

# RAP AROUND

## EQUAL TIME

Why do you think Anorexia Nervosa is so prevalent in this generation?

### NAZARETH

**SHELLY CLEMENTS**  
Junior  
class officer

"The emphasis the media and people put on the idea that you should be slim and pretty. Girls go on a diet and then can't get off and it's all because of the standard that society puts on being trim. You don't see yourself as losing weight but see yourself as still having to lose more weight."

**CINDY MERZKE**  
Freshman

"I think it's because of the pressures of society. Because of the pressures of school work and jobs, sometimes they forget to eat. You can get depressed, decide to diet and when friends say you're looking good then you keep going."

**DOREEN SCHULTZ**  
Senior  
Choral Belles

"It's the result of society. We live in a society where everything is centered around fashion and the way you look because it counts a lot in your success and your first impression on people you meet. It gets away from the person and they say, 'I've come this far, I can get down more.' If they are complimented and receive attention they want more. I think it's a psychological problem because they need attention and that's a source of getting it."

**MICHELE MARCHETTI**  
Sophomore  
Student Council secretary

"It's to look better in the fashion clothes, to impress boyfriends, and wanting to impress peers. But it also could be caused by home problems and the forgetting to eat. They lose weight but then see someone thinner and say, 'I can be that thin,' and keep losing the weight."

**PATTY DAMASCHKE**  
Junior  
band officer

"Everybody in the country is trying to cope with today's pressures and they don't have time to eat. We also live in a country that is obsessed with being slim, from the standpoint of, 'If I want to get into today's fashion clothes I better get thin.' At a certain point it becomes a psychological problem."

**FILOMENA PATERNOSTER**  
Sophomore  
class president

"I think it has to do with society. The magazines and books about dieting tell you what you should weigh and how you should be able to wear the fashions. To keep looking better the girls keep dieting. The bones can be showing yet if they can still pinch a bit of skin they still continue to lose weight."

**CECILIA BONACCIO**  
Freshman  
tennis

"I think it's due to the media and magazines but goes beyond that because some people accept they are fat and others are so obsessed with their weight their diet goes out of control. I think they might have a problem other than the weight and they want control over something in their lives and they focus on their weight."

**EMIRA WOODS**  
Senior  
class officer

"I think it is a psychological disorder fostered by society as well as family and life at home. The media and TV with showing the new models and actresses are all factors. Others are no communication with parents and not being satisfied with your life. So, you want to prove something to yourself and since it's a psych disorder, it gets out of hand and you have to get professional help."

## The 'In Thing' Is to Starve

By Joan Smith

Who would want to starve? Certainly not those people in the world who, not by choice but because of economic depression, crop failure, war, and unemployment, are starving. But incredibly, in America, are people who self-inflict starvation and become anorexic, a disorder which is estimated to affect one percent of U.S. women 12-25 years of age.

The disorder, Anorexia Nervosa, medically described as food aversion/self-induced, and referred to as the "Starving Disease" Epidemic in an article in the Aug. 30 issue of U.S. News and World Report, has become a modern phenomenon. It is most common in young, single women and mostly afflicts those from middle to upper class. Most cases, as indicated in the Merck Manual of Diagnosis and Therapy, develop in the years from puberty through the 30s, and a variety of psychiatric disorders, ranging from neurotic concern with obesity to schizophrenic delusions, are seen as causes.

Regarding the abnormal concern about being fat, Dr. Arnold E. Anderson of John Hopkins University of Medicine, who studied 130 anorexics, said that 70 percent of the women in Western cultures think they are overweight. He partly blames the situation on the fashion magazines that feature gaunt

models as the ideal female form. The Nazareth students interviewed in this week's Equal Time agreed. They pointed to the media's promotion of society's "being thin" standard and the pressures on women to meet this standard in order to wear today's fashions and to impress their peers and boyfriends as contributing factors to the disease.

This view was reinforced by a recovered anorexic interviewed for the News and World Report who said, "I thought I could be more popular with my friends and like myself better if I was thin like those models."

Psychiatric attitudes about Anorexia have changed since the time of Sigmund Freud when psychiatrists saw Anorexia as symbolic rejection of sex because starvation eliminates the womanly curves and stops menstruation. Today, they are emphasizing the problems Anorexia patients face in establishing personal independence and growth within their families. According to a 17-year-old victim of Anorexia, it let her control her diet and her body and manipulate her family. "I felt a sense of power," she said.

Although the causes of the disease are somewhat nebulous, the physical and mental damage, some of it irreversible, is horrifyingly clear. The disease results in

severe emaciation, increased vulnerability to other illnesses, brain shrinkage, changes in heart size, and cessation of the menstrual cycle which can lead to permanent damage of the reproductive organs. Other effects are the everyday pains caused by not being able to walk because there is no fat on the feet, bones hurting so much that it is excruciating to sit down, and acute chest pains.

