



McCLATCHY TRIBUNE

Vegetarian

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you know it's animal friendly and Hot Topic has a good selection of that," she said.

When Cox first became a vegan, the transition was not hard because she was pretty much used to life without meat. She said she realized excluding dairy products from her diet would be just as healthy.

"Some people would argue that it's not healthy because there is not enough protein. That's not true. Vegans get that and plenty of B12 vitamins," Cox said.

The vegan population is fairly low in Wichita Falls. She said she only knows of one other person among friends and family who is vegan.

She said it's hard when she goes out to eat with friends sometimes because they may eat somewhere that does not cater to vegans.

During her eight months of using non-animal-based products, she has found ways to make any meal vegan.

"For Thanksgiving I bought a tofurkey (a vegan turkey) with stuffing in the middle. Instead of eggs for the stuffing, I used an egg replacer with different kinds of flours for its ingredients," Cox said.

She said she got the meal from a vegan industry called Turtle Mountain Company.

Cox said being vegan can be expensive, but there are restaurants and places in town with good vegan food, for a good price.

"You can get a multitude of things pre-cooked.

Wal-Mart is even organic," Cox said.

Because many of her friends are not vegetarians or vegan she does get tempted occasionally.

"When I get lazy, I'm tempted. Then I think about how it helps me. It makes me feel better," Cox said.

She said thinking about the thousands of cows and chickens being killed each year keeps her mind off the Double Whopper.

Despite the low numbers of vegans in Wichita Falls there is a wide variety across the United States. According to a vegan Web site, one-half million vegans live in the United Kingdom. Some of these vegans are in the spotlight.

Music artist Prince is a vegetarian/vegan. Actress Natalie Portman is also a vegetarian/vegan.

Whoever it is, they practice a lifestyle that to Cox is more earth-friendly.

Cox said she would recommend being vegan to others. She said she will be vegan for the rest of her life and plans to raise her children that way.

"I will tell them why and how it is for their benefit. I will tell them different options for vegans," Cox said.

A vegan Web site said that research has shown a rich diet of fruits and vegetables decreases risk of heart problems.

"People say you limit yourself to things being a vegan. You're not. It's definitely a healthier lifestyle. And I will probably live longer for that," Cox said.

Food

"Day after day students eat in the cafeteria and by the end of the semester they're going to have a burn out," he said.

Lamb addressed some students' opinions of meal plans being overpriced by saying, "They see a bill of \$1,100 but it actually works out to less than \$5 per meal."

Chamuquin Prince, a junior kinesiology major, said the food is not always fresh. He said sometimes the cake is too hard or the salad leaves are brown.

Roya Shariati, a pre-med junior, was displeased

with the hygiene in the cafeteria.

"I found a bug in my food twice, once in my strawberries and then in my salad," she said.

Shariati did not wish to eat in the cafeteria after the second time and so she talked to Lamb about the incidents. She was able to get her meal plan cancelled.

Lamb said he remembers a couple students talking to him about their complaints on the cafeteria but doesn't recall this specific incident.

Watson explained a bad experience in the cafeteria when one of the staff sneezed in her hand and then

Eating disorders no picnic

MELISSA DOS PRAZERES-SILVA AND BONNIE BOLIN
FOR THE WICHITAN

Eating disorders among college students are seen more today than in any past generation. Dr. Pam Midgett, director of the MSU Counseling Center, blames the problem on the increase in increased exposure to attractive yet unhealthy Hollywood stars.

"Most everyone wants to look attractive and some of the attractive Hollywood celebrities are very thin. This can lead especially females to believe that all attractive people are ultra thin and even unhealthy," Midgett said.

Kathy Wells, coordinator of the Wellness Center at MSU, said approximately 55 percent of college students are obese and growing numbers in students, especially females, suffer from bulimia or anorexia. She also believes the media has a big influence on what young people think is the "perfect body."

Anorexia is a disease where people starve themselves. Those suffering with the illness have a very intense fear of gaining weight, so their eating habits revolve around that fear, she said.

They refuse to eat most of the time and over-exercise. Laxatives and appetite suppressants are also used to stimulate weight loss. Anorexics have a constant impression of themselves being fat even after becoming very skinny, sometimes even close to fatally thin.

Often confused with anorexia, bulimia is also a disease that involves the fear of being overweight. However, bulimics eat large portions of food and then induce vomiting (also known as binge and purging). Some bulimics also resort to extreme methods of weight loss employing measures such as excessive exercising, fasting, enemas, vomiting and also the use of laxatives and

diuretics.

"The main difference between the two disorders is that bulimics are usually of normal weight, making the diagnosis of bulimia much more difficult to make," Wells explained.

Another eating disorder is obesity. Obesity is the state of being unhealthily overweight. It is the second leading cause of unnecessary deaths in the nation, according to the American Obesity Association. It has become a huge problem, as nearly a third of the population is either overweight or obese.

"Overweight individuals usually struggle with their emotions and self-esteem," Midgett said. "Public perception is that they are lazy and unmotivated, as with anyone with a weight problem."

