



Like mother, like daughter

"My daughter is going through a phase of wearing jeans so tight she can't bend her knees in them. I...say, 'Can't you wear something else?'" — Madonna



MyTeenStarTV

Still wondering about what to wear to prom? Watch TeenStars model some of this year's latest fashions at 12:30 p.m. Sunday, Channel 62 or Cable Channel 10.

TEENSTAR: A VOICE OF, BY AND FOR TEENS

THE RAIL

Mollygood

Michael Lohan, Lindsay Lohan's father, has been released from prison after serving two years on a DUI conviction. Michael Lohan says that while he was behind bars he found God, and he has vowed to devote his time and energy to helping others. To read more about celebs and their adventures, check out mollygood.com.



Campaign Earth

If you're looking for a simple way to take better care of the environment, campaign earth.org can help bring you to a new level of personal involvement in environmental issues. The Web site has information packaged in an upbeat style and offers ideas about how to help you easily accomplish the actions you need to take.

Google Earth

Nearly everyone has heard of or used Google, but have you heard about Google Earth? If you're interested in seeing what your home looks like from a flying viewpoint, earth.google.com is the site to visit. Google Earth combines the power of Google Search with satellite imagery, maps, terrain and 3D buildings to allow you to view anything from buildings to your own house!



Phobias

According to phobialist.com/reverse.html, the fear of the number 666 is called hexakosioihexekontahexaphobia, and the fear of Greek terms is called hellenologophobia. Interested in learning about more phobias? Check out phobialist.com.

Hooked on facts

Did you know that the wild turkey is the only bird with a beard, that the average NFL player's career lasts only 3½ years or that your brain is 80 percent water? If reading up on strange facts is a hobby of yours, check out hookedonfacts.com, a Web site with enough facts to keep you reading for hours!

| Hannah Jennison, TeenStar

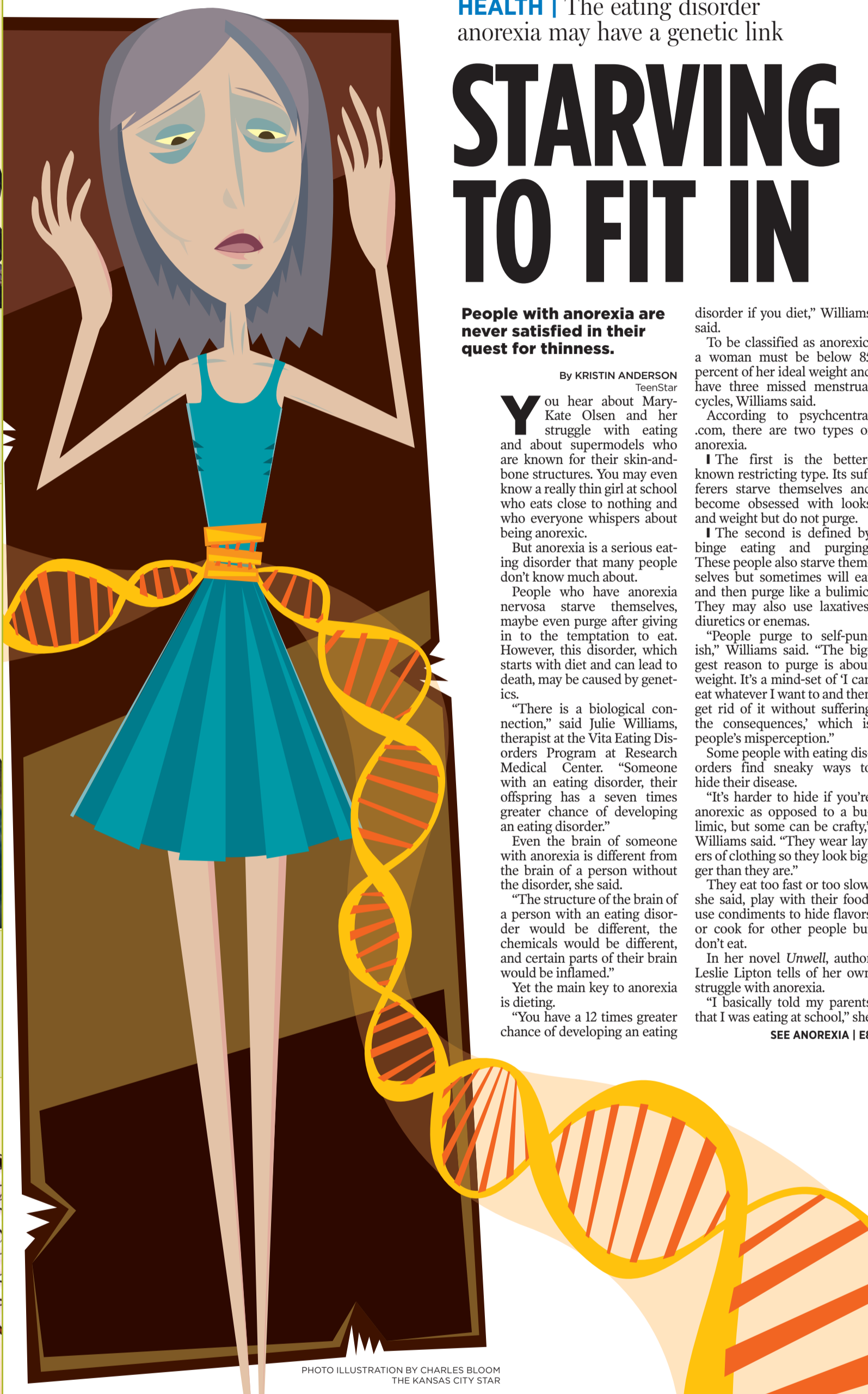
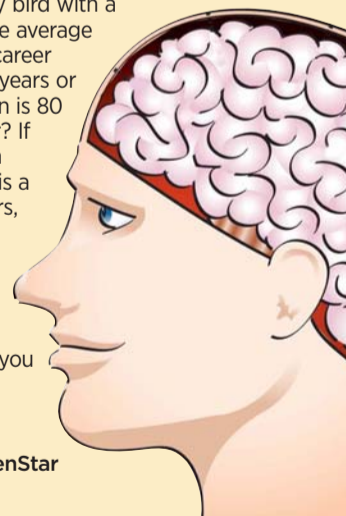