Anorexia victims are wily in hiding the effects by wearing bulky clothes which makes the affliction difficult to detect; but there are danger signals, including: constant talking about food and collecting of recipes but not eating when anyone else is present; rituals around eating by organizing the food on a plate, cutting it into little pieces but eating little; consuming large amounts of diet soda; abnormal exercising; and withdrawal from family and friends.

Treatment for Anorexia is accomplished through the family physician, hospitalization, and psychiatric consultation. Treatment, however, is long and expensive (according to Dr. Anderson, hospitalization can extend to three-and-a-half months at a cost of \$35,000), and not always successful. Yet this phenomenon of volunteer starving, whether an emotional cry for help or the following of a peer fad, is a fact of life in this generation.

## High Achievers

Brother Francis Ellis, CSC, principal of Cardinal Mooney High School, has announced Victor DiNitto, Lisa Gangarosa and Jennifer O'Connell as commended students by the National

Merit Corporation. These seniors are among the one million students who, as juniors, took the PSAT and placed among the top five percent of the participants.

## Homecoming Celebrated

Cardinal Mooney High School celebrated Homecoming the week of Oct. 11 with a variety of activities and events. On Wednesday, Oct. 13, the students observed Red and Gold Day by sporting the school colors on their clothing. On Thursday, Oct. 14, students and faculty took part in a 1950s Day, dressing up in outfits and styles of that era. Friday, Oct. 15, was Hats and Shades Day.

A pep rally, highlighting Fall sports and during which coaches introduced their players, followed the final class periods. Following the rally there was a varsity soccer game and on Friday evening, "The Graphics" entertained at the Homecoming Dance.

Homecoming activities ended on Saturday with a parade and football game.



Edward J. Lynd, a senior at Aquinas Institute and member of St. Ambrose parish, has been named a semifinalist in the National Merit Scholarship competition.

## Open House Set for Oct. 28

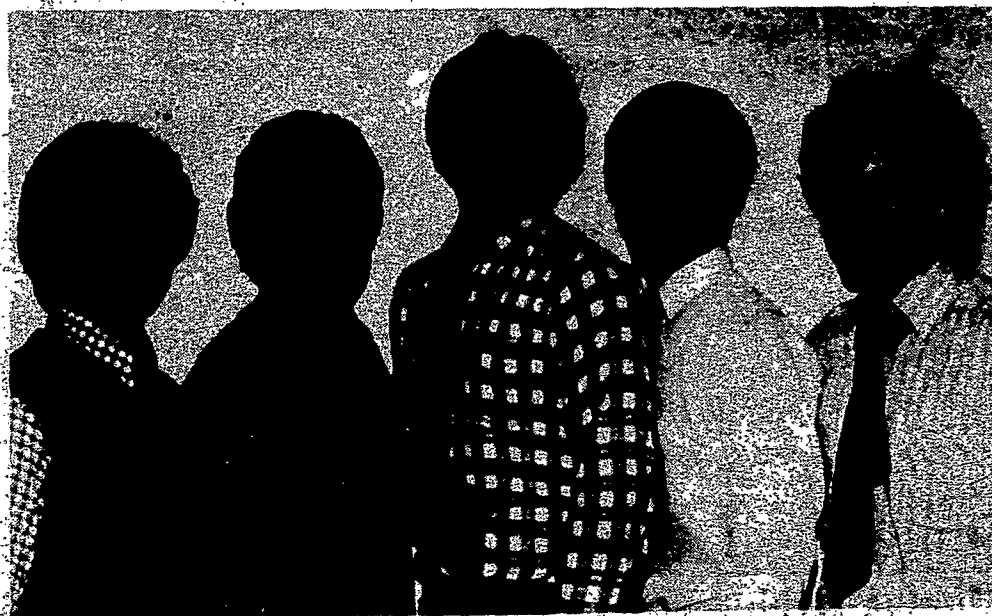
Cardinal Mooney is having an open house from 7:30 to 9:30 p.m. on Thursday, Oct. 28. Apple II computers will be among the many displays and demonstrations that will be highlighted. The evening will provide seventh and eighth grade students and their parents an opportunity to tour classrooms, meet teachers and become acquainted with the educational, social and Christian life of the school.

## Winner

Asonte Ellenwood, a senior at Nazareth Academy, was the recipient of the Winner's Circle \$5 for the week of Oct. 13.



"Go Cardinals!" was the cry during the Cardinal Mooney East High football game during Homecoming Week. The Cards took the game 28-6. Closing the festivities was the crowning of the Homecoming King, Allan Beaney, and the Queen, Lynn Fitzgerald.



## High Ranking

Father Joseph Moffatt, Aquinas principal, announced that David Cragg, Mark Mancuso, Eric Gertin, Mark Kershner and David Faso received commendations from the 1983 National Merit Scholarship Program. With the exception of Mark, who plans to enroll in a pre-med program at the University of Rochester, the other three boys are interested in engineering. Colleges being considered are Clarkson, Rensselaer Polytechnic Institute, Cornell and Notre Dame.