

# Women's caucus picks candidates

The Oregon Women's Political Caucus endorsed 1978 primary candidates Bob Straub, Jim Weaver and Tom McCall Wednesday during a morning press conference.

The organization, representing 10,000 people around the state, based their endorsements on the candidates viewpoints of women's issues and what their office record has been in supporting women's issues.

Specific issues in which candidates were judged included the Equal Rights Amendment (ERA), the boycott of other states who have not ratified the ERA, abortion and tax-exempt statuses for or-

ganizations that prohibit female membership.

Straub was chosen for his appointment of nearly 300 women to state boards and commissions and his stand on state-funded abortions. McCall was picked because he favored individual choice for abortion.

In some races, no candidates met up to the group's standards, resulting in no endorsements for that race.

Other choices were Nellie Fox, political director of the AFL-CIO, for State Labor Commissioner and Ruth McFarland for state school superintendent.

# Watching the River Flow

By Steve Dodge

**Abigail Van Buren**, "Dear Abby" to most people, isn't known for her informal attitude towards sex. In fact, in a pamphlet being sent out to teenagers (and parents) who request it, Abby has some rather explicit dating advice:

"Boys: help your date with her coat, always! When walking, you are always on the outside.

"Girls, don't let a fellow hug and kiss you in public. It's in poor taste and it tends to disgust onlookers. Not to mention how it cheapens your reputation.

"Don't clown, shout or wrestle. It's unladylike.

"Girls, don't use vulgar language or tell risqué stories. You may get a big laugh from the crowd but deep down they are silently marking you down."

And to both: "Prolonged kissing whets the appetite and warms up



the engine. Once that engine's warmed up, its rugged to turn it off."

"A wet kiss, boys, may prove repulsive to your date. Leave her high and dry. Please.

"Girls: don't be in the house alone with your date when no one is home. Always try to double date or be in a crowd."

The pamphlet, entitled "What

Teenagers Want to Know" carries a 1967 copyright.

**In other sex news**, Screw magazine has been ordered to stop depicting the Pillsbury "Doughboy" and "Doughgirl" engaged in sexual acts.

U.S. District Judge William C. O'Kelly issued the temporary injunction following a complaint by Pillsbury that the mock ad carried in Screw is "uncompromisingly obscene in its totality, and is the antithesis of wholesomeness and decency" the company attempts to project.

The complaint said Pillsbury has spent "at least" \$70 million to develop the wholesome image of the doughboy and girl and was loath to see them "joining in various sexual activities including an act which is a crime against nature."

The doughpeople were reported heading towards Las Vegas (as they are under age) and were unavailable for comment.

**A survey conducted at Oregon State University** recently revealed some interesting opinions on what today's college students are looking for in a mate, according to a recent OSU Barometer story.

The survey of 165 OSU students listed mutual attraction as the leading personal quality looked for, followed by intelligence, emotional stability, ambition and health.

The results were then paired against a similar study done in 1939 which listed as its top five: dependability, emotional stability, nice disposition, mutual attraction and health.

Political similarity was ranked 18th or dead last in both surveys.

# New diet program stresses group support, counseling

There are very few fat and jolly people walking the streets of Eugene, says Tony Cubito of the Eugene Counseling and Education Services.

Most overweight people in the city aren't happy with themselves; that's why they're overweight, Cubito says. That may change.

Cubito, who heads the Counseling and Education Services program, explains the only way to help overweight people is to make them more aware of their feelings for themselves and to help them understand that overeating won't solve their situation.

Most overweight people tend to dislike themselves, he says, and that dislike could lead many of them to turn to something outside of themselves that gives them pleasure. Most of the time that "something" is food, Cubito says.

