

# Alumna returns to speak about eating disorders

By Cara Latham

Rider alumna Gail Friedman Schoenbach, a member of the class of 1983 and founder of the Foundation for Recovery and the Elimination of Eating Disorders (FREED), returned to Rider's Lawrenceville campus for the first time since her graduation to speak about her eating disorder, bulimia, and to discuss the foundation she started.

Schoenbach spoke in the Bart Luedeke Center Theater on Tuesday about how she developed bulimia after gaining weight during her first semester at Rider. The following summer, she worked hard to lose the weight and became obsessed with keeping it off. She thought an easy way would be to eat as many meals as she wanted to in Daly's and then return to her residence hall, or find other places like the Fine Arts building, to throw up, she said. She continued to do this until she graduated.

"I never said anything to anyone," said Schoenbach. "I just figured no one knew."

Finally, Schoenbach told her mother one Thanksgiving weekend, and they went to a doctor, who told them that she was just going through a phase and that she would get over it. However, she said her symptoms did not end after



Photo by AlVicedo

Gail Friedman Schoenbach, class of 1983, visited for the first time to address eating disorders.

she graduated and held positions for a few companies in Manhattan, including Merrill Lynch. During this time period, she remained symptomatic while at work, until she realized that she needed help.

"I didn't want to binge and purge," said Schoenbach. "I just wanted to eat right and maintain a healthy diet."

Schoenbach began seeing a nutritionist who told her to see a psychiatrist because she suspected Schoenbach had chronic depression. She was put on Prozac but it did not relieve her symptoms. However, she said she noticed that her symptoms worsened while she was under stress.

"In an eating disorder, you're always under stress, but

there are times where I was just unhappy," said Schoenbach.

Eventually, she met her husband and got married, even though he didn't know of her problem because she could recognize and control it, she said. However, it progressively failed to work.

"I was so entrenched in my symptoms, it was hard to develop but I managed to," she said. "I met my husband, had kids and built a life."

A few of her friends caught on about three to four years ago, after she had gone back to bingeing and purging about 20 to 25 times a day. After conducting research, she enrolled in a treatment program that required her to travel to northern New Jersey from 2:30 to 10:00 p.m., every

day.

Her insurance company wouldn't pay for the treatment after two months.

"They said they weren't paying for it anymore, although I had the eating disorder for half of my life," said Schoenbach.

Eventually, she dropped so much weight that she was below 100 pounds. When her husband proposed a family vacation, she told him she couldn't.

"I'm going to die if I don't get help," she told him.

She chose a treatment center in Florida because they had a program that allowed her family to visit. They stayed the first week and a half of the first six weeks of the program.

After recovering, she founded FREED, which sup-

ports treatment for those who are suffering from eating disorders and helps them cope.

Schoenbach's visit to Rider ended with a discussion on facts about eating disorders. She also mentioned that overly-slim models are portrayed as beautiful, causing young girls to feel they need to be extremely thin to avoid feeling inferior.

"We need to teach young girls to feel good about themselves," said Schoenbach.

Lindsay Walter, who is in charge of public relations for the Psychology Service Club, which sponsored the event, said that in the process of looking to find a speaker to relate to psychology issues and life in general, the club chose Schoenbach because having an alumna speaker was ideal. Also, after reading Schoenbach's website, Walter found it to be a good idea, especially since her disease began while she was at Rider.

"Most people think that only college and high school people have eating disorders, but in this case, it was [a forty-year-old-woman]," said Walter.

She also said that the biggest shock for her was how much therapy for those with eating disorders actually costs.

"The cost is anywhere from \$50,000 to \$75,000," said Walter. "[It's great] that now she's turning around and helping other women."

## 'THEFT'

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that are leaving the campus. Lt. Edgar feels as though the Rider community can help deter auto thieves by reporting suspicious activities.

"There are about 5,000 sets of eyes that can help Security and the police if they were

to report anything that looks remotely suspicious," said Edgar. "The community could pay attention to people who look like they are having difficulty trying to get into a car or just standing around near a Honda or Saturn."

Weaver urges students to take necessary precautions in protecting their cars. She warns students not to leave any valuable pieces of informa-

tion in their cars, including their licenses, registrations and insurance cards.

"This is a safe campus and, like the outside community, unfortunate incidents like these happen," she said. "The community has been great working with us."

Last semester, two other SL-2 Saturns were stolen from Rider parking lots. One of the problems with the O-Lot is

that the security kiosk is not manned all the time, said Lt. Edgar. He described the location's openness as a car dealership lot to thieves. Anybody can potentially get on campus and drive away in a stolen car.

"I think it would be a good idea to have the kiosk manned 24 hours a day," said Edgar, "and roving security in the O-Lot in response to this problem."

Despite the events, Weaver is confident that the matters will be resolved.

"I remain optimistic that we will find the person(s) responsible for this," she said.

Weaver said that cooperation from the community is appreciated and that anyone with information is asked to call Security at x. 5029.

## Pres. of ZTA is fortune's friend

By Andrew Silver

Lara Lindner, president of the Zeta Tau Alpha (ZTA) sorority, won as a contestant on ABC's long-lived popular game show, *Wheel of Fortune*, which aired last Thursday at 7 p.m.

Lindner, who is a senior marketing and advertising major at Rider, became aware of the possibility of becoming a guest on the show when she was on a trip to Atlantic City with other members of ZTA.

"I was in Atlantic City, the girls were staying over with me, and on the radio we heard about auditions for *Wheel of*

*Fortune*," said Lara. "The girls came with me as I filled out the application."

After going through five auditions at the Four Seasons Hotel in Philadelphia with over 10,000 people the list went down to the final 15. The callbacks were over a two-week time period, and Lindner said she was overwhelmed when she found out she made it to the finals.

"I was lying in my pool and the phone rang, my mom answered with a huge smile on her face," she said. "I jumped out of the pool so fast and ran to the phone. The contestant coordinator congratulated me and told me I was chosen to be a contestant. I was crying, my parents were screaming, and my

dogs were barking like crazy."

Lindner's taping took place on July 17 at the Wachovia Center in Philadelphia for its Nov. 11 airing. The start of the show took quite a long time, she said, because there were rules, strategies, acting out, auditioning and other preparations that needed to be addressed for gearing up the contestants.

"We randomly picked ping pong balls, and I chose the Nov. 11 airing," said Lindner, who won \$24,571 in cash and prizes, which include about \$16,000 in cash, a trip to Bermuda and a \$3,500 gift certificate to Boscov's. Unfortunately, Lindner was unable to complete the bonus round.

Lindner stated that she

could not believe that she was actually in the studio and that she was hanging out with the people she has watched for so many years.

"It was just amazing, I stood next to Vanna White," said Lara. "When you're up on stage, it is a completely different feeling."

Lindner said that she is a die hard fan of *Wheel of Fortune*, along with other game shows. She also said she was very fond of the other competitors, with whom she connected closely with during filming. She said that it seemed as if everyone walked out a winner.

"I was happy one of the competitors won \$1,650," said Lindner.

The success of Lindner's

appearance must be credited to her sisters in ZTA because they put effort into supporting her throughout the entire process, she said.

"I watched with the most important people in my life besides my family, my ZTA sisters," said Lindner. "About 40 of us all watched it together for the first time downstairs in our basement as they all cheered me on."

To prepare for the show, she played the CD-Rom game and watched *Wheel of Fortune* on primetime, as well as reruns on the Game Show Network, and was glad she had this opportunity.

"It was a once in a life time experience to be on *Wheel of Fortune*," said Lindner. "It was