than the death rate of ALL causes of death for females 15–24 years old.

Women are not the only ones afflicted with eating disorders. About 3% of adolescent boys binge eat or purge at least once a week, according to a new study and new data suggests up to 25% of adults with eating disorders are male. Unlike women, however, who tend to concentrate solely on weight and size, men worry more about sweat, body hair, and body odor.

Eating disorder onset is a process that happens over time, gradually; a person doesn't wake up one day with an eating disorder, as they would with a strep throat. Thankfully, this offers fair warning to those who know enough to read the signals.

Here are some warning signs to look for: preoccupation with the fear of becoming fat; rapid weight loss; idiosyncratic eating habits (limiting food choices, cutting food into small pieces, moving food around plate, chewing and spitting out food); restriction of food through dieting, skipping meals, or becoming vegetarian; signs of anxiety such as compulsions, perfectionism, and overachieving; signs of depression.

With an estimated 8 million Americans suffering from eating disorders, 95% of who are 12-25 years old, it is extremely important to know the warning signs and to seek help if you or someone you know may have an eating disorder.

An eating disorder is classified as a psychological disturbance in eating behavior, such as extreme and unhealthy reduction of food intake or severe overeating. Eating disorders are usually accompanied by feelings of extreme concern or distress about body shape or weight. There are currently three types of eating disorders classified in the Diagnostic and Statistical Manual of Mental Disorders: anorexia nervosa, bulimia nervosa, and eating disorder not otherwise classified.

Anorexia nervosa is a disease marked by the pathological fear of weight gain leading to rapid or extreme weight loss. Victims with anorexia restrict or limit their intake of food, as well as their behaviors in life spheres beyond food and eating.

You may be surprised to know that there is a purging type of anorexia, and that not all anorexics are emaciated or even thin; in actual fact, many are of normal weight. Anorexics do eat; there is commonly held misconception that if people eat at all, they cannot be sick.

Bulimia nervosa is another eating disorder marked by out of control eating followed by some form of purging. It typically accompanies a pathological fear of weight gain leading to food restriction, followed by the need to gorge in response to extreme hunger.

Eating disorders are diseases, and as the most lethal of all mental illnesses, often lead to death if left untreated. It is important to know that people don’t have to look emaciated to die. It is not atypical for bulimics with a normal appearance to develop electrolyte imbalances that can result in heart failure. The mortality rate associated with anorexia nervosa is 12 times higher than the death rate of ALL causes of death for females 15–24 years old.

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such as social withdrawal, irritability, and difficulty concentrating; low self-esteem, seeking of approval; feelings of dizziness, fatigue, or constant coldness; compulsive exercise; and excessive time spent in bathroom.

The good news is that eating disorders are curable in as many as 90% that are detected early and treated effectively. Recovered individuals report that with effective treatment, they have their life and personality back.

If you or someone you know may have an eating disorder, there are many resources on campus. You can always come talk to me about any concerns you may have. If you'd rather talk with someone less familiar, one of the psychologists at Psych B I S O N  S P E C T R U M P A G E 2

The original Thanksgiving attributed a number of families, races, and cultures that placed the focus on unity, partnership, and mutual overcoming of obstacles. The first meal was a celebration of human triumph over racial lines to earn the victory over the elements for survival. Today, Thanksgiving has the opportunity to bring families together, to bridge culture, gender and age gaps.

Thanksgiving, to me, means a time to be thankful for family, for food, for entertainment, and I enjoy all of those aspects. But Thanksgiving also means a missed opportunity to invite people from the community to gather together to build relationships and unite, acknowledging the great worth everyone has and the contributions all bring to make a community all that it can be.

Being Thankful this Thanksgiving

Thanksgiving is a time original legendary Thanksgiving featured something quite different than while backtracking a meal and entertainment.

across the myriad ways we've traveled through life. It is a day to commemorate pilgrims, ships, and a legendary meal but too often this holiday becomes food-focused, family-focused, and football-focused.

My family traditionally eats a lavish meal: turkey with dressing, sweet potatoes, turnips, beans, corn, cranberry sauce, and various pies for dessert. While having the delicious meal we all share what we are thankful for.

On a break from school, Thanksgiving provides a respite to students’ weary minds and to workers’ mundane routine. Yet, the attributed a number of families, races

BY, CHRIS OPIELA '10

PAID Production Internships

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Contact Jess Hess: jah018@bucknell.edu for more info
Unforgettable Internship

Originally I had thought that CDC would not have anything to offer in terms of career opportunities in my area of interest—Marine Biology. But I decided to give it a shot for an externship opportunity.

Since there were no Bucknell alums in marine biology, Missy Gutkowski set up an externship for me at the Maritime Aquarium in Norwalk, CT.

Over winter break, I completed my externship and absolutely loved it. At the end of my 2 short days there, the staff encouraged me to apply for an internship because they had enjoyed working with me. I applied and was accepted. The summer seemed to go by entirely too fast. I was exposed to basically every job that each of the aquarists did while working at the aquarium. Some of my least favorite things to do were water quality, which was somewhat time consuming and menial, and making salt water, which was physically exhausting and also took a long time. However, these things are important to the health of the animals, so they were still done with the same attentiveness as the more exciting aspects of my internship.

Feeding and doing behavioral training with the otters, cleaning the seal pool, and feeding the 7 sand-tiger sharks, 2 young green turtles, and one very large loggerhead turtle were just a few of the amazing things that I got to do while interning. I gained more knowledge this summer than I had ever hoped before I started. I would not trade my past experiences for anything, even though I had to be there at 7 every morning, including Saturdays. It was a life changing experience and I now know the direction my career will be going in. I owe a huge thank you to Missy Gutkowski and the CDC for helping me get my foot in the door to my future career.

“Engineer Recruiting Consortium 2008
Friday, December 5, Philadelphia Chamber of Commerce at the Bellevue Building, Broad Street
A consortium event involving students from Bucknell, Lehigh, Princeton and Swarthmore. Both full time and internship positions are available. Held at the Philadelphia Chamber of Commerce at the Bellevue Building, Broad Street.

For more information contact Megan Rogers: megan.rogers@bucknell.edu

B-Link Buzz

B-Link is a relationship building tool available only to Bucknell alumni, students and faculty. Stop by the Alumni House for coffee and a conversation with one of our staff about why you should use B-Link, how you should use B-Link, and what you will get from using B-Link. To gain access to B-Link, first-year, sophomore, and junior students must participate in 2 access events and this counts as 1 of the 2 access events.

Tuesdays & Wednesdays
9:00 - 9:30 am
Alumni House
“One Enchanted World”
Multicultural Gala
Sponsored by the Multicultural Council of Presidents
Saturday, December 6th 2008
from 9:30pm - 1:00am
All are invited!

Mark Your Calendar!!
Dec 2, 08: Love Your Body Fair, Terrace Room LC, 6:30-8pm
Dec 5, 08: Fall Dance Concert, Harvey Powers Theater, Coleman, 8-10pm
Dec 9, 08: Student Success Series—stress management & meditation techniques, LC 217, 6pm
Dec 9, 08: Candlelight Services 2008, Rooke Chapel, 7:30-10:30pm
Dec 5: International Coffee Hour: China, Vedder Cultural Center Lounge, 4-5:30pm,
Dec 10, 08: Wacky Wednesday, Vedder Lounge, 10pm

International Student Services——Multicultural Student Services
Vedder 125
Bucknell University
Lewisburg, PA 17837
ph: 570.577.3794
fax: .570.577.3163