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IN ARTS & BOOKS

BIG WITCH STANDS OUT

Atlanta Opera's staging of 'Hansel and Gretel' features a mega-puppet



IN COLLEGE FOOTBALL

BULLDOGS TOP TROY

Georgia staves off spirited Trojans 44-34
ALSO: LSU rolls past 'Bama



The Atlanta Journal-Constitution

SUNDAY

COUNTDOWN 2008: THE PRESIDENTIAL RACE

Georgians give a bundle, especially to Democrats

By JIM GALLOWAY
jgalloway@ajc.com

One year before they go to the polls, Georgians have opened their wallets to candidates for the White House in unprecedented fashion. But unlike in years past, residents of the red state have given a majority of their cash to Democrats.

Contributions funneled to the Democratic field from Georgia — Barack Obama has raised more than any other candidate — are twice what they were at the same point four years ago, and five times

STATE CONTRIBUTIONS

Democrats	\$2,724,222
Republicans	\$2,666,066
All candidates	\$5,400,388
Barack Obama (D)	\$1,345,196
Mitt Romney (R)	\$868,208
Rudy Giuliani (R)	\$793,560

larger than they were in the fall of 2004, according to new Federal Election Commission figures. "We worked two months to get

▶ Please see ELECTION, A10
BEGINNING TUESDAY: Expanded daily coverage of White House races.

IN ISSUE

Big field, big vote

With the presidential election just a year away, we offer a comprehensive guide to the crowded field of candidates and the complex, controversial primary schedule.



Pakistan president grabs total power

Musharraf spurns U.S. appeals for liberalization, says he had to crack down to thwart terrorism.

By DAVID ROHDE / New York Times

Islamabad, Pakistan — The Pakistani leader, Gen. Pervez Musharraf, declared a state of emergency Saturday, suspending the country's constitution, firing the chief justice of the Supreme Court and filling the streets of Islamabad with police officers. The move appeared to be an effort by

Musharraf to reassert his fading power in the face of growing opposition from the country's Supreme Court, political parties and hard-line Islamists. Pakistan's Supreme Court had been expected to rule within days on the legacy of Musharraf's revolution last month as the country's president.

The emergency act, which abolishes and opposition leaders said was more a declaration of martial law, also boldly defied the Bush administration, which had repeatedly urged Musharraf to avoid Islamabad with police officers. ▶ Please see PAKISTAN, A12

GIRLS IN RACE TO BE THIN



Most female competitors in the popular fall sport appear to be healthy schoolgirls. The most successful distance runners sometimes hurt themselves by overtraining and undernourishing.

RUNNING INTO A PROBLEM

Cross country is a competitive sport, and some high school girls go to great lengths to get down to a speedy weight. But sometimes it's not a healthy weight.

IN SPORTS

▶ **Lakeside runner:** A successful fight against anorexia. E1

▶ **State's top runner:** Frustrating to look up. E4

▶ **GMSA:** Not ready to put girls on scene. E4

▶ **Coaches:** What they are saying about the issue. E4

▶ **Parents:** What they should monitor. E4

▶ **Experts:** It's the choice for perfection. E5

By TODD HOLCOMB

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The average girls who run high school cross country, some competing for fan-oliers for championships, are showing signs of eating disorders that could harm them for life.

Too many girls are too thin, coaches and health experts say. Some overtrain to burn calories, skip meals, suffer from anemia, pass out during races and develop the mindset that thin means fast.

Those warning signs can be precursors to anorexia or bulimia, eating disorders that are

more prevalent in sports in which appearance and weight are emphasized.

"It's a sport that is predicated on being fast," said Dr. Ken Mouton, an assistant professor of orthopedics at Emory University School of Medicine. "You look at the athletes. Most are very thin, long-legged. This is sort of seen as the norm."

Fifteen of the 21 metro Atlanta high school coaches who responded to an AJC survey said eating disorders are common on girls' teams or it is a problem that needs more attention.