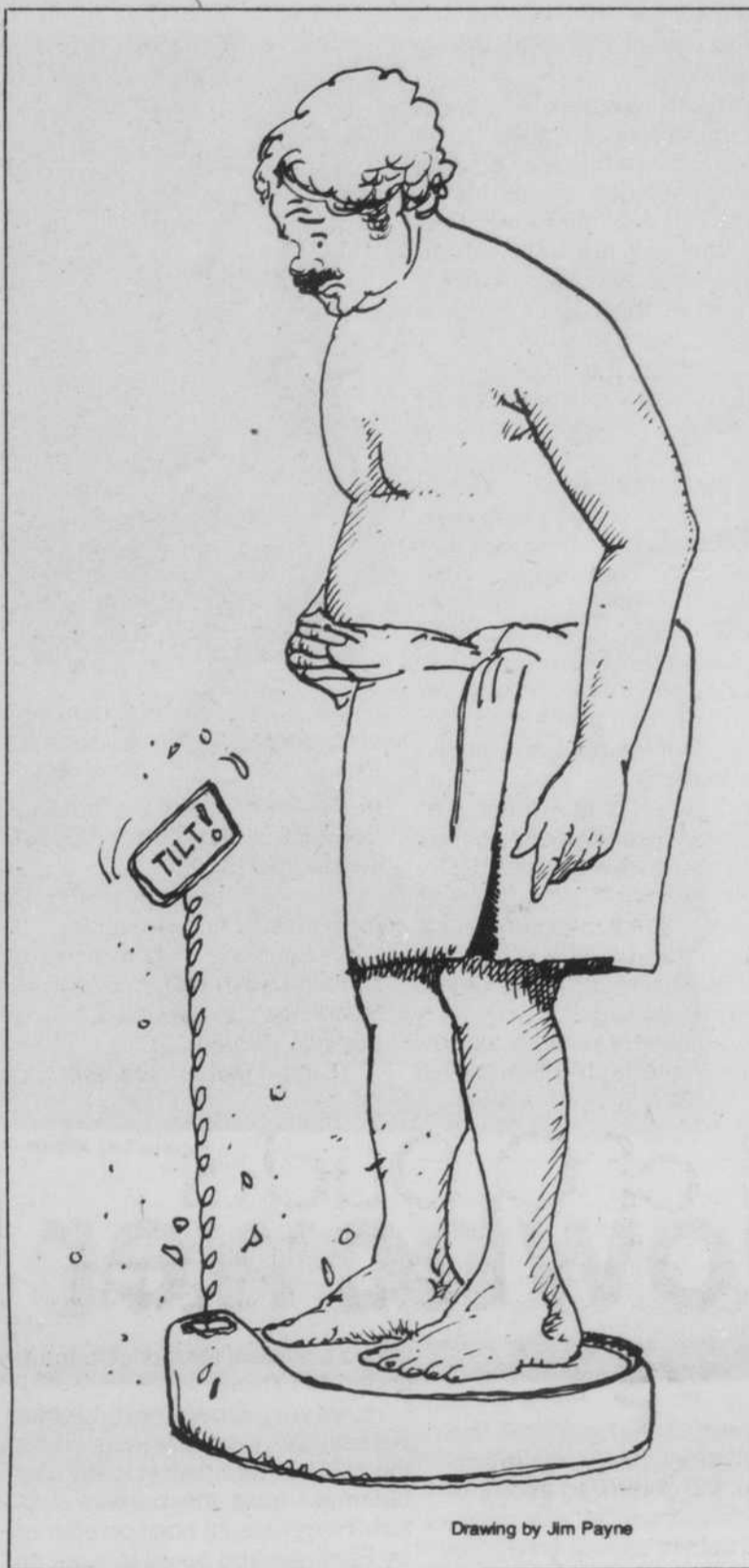
"A great deal of overweight people are quite self-critical," he says. "They don't like something about themselves so they run to something that will make them feel better. Like food."

The food, Cubito says, doesn't make them feel better about themselves, but it does provide pleasure.

Through a new diet program Cubito has developed that depends mainly on counseling and group support for overweight people, Cubito hopes to make those people feel better about themselves.

The program, which will hold its first introductory meeting Monday in the Wesley Center at 10 a.m., is designed to give overweight people who have tried and failed with diets to understand why they overeat, Cubito says.

"We try to help the overweight people to understand that if you tend to be self-critical you create bad feelings inside your body," he says. Those bad feelings cause people to overeat and can be eased



Drawing by Jim Payne

through counseling.

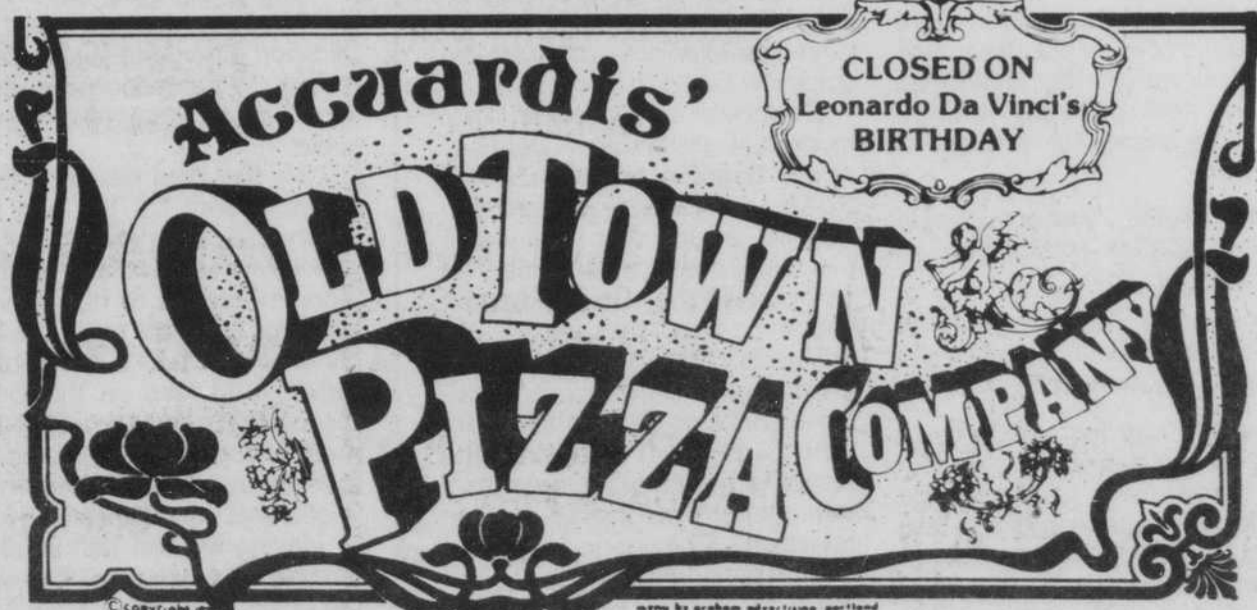
"If a person learns to stop criticizing him or herself they'll more than likely stop overeating," Cubito says.

The counseling, Cubito says, will be held in a group session two times a week and include a lecture and mental exercise format.

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