people will struggle more along the way," Mohn said. "It depends on how long they have had the disorder and how serious it is. It's important to get early intervention."

Early intervention, education and support are the keys to dealing with the myriad of complex problems that come along with eating disorders, according to senior and peer educator Marsha Itin.

"We have to watch one another and not be afraid to speak up and confront that person in a caring manner," Itin said. "Everybody needs to be educated in nutrition and health and well being."

As with any disorder, there are many misconceptions about eating disorders and the people who are suffer from them. Some misconceptions are that they rarely occur or that the behavior is easy to stop.

"The initial reaction is 'why don't they just stop,'" Mohn said. "They can't understand how someone could be out of control. They want to put it in more simplistic terms."



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