

Eating disorders pose hazards

By Denise Grant
Of the Emerald

Twenty years ago, young women who were concerned with their appearance primped their hair and wore the latest in clothing fashions. But many of today's young women feel more compelled to focus on their figures. Magazine covers feature attractive models who have "ideal" bodies that are often 10-20 pounds below an average person's weight.

This "thin" consciousness has led to the growing problem of eating disorders, says Michelle Lalouche, counselor for the University Counseling Center's eating disorder support group.

Bulimia and anorexia nervosa have been interfering with many women's normal eating patterns for many years, but the surge in cases has brought the problem out of the closet, Lalouche says.

Lalouche explains that 25 percent of all college females are victims of some type of eating disorder. In addition to living under an extreme amount of stress, college women also are very appearance-conscious. Lalouche and others believe these are just some of the reasons a large number of women suffer from eating disorders.

And it is this "societal pressure" that is causing more and more women to go to lengths to lose weight, she says. One such example is the typical lifestyle of many sororities, she says.

"There is a lot of pressure to eat, like at social functions, formal dinners, beer gardens. But there is also pressure to be thin," Lalouche says.

Thus, bulimia is the more common of the two afflictions among college women because of the contradiction of increased eating while trying to stay thin, Lalouche explains.

Bulimia is characterized by "binge" eating followed by self-induced vomiting to prevent gaining weight. On the other hand, an emotional or psychological aversion to food causes those suffering from anorexia nervosa to literally starve themselves into sometimes fatal thinness.

Liver disorders, weakness, kidney failure, low self-esteem, skin and hair problems and eventually cardiac failure are only a few of the problems that can occur in an anorectic or bulimic person.

The central problem of the person with an eating disorder isn't food, but is more directly related to poor self-esteem and unrealistically high self-expectations, says Jean Rubel, president

of Anorexia Nervosa and Related Eating Disorders, a Eugene-based information and support-group organization. Other key factors include the desire to gain recognition and a struggle to win power, control and approval, Rubel says.

Eating disorders are more common among women than men, as less than 10 percent of men are reported as having eating disorders. But Lalouche says that the rising belief that "muscles are in" has led to an increase in eating disorders among men.

"In the next year we expect to see more men. There isn't a lot of research done on men yet, but there is a growing social pressure put on men," Lalouche says.

In recent years, the awareness of eating disorders has increased and more cases have surfaced, Lalouche says. More and more women are realizing that they are not alone, and help has become more readily available. The counseling center now sponsors an on-campus eating disorders support group.

Each term, the center receives 10-15 calls from people seeking help, Lalouche says. The group is limited to eight people, but the counselors try to advise as many of the phone callers as possible, she says.

Concerned students must call the center within the first few weeks of the term if they want to be in the group due to its limited size. And Lalouche says a second group has started from the overflowing waiting list of callers.

The center also offers a 24-hour crisis line for any kind of problem at 686-4488. The Counseling Center daytime number is 686-3227.

Anorexia Nervosa and Related Eating Disorders offers literature, speeches, bibliographies and other reading materials. The organization also offers a support group for people with eating disorders and another one for their parents and partners.

"ANRED has been growing by leaps and bounds," Rubel says. The organization helps about 5,000 to 7,000 people a year, either victims or concerned individuals, she says. For more information about ANRED, call 344-1144 or write to ANRED, P.O. Box 5102, Eugene 97405.

Lalouche says the Counseling Center wants to get the message out that help is available and that people with a problem need to seek it.

"We can't do anything until they come to us," Lalouche says. "But we want them to know that there is help."

Party marks sign's leave

The official whitewashing of the EMU "statement of purpose" sign begins this morning in the EMU lobby at 9 a.m., and members of the Women's Referral and Resource Center are holding a "taking down" party and discussion session in honor of the event.

According to Patt Olson, administrative secretary, the sign-covered wall will be repainted half a section at a time to keep disturbance in the EMU to a minimum today. Olson adds that the painting should be finished during the Thanksgiving holiday break, if not by tomorrow.

Adell McMillan, EMU director and board member, says the board has arranged to have a

picture taken of the sign to put in the University Archives.

The EMU board members voted unanimously Thursday to have the sign removed, almost a year after the initial controversy began. The sign, written by William C. Jones, has been called "sexist" by critics because of particular wording it contains.

During the past year, various women's activists protested the sign's wording, covering the words "men" and "man's" with "women" and "women's."

Both students and faculty are invited to attend the informal party, which will begin shortly before Physical Plant employees start painting.

