

Nutrition: Eating Disorders

by Tammy Stecko
Collegian Staff Writer

With the recent notices being run in The Collegian inviting people to attend the Eating Support Group that is held on campus, I decided to write an article on the two major eating disorders that afflict many people in this country: anorexia nervosa and bulimia.

Anorexia nervosa is a severe psychological disorder of self-starvation which leads to emotional physical problems and eventually death. A person suffering from anorexia becomes so intensely obsessed with food, weight, calories, and exercise that it becomes the topmost priority in the person's life. The emotional problems suffered by the person causes a denial of hunger, which leads to total fasting and/or bingeing and purging. Because of the poor nutrition, a person with anorexia is very susceptible to colds and illnesses. Below is a list of signs a person suffering from anorexia may have:

- 20-25% loss of body weight
- depression
- loss of hair
- growth of lanugo
- distorted body image
- low pulse rate
- extremely sensitive to the cold
- intense fear of becoming fat
- compulsively exercising
- withdrawn from social interaction
- perfectionism
- plays with food and eat small bites
- tearful, uptight, overly

sensitive, restless
- nervous at meals
It is estimated that a quarter million people in the United States suffer from anorexia nervosa.

Another eating disorder that causes weight loss is bulimia. Although the weight loss comes more gradually than that associated with anorexia nervosa, bulimia is just as severe and is also fatal. Bulimia is a recurrent pattern of binge eating immediately followed by self-induced purging. The alternations of bingeing and purging causes fluctuations in the person's weight. Someone suffering from bulimia is fearful of the inability to stop eating voluntarily. Therefore, they get rid of all the food they consumed during the binge period by vomiting and using laxatives and diuretics. The following is a list of other symptoms the person may possess:

- swollen glands
- puffiness in the face
- weakness, headaches
- depression
- bursting blood vessels in eyes
- severe enamel erosion
- damage to esophagus, causing internal bleeding
- perfectionism
- petty money stealing to support binge periods

A person with bulimia consumes an average of 10,000 calories in one evening and throws up more than 6 times a day. Bulimia can go by unnoticed by casual observance, but is severe enough to cause death if it is left untreated.

into. It is also rather addictive, and not the nicest thing to do to your lungs. Which still isn't any justification to become outright obnoxious about trying to convince me to stop. I still see no reasons for being called a butt-head on national T.V. And I'm sick and tired of people thinking they're smarter than me, just because I light up once in a while, and they don't. Smokers can tolerate non-smokers, why can't it be the other way around? Let's make a deal, you leave our smoking sections alone and stay out of our smoke-filled personal lives, the way we smokers have learned to stay away from your non-smoking areas.

Smoking...from pg.4

new smoking policy is to be enacted which sentences smokers to pursue their lung-killing in fresh air, only. We will have to step outside any University owned building to light up, and knowing Eric winters this will become quite a pain in the...behind. Now you might, with a sheepish grin on your non-smoking face, say: "Maybe that'll teach ya' to stop that disgusting habit of yours." Over thought-I might not want to quit.

All right, all right, so its been established that smoking might not

Kingdom of the Chipmunks by Our Man With Vision

Brett Taylor
Collegian Staff Writer

"Preconscious thought can actually be temporarily pushed back into the unconscious condition, as seems to be necessary in the case of jokes.... A similar reversion...plays a great part in the causation of neurotic disorders."
-Sigmund Freud

You know, it's getting so a guy just can't walk around this beautiful campus anymore without fearing for his life. Just the sight of all those defenseless little third graders innocently parading down the walkways was enough to make me nervous. Why, should just one of those succulent little people stray too near to the bushes...

Oh, the carnage!
I am speaking, of course, of the chipmunk problem that has been left to run rampant on campus this year. When are people going to wake up and take action? Sure, the authorities tell you that they're doing everything they can. And then one night, someone will stumble across a skeleton, picked clean, wearing nothing but a torn sorority jacket, and notice from the corner of his

eye what looks like a gang of particularly fat chipmunks. Smiling chipmunks.

I've tried to warn people before. The I-Team has stopped accepting my calls though, ever since I told them Elvis Presley is alive and living in my neighborhood.



Yes, it's true. Elvis lives on a quiet street in Fairview, in a cozy red-brick house. He came to my door a few days ago asking to borrow a cup of sugar.

Well, old Elvis was looking pretty pale, and I suggested that we take a day to do lunch and see the town. At first The King was

a little worried about the possibility of being recognized, but he felt better after I told him that it was Halloween, and he could go dressed as himself.

I was eager to impress Elvis, so I immediately headed downtown to show him the nightlife that Erie has to offer.

...And then one night, someone will stumble across a skeleton, picked clean, wearing nothing but a torn sorority jacket, and notice from the corner of his eye what looks like a gang of particularly fat chipmunks. Smiling chipmunks.