"We overlook obesity to anorexia when it comes to eating disorders but it is a big problem and it's getting out of control," Wells said.

Midgett explained that eating disorders have several different origins.

"Many issues can lead a person to manipulate food intake such as trauma in life - child or adulthood," Midgett said.

A sense of a lack of control in a person's life, depression, anxiety, negative self-esteem and family dynamics surrounding eating can also play a role in the development of an eating disorder.

"You can hear girls in grade five or six talking about dieting. They hear their mothers and older sisters talking about being thinner. It becomes a way of life," she said.

Eating disorders, as it's been proven, are learned, not physically inherited like other diseases.

"People don't wake up one morning anorexic," Wells said. "It happens over time, and it eventually evolves into disorder

ered eating patterns. Media promotes unhealthy body images and also advertises food all the time. People need to find a happy medium between the two to live a healthy life."

Midgett elaborated, stressing the importance of a healthy lifestyle.

"The key is to have a healthy eating and exercise plan and to learn to accept yourself rather than obsess about looking like Lindsay Lohan or the Olsen twins," she said.

Midgett related the "freshman 15" problem to the ample availability of high-calorie convenience food that college students resort to while adjusting to busy schedules. Some students also begin drinking high-calorie alcoholic drinks when they get to college, she explained.

Eating disorders cause numerous other health related issues like gastric problems, malnutrition, hair loss, irregular heart beat, heart attacks, ruptures of the stomach and esophagus and dehydration. People with eating disorders are also at a greater risk of being suicidal.

Students who have issues with eating and their weight can make an appointment at the MSU Counseling Center and meet with one of the licensed professional counselors. Here, the counselors help patients with their fears and feelings about issues, as it is usually here where their eating disorders are rooted. For anorexic and bulimics, they help them with their distorted images of themselves with support and encouragement, Midgett said.

Counseling services are also free of charge.

"The Center offers confidential services. Students who come will experience a feeling of acceptance," Midgett said. "Our sessions are paid by student service fees so the student does not pay."

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continued to make the sandwich.

Both Lamb and Clifton commented on the high hygiene standards MSU's Dining Services complies with.

"All employees undergo sanitary training," Clifton said. "We are inspected every six weeks by the Wichita County Health Department and routinely receive 95 out of 100 on the checks. We have one of the cleanest kitchens in Wichita Falls."

Not everyone agrees with the negative critiques. Many students like the cafeteria and find it very reli-

able and convenient.

"I like the cafeteria, they have good stuff," said freshman Berkley Peeples.

Ms. Janet's line seems to be very popular with the students. Both Prince and Primavera agree their favorite is her line.

All comments and opinions can be expressed in the survey that posted on the MSU Dining Services Web site. All names of those who complete the survey are entered into a drawing to win a prize, which was an i-Pod this year.

College

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why I can't be with him all the time. My wife is also pregnant so that makes things harder."

Smallwood has two daughters, one 9-years-old, the other 4-years-old.

He has found that as they get older things, seem to get more complicated.

"It's hard to balance everyone's schedules," Smallwood said. "Tyler has two cheerleading squads, tumbling and church. For now Kayla just has soccer, but as she gets older I know she will become more involved."

A typical day in the Smallwood household goes something like this: He gets the girls up and ready for school, his wife Haley, goes to work while Smallwood takes them to school and then goes to school himself.

After class he runs a few errands and then picks the girls up from school. He spends a few hours with them and then Haley gets home from work 30 minutes before Smallwood goes to work in the emergency room at Kell West.

By the time he gets home, everyone is in bed and he has a little time to get his homework done.

"Our schedule leaves a lot of

the household burdens on Haley," Smallwood said. "Any night I am at work, if the girls have something to do she is the one who has to take them."

She graduated in spring of 2006 with an associate degree in radiological sciences, so it is like the roles have been reversed.

When she was going to school he was the one left with all the household burdens.

"I know what she is going through," Smallwood said. "I was the one doing it for the past two years while she was going to school. She understands how I feel too, so it helps."

Spouses can be a major influence on partners going to school later in life.

Cavet admits that his wife has been a great influence on him deciding to go to school, and a great motivation during the difficult times.

"She always tells me that this could have all been over if I had started when I was young," Cavet said. "She is a great motivator though. She has a master's in nutrition and has really encouraged me to do better and become a better person."

Hoffman

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pointed that he will be eligible for parole in five years. However, we understand that the jury had a difficult job to do in deciding his sentencing and we thank them for their service in this trial.

"Mr. Fletcher's crimes devastated not only our family, but his own family, as well, and we extend our

sympathies and prayers to each of his family members.

"It is our belief that Rebecca Hoffman is alive today because of the speed in which the gang tasks force mobilized and the bravery of the responding patrol officers. They are truly Wichita Falls' fines and they have our deepest gratitude."

Dancing with Groupo

People who attended Groupo Fantasma's concert Thursday were encouraged to get up and dance.

LAUREN MILLER |
The Wichitan



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