▶ Please see RUNNING, A19



Ellie Sharp, a Lakeside High junior, battled anorexia for two years before she was allowed to compete. She says she sees a few runners at each meet who look too thin to be healthy.

Time has changed

Did you remember to set your clocks back at 2 a.m. today, or when you went to bed last night? Hope so.



EXPANDED INDEX, A2

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IN METRO

They smell horses, don't they?

Newcomers to Milton thought the horses looked cute on calendars. Now they're snapping officials about the odor. D1



IN SUNDAY LIVING

Hilariously tasteless

Radio personality Mike Bell makes listeners laugh, laugh, laugh with disgust. M1

IN ARTS & BOOKS

The 'Rhett' review

Novel about "Cone with the Wind" hero has a style to fit its subject. K1

Black Atlantans frequently snared by subprime loans

Vulnerable to foreclosure: Even African-Americans with large incomes have strong chance of getting higher interest rates.

By CARRIE TEGARDIN
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Black Atlantans of all income groups were much more likely than whites to take out high-interest "subprime" mortgages when buying a home, making them more vulnerable in the ongoing mortgage meltdown.

Nearly half of blacks who bought a house in 2005 or 2006 ended up with a

high-interest mortgage, compared with 13 percent of white home buyers, according to an Atlanta Journal-Constitution analysis of federal mortgage data.

The disparity was striking, even in a comparison of home buyers with similar incomes. Among black home buyers making more than \$100,000 a year, 41 percent got a subprime mortgage, compared with 7 percent of whites in the same income category.

Experts on mortgage lending offer a variety of explanations. Some say differences in credit history cause the variation. Others argue that subprime mort-

▶ Please see LOAN, A16

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RUNNING INTO A PROBLEM

Weight guidance, not rules

GHSA says policing girls' sizes isn't right approach

By DAVID PURDUM

The Georgia High School Association took measures last year to eliminate unhealthy weight loss in wrestling...

"I wouldn't call it an epidemic," Brookwood girls coach Chris Carter said...

It's a simple chart that measures body fat, based on height and weight. A BMI under 18.5 is considered underweight...

effective way to reduce problems in cross country. He said screening should begin with physicians who perform pre-participation physicals for GHSA members...

WHAT THEY ARE SAYING Cross country coaches and leading experts discuss eating disorders and distance running.

SCOTT FREED Woodcrest Academy cross country coach

EMILY REESE Brookwood cross country coach

EMILY REESE Brookwood cross country coach

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Ultra-lean Reese runs in spotlight



Chamblee High runner Emily Reese, who will be seeking her fourth state cross country title this Saturday, says she eats normally and her metabolism is responsible for her thin size.

Distance champ knows her size draws scrutiny

By TODD HOLCOMB

Emily Reese knows people are watching her. It comes with being the best girls distance runner in Georgia history.

It's actually something I'm trying to work on. I'm trying to bulk up. I don't want people to think I'm anorexic.

Medical experts agree that some healthy athletes are just naturally lean, even though they are deemed underweight by some height and weight indexes.

- TIPPING THE SCALE A list of tips for coaches and parents on what to look for and how to deal with their young runners:
- Do not assume that reducing body fat or weight will enhance performance.
- Emphasize healthy, balanced eating, which includes fat and carbs.
- Understand the Female Athlete Triad - disordered eating, amenorrhea and osteoporosis.
- Don't ask athletes to diet, which can be the trigger for eating disorders.
- Don't be afraid to discuss menstrual cycles, because irregular periods over time can cause osteoporosis and stress fractures.
- Know what and how much your runners are eating.
- Watch for athletes who eat alone or become distant when the subject of eating is broached.
- Be aware of putting pressure on your child. At risk athletes are people pleasers and highly sensitive to making people proud of them.
- Do not allow runners to run extra miles to burn calories.
Source: Interviews with local doctors, psychologists and nutritionists who work with athletes with eating disorders, and coaches.