PHOTO ILLUSTRATION BY CHARLES BLOOM THE KANSAS CITY STAR

HEALTH | The eating disorder anorexia may have a genetic link

STARVING TO FIT IN

People with anorexia are never satisfied in their quest for thinness.

By KRISTIN ANDERSON
TeenStar

You hear about Mary-Kate Olsen and her struggle with eating and about supermodels who are known for their skin-and-bone structures. You may even know a really thin girl at school who eats close to nothing and who everyone whispers about being anorexic.

But anorexia is a serious eating disorder that many people don't know much about.

People who have anorexia nervosa starve themselves, maybe even purge after giving in to the temptation to eat. However, this disorder, which starts with diet and can lead to death, may be caused by genetics.

"There is a biological connection," said Julie Williams, therapist at the Vita Eating Disorders Program at Research Medical Center. "Someone with an eating disorder, their offspring has a seven times greater chance of developing an eating disorder."

Even the brain of someone with anorexia is different from the brain of a person without the disorder, she said.

"The structure of the brain of a person with an eating disorder would be different, the chemicals would be different, and certain parts of their brain would be inflamed."

Yet the main key to anorexia is dieting.

"You have a 12 times greater chance of developing an eating

disorder if you diet," Williams said.

To be classified as anorexic, a woman must be below 85 percent of her ideal weight and have three missed menstrual cycles, Williams said.

According to psychcentral.com, there are two types of anorexia.

The first is the better-known restricting type. Its sufferers starve themselves and become obsessed with looks and weight but do not purge.

The second is defined by binge eating and purging. These people also starve themselves but sometimes will eat and then purge like a bulimic. They may also use laxatives, diuretics or enemas.

"People purge to self-punish," Williams said. "The biggest reason to purge is about weight. It's a mind-set of 'I can eat whatever I want to and then get rid of it without suffering the consequences,' which is people's misperception."

Some people with eating disorders find sneaky ways to hide their disease.

"It's harder to hide if you're anorexic as opposed to a bulimic, but some can be crafty," Williams said. "They wear layers of clothing so they look bigger than they are."

They eat too fast or too slow, she said, play with their food, use condiments to hide flavors or cook for other people but don't eat.

In her novel *Unwell*, author Leslie Lipton tells of her own struggle with anorexia.

"I basically told my parents that I was eating at school," she

SEE ANOREXIA | E8

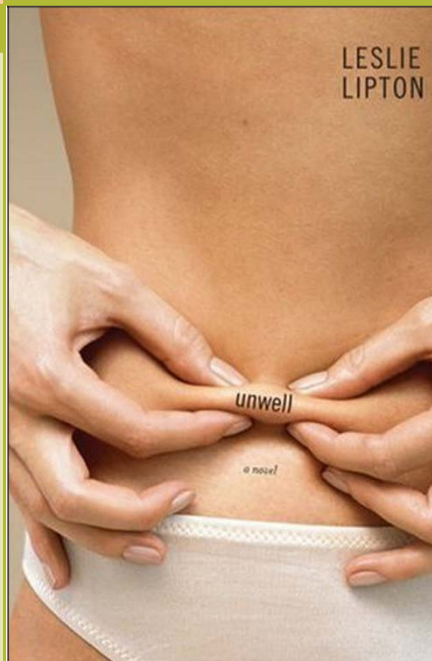
MORE ONLINE

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Backstage

Dylan Walker of TeenStar sits down with Underoath's crazy keyboardist Chris Dudley, who talks about bad shows, rough cuts from the new CD leaking onto the Internet and wrecking radio-controlled cars. www.kansascity.com, click on FYI/Living, then TeenStar.



LESLIE LIPTON

Two stories of eating disorders

Leslie Lipton was an ordinary teen, except she came to believe she wasn't happy. She believed the path to happiness traveled through thinness.

She lied to her parents about where she ate, and if she ate at home, afterward she'd hurl in the shower.

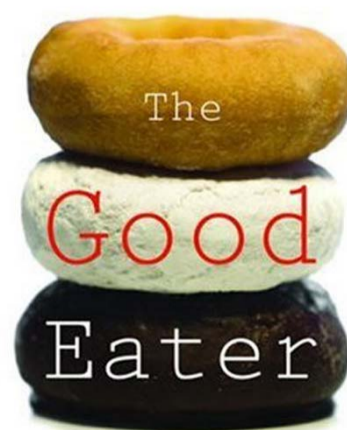
Maybe you thought guys don't have eating disorders. Ron Saxen's story shatters that myth. After a troubled childhood during which he

was a binge eater and became overweight, he decided to become a male model. At one point, he says, his weight plummeted to 70 pounds.

Both Leslie and Ron talked to TeenStar's Kristin Anderson. You can read their interviews at kansascity.com, click on FYI/Living, then TeenStar.

Or you can read their books. Check online to see where they're available.

the true story of one man's struggle with binge eating disorder



RON SAXEN

NEXT WEEK IN TEENSTAR: IS DANCING TOO DIRTY IN JOHNSON COUNTY?