Families protest kids' 'war' toys

Plastic soldiers, guns and other "military toys" will be condemned by protestors of all ages at noon Friday in front of Toys 'R' Us, located in the Valley River Annex. Families For Survival, a group of about 120 families working for future peace, will meet toy shoppers at the store on what is expected to be the busiest shopping day of the year, and will carry signs with messages such as "Our Children Are Our Future — Don't Buy Military Toys."

The purpose of the protest is to urge parents to give their children peaceful toys for the holidays.

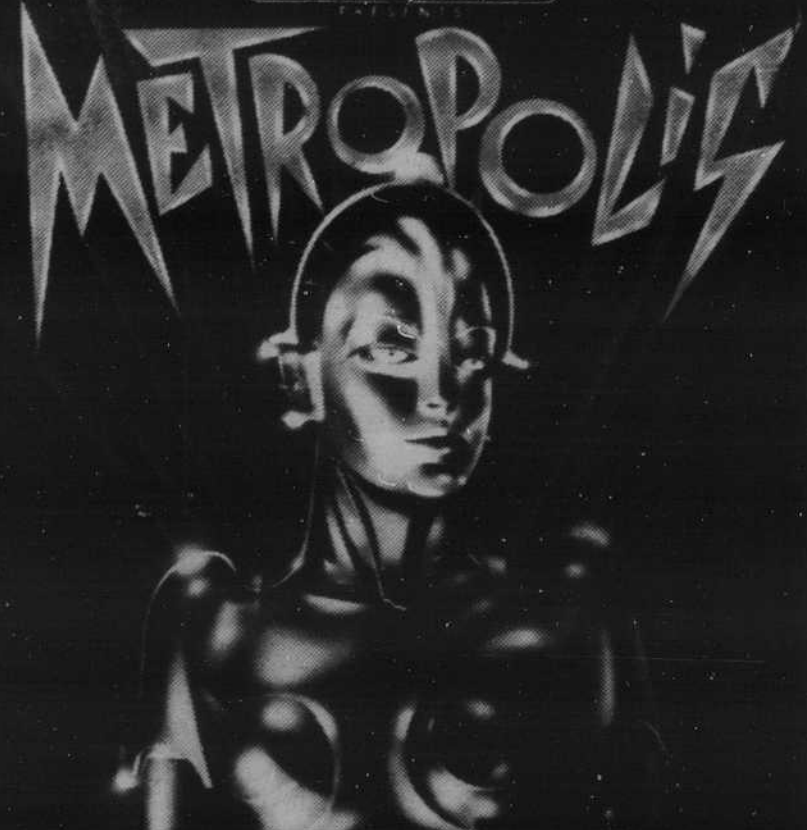
IBM WORD PROCESSOR RENTAL



860 E. 13th OPEN 7 DAYS 344-7894

Academy Award winner Giorgio Moroder presents Fritz Lang's classic vision of the future, now beautifully restored and with a contemporary musical score.

GIORGIO MORODER



Directed by FRITZ LANG Music GIORGIO MORODER Lyrics PETE BELLOTTE
Songs performed by PAT BENATAR-BILLY SQUIER-JON ANDERSON
ADAM ANT-BONNIE TYLER-FREDDIE MERCURY-LOVERBOY

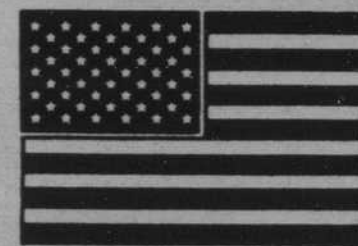
Original Motion Picture Soundtrack Album on Columbia Records and Cassettes

PSO DOLBY STEREO Cinecom

VALLEY RIVER
TWIN 686-8633
1077 VALLEY RIVER DR.

STARTS TONIGHT!

STARTS TONIGHT!



EMU Cultural Forum presents

Mr. Valery Belokurov
A Soviet Vice Consul

A Discussion of

The State of
SOVIET/AMERICAN
RELATIONS

Monday, November 26
8:00 p.m.
Gerlinger Lounge

NEED A CAR?—NEED A SERVICE?
WANT SOMEONE TO TYPE YOUR TERM PAPER?
YOU'LL FIND IT ALL IN THE EMERALD CLASSIFIED SECTION!

All you have to do is read the paper everyday to find what you need or put a classified in the Emerald for someone who needs something!

EASY, FAST, ECONOMICAL!!!

CLASSIFIED LOCATIONS: EMU Main Desk; 300 EMU (Emerald Office); SUAB Booth(11-1pm)

AND OUR NEW ADDITION; UO BOOKSTORE (11-1pm)

Take advantage of our Grand Opening Special. 10 words for 90¢ (You save 60¢)

Offer good only at our Bookstore location.