We stopped off at a couple of Erie's fine taverns, namely Guido's Hairy Armpit and the Dew Drop Dead Inn. The drunken brawl and obligatory stabbing weren't scheduled to begin until 4:00 AM, though, so we decided to move on.

Elvis never went to college, so when I told him I was a student

at Penn State he was anxious to see the campus. I proudly showed him the new Winner Garden, but he was disappointed when I told him that it wasn't the lobby of a supermarket. I managed to cheer him up by telling him they sold doughnuts upstairs.

After polishing off a dozen or so jelly-filled, The King and I made our way up to the apartments and crashed a Halloween party. Elvis hadn't had so much fun in a long time. He even won \$50 in a costume contest, and we spent that on more doughnuts.

We were making our way to the Zurn building's new plastics factory so I could show Elvis where they make lawn flamingos. I was just about to talk Elvis into doing a comeback concert in Erie Hall when he strayed too close to the bushes and was carried off by a roving gang of chipmunks. I'm not sure whether he's alive or not, or if he'll ever come back. Neither are you.

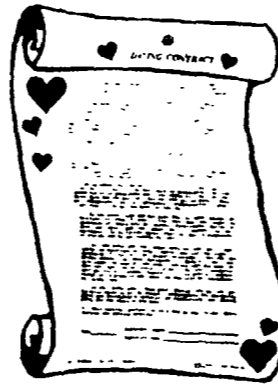
Now Time-Life Books keeps calling me and asking me to authorize my story for their *Mysteries of the Unknown* series. You know the ads: "Somewhere in Pickanost, Idaho, a man orders a set of Time-Life books. It's dismissed as stupidity. Or was it?"

You Pays Your Money and You Gets Your Sex

(CPS) - Students at some 500 campuses will soon be signing "contracts" that will obligate women to have sex with men if the men pay for their dates, at least if a part-time chemist from Madison, Wisconsin, has his way.

Roy Schenk, 58, says he's hoping to generate interest in his "dating contracts" by sending samples of them to "500 campus newspapers and some talk shows."

Students, Schenk explained, would sign the contract before going out. Its provisions, he hopes, would give the man who pays for the evening the right to decide if there would be any sexual engagement "during or after the date."



"Dating exists today as a form of prostitution," Schenk said. "I'm asking women to either quit being prostitutes or be honest prostitutes."

"I think the guy has a few psychological problems," claims University of Wisconsin - Eau Claire senior Barbara Shay.

Added Chris Tornio, another UW - Eau Claire senior, "I think it's quite a ludicrous idea that if men take women out on a date and pay for everything that they should sleep with them."

Others have used stronger language to describe the document.

In late September, the United Council -- which lobbies in the state legislature on behalf of the student governments at 13 UW system campuses -- condemned the contract as sexist and offensive.

Schenk, who conceded he's "not

currently dating" anyone, contended everyone's not as hostile to the idea.

"Basically, a lot of fellas say, 'it makes sense, but I have a lot of trouble getting dates already without bringing something like this up.' Women's reactions vary from place to place. Some, Schenk claimed, 'don't mind, and some are very offended.'"

There are, he added, circumstances in which a woman wouldn't be obligated to have sex with her date. "If people go Dutch treat, obviously, there is no commitment for sex."

On the other hand, "unless there is a contract at the start that the woman will pay for the next date, the only honorable thing for the woman to do is take off her panties and be sexual," said Schenk.

pizza pizza

456-5002

GRAB a BITE

1001 Parade St.

PIZZA PIG-OUT CONTEST

Lawrence

Perry } specify building, floor #, & sex

Niagara

Apartments -specify room # (100-900)

Kanty Village -specify building, floor #, & sex

November 11-23

Whichever floor or apartment building orders the most PIZZAS between Nov. 11-23, will win a free pizza party by Grab-a-Bite. The party will be between Thanksgiving and Christmas Break.

PIZZA 'N' POP
12" Cheese & 2 Items
PLUS 2 16oz. Bottles of Pop
\$6.50 Delivered

Expires Nov. 23, 88

PIZZA 'N' POP
16" Cheese & 2 Items
PLUS 4 16oz. Bottles of Pop
\$9.00 Delivered

Expires Nov. 23, 88

SMALL STROMBOLI
plus
1 LITER COKE
\$5.50 Delivered

Expires Nov. 23, 88

LARGE STROMBOLI
plus
2 LITER COKE
\$8.00 Delivered

Expires Nov. 23, 88

WED NIGHT
50 WINGS
+ A
16" PEPPERONI PIZZA
with 2 LITER COKE
\$12.00 Delivered

Expires Nov. 23, 88

THREE POUNDS WINGS
\$8.25 Delivered

Expires Nov. 23, 88

16" CHEESE with PEPPERONI
\$6.00 Delivered

Expires Nov. 23, 88

STUFFED PIZZA
\$2.00 OFF ANY 2 ITEMS

Expires Nov. 23, 88

pizza pizza