

Diet affects mind and body

By SALLY HODGKINSON
Of the Emerald

Eugene-area nutritionists are working hard to show there's still a lot of truth in the old saying, "You are what you eat."

"You have the power to take control of your life and make changes," says University nutrition teacher Justine Heavilon. "The power to change is with us as consumers."

But whether or not that change is nutritionally sound is what worries the nutritionists, who say diet affects both physical and mental health, adding that what you eat can shorten or lengthen your life.

The first step in building a nutritionally sound diet is to cut out unhealthful foods such as sugar, coffee and refined foods, Heavilon says.

"Not only are people being attacked by poisons in foods, there is also pollution in the air and water we must be careful of," she says.

Cameron Stauth, the editor and publisher of the Journal of the Nutritional Academy, stresses the need for nutrition awareness.

"What people know about food and drugs

comes from their television sets," he says.

But the public may not know that some believe good nutrition could be an effective treatment for cancer.

Three out of four people die from cancer or heart diseases, Stauth says, adding that the number of deaths from these causes has sky-rocketed since the early part of the century because eating habits have changed.

"Nobody is going to come up with an absolute cure for cancer," he says. "But there has been some success in using nutritional treatment for cancer patients."

Our eating habits have changed drastically in the last 30 to 40 years, agrees Ray Peat, author of "Nutrition for Women." This change has touched the general population by affecting pregnancy, he says.

"The evidence is clear that birth weight has a big influence on intelligence," he says. "I see a trend toward a small-brained, hyperactive population because of our eating habits."

Women should watch their weight during pregnancy even to the point of dieting, he says, adding that refined foods affect their fetuses.

Displaced homemaker bills aid in counseling, job re-entry

By DANA TIMS
Of the Emerald

SALEM — They are too young for Social Security, but too old for the job market. They are unemployed, but often they're not eligible for welfare or unemployment benefits. They lack training, work experience and confidence.

"They" are displaced homemakers, said Rep. Nancie Fadeley, D-Eugene, at a hearing of the House Human Resources Committee Tuesday. And, she added, only now are they becoming part of the "American consciousness."

"Looking at the problems of the displaced homemaker makes a person see the grim, sober reality of being exiled from what was a familiar and secure environment," Fadeley said.

She has introduced two bills dealing with displaced homemakers.

The first, House Bill 2302, expands the definition of displaced homemaker to include men and women who: were dependent on another family member, but who are now separated; have been dependent upon federally funded assistance, but who are no longer eligible, and are currently employed but may have to quit due to health.

The second, HB 2303, would appropriate \$400,000 to the director of the Department of Human Resources for the purpose of establishing more programs to seek and counsel displaced homemakers.

The 1977 Legislature allotted \$100,000 to a pilot project known as the Displaced Homemaker-Widowed Service Center located on campus. At its inception, the program was only the third of its kind in the nation, but since then, nearly 20 states have started similar programs.

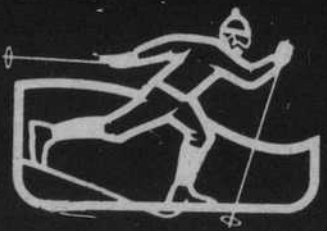
If Fadeley's proposals are successful, the money they'll direct toward displaced homemakers programs will be in addition to the \$114,000 already set aside in Gov. Vic Atiyeh's budget.

"If a factory closes," Fadeley stated, "it's recognized that those men will need retraining." The same is true, she explained, for women who have devoted most of

their lives to husband and family, and who suddenly find themselves divorced, separated or widowed.

"A man of 47 is considered in his prime," said Fadeley. "But a

woman of 47 is seen as over the hill." Because of those built-in social inequities, she said, services are needed to help older women gain job skills and confidence.



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