

Oregon Daily Emerald

Briefly

The only Willamette Valley appearance of the Crazy 8's happens Friday night at the WOW Hall, 291 W. 8th Ave., beginning at 9:30.

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National

LONG BEACH, Calif. (AP) — The Coast Guard dismissed charges of drunkenness and misconduct against Exxon Valdez skipper Joseph Hazelwood on Wednesday, but suspended his license as a ship's master.

At an administrative hearing, Hazelwood pleaded no contest to two allegations stemming from the wreck of the tanker, which unleashed the nation's worst oil spill in Alaska's Prince William Sound.

The plea that resulted in a nine-month license suspension covered two allegations: that he violated Coast Guard policy by drinking liquor less than four hours before taking command of the Exxon Valdez, and that he improperly left the vessel's bridge while it was headed for jagged Bligh Reef.

WASHINGTON (AP) — President Bush pleaded with lawmakers Wednesday to spare the defense budget from cuts even deeper than the \$18 billion already targeted by the Senate Armed Services Committee.

Bush urged key lawmakers on both congressional armed services committees to press ahead with production of the B-2 bomber and other major new weapons. The House is considering halting production of radar-evading jets, which cost more than \$800 million apiece.

The defense session came as Bush administration officials and Republican congressional leaders agreed to a deficit-cutting proposal they plan to present to Democrats at budget negotiations.

The package consists of slightly more than \$50 billion in savings, split roughly evenly between new taxes and spending cuts, according to Sen. Bob Packwood, R-Ore., and others. It would save more than \$500 billion over five years, relying heavily on cuts in benefit programs such as Medicare, said one participant who asked to not be identified.

Weather

Low clouds and patchy fog today with afternoon clearing. Highs mid-upper 70s. Northwest wind to 15 mph. Fair Thursday night with patchy low clouds or fog. Lows 50s. Mostly sunny Friday after patchy morning fog or low clouds. Warmer with highs low to mid-80s.



Finishing touches

Simon Hansen, sophomore in the fine arts program, spends an afternoon silk screening at the EMU Craft Center. The craft center is open Monday to Thursday 10 a.m. to 6:45 p.m., Friday 10 a.m. to 4:30 p.m.

Photo by Sean Poston

"Education 2000" conference topic

By Daralyn Trappe
Emerald Contributor

The future of education, both locally and nationally, will be the subject of a conference at the University August 2-4.

"Education 2000 — A Visionary Odyssey" will provide a forum for educators and authors to present their views on what they believe the future holds, or should hold, in learning and teaching.

The conference is the first of its kind in this area and is a joint effort of the University's College of Education, Lane Community College, Lane Education Service District and Lane County Public Schools.

"Education 2000" Coordinator Brooke Belcher said the conference pertains to education at all stages, not just college.

"One of the main things of significance is that it's presented jointly," Belcher said. "It's being presented by LCC, the University, Eugene's 4-J District — it's across the board."

The conference will focus on current changes in education and what the United States must do in the field to remain competitive internationally.

"We're hoping to provide people with leading edge information about what's possible in education today," Belcher said. "We want to inspire people and provide a foundation for people to work together."

As the conference progresses, the topics will move from current trends and the latest research in education (Thursday and Friday) to a final analysis of what it all means for Lane County (Saturday).

Several speakers and workshops will be presented on Thursday and Friday.

Among those scheduled to appear Thursday is Richard Ornstein, co-author of *New World, New Mind*. Ornstein will discuss his belief that the human brain has evolved to recognize rapid change and ignore or merely monitor slow change. Ornstein writes that this is dangerous in situations involving gradual change such as global warming.

Ornstein argues that educators must develop a curriculum to enable students to recognize and respond to all types of slower changes.

Dee Dickinson, President and Founder of New Horizons, will also speak on Thursday.

New Horizons is an international education network in Seattle. Dickinson will provide an overview of cur-

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Eating disorders are a problem for many

College-age women make up majority of compulsive eaters, chronic dieters

By Virginia Sliman
Emerald Contributor

Editor's note: The names of program participants have been changed to protect their anonymity.

Sara remembers going on one of her first diets when she was 8 years old. She was a third grader when her mother used to bring a special diet lunch to school for her and they would both sit out in the car and eat.

Seventeen years later, Sara was carrying 210 pounds around on a five foot frame. A vicious cycle of binge eating and chronic dieting had brought her to this extreme.

In the worst of her overeating days, Sara would sit in front of the television with the curtains drawn and telephone unplugged, surrounded by cookies, ice cream and chips she had just bought with a bad check. In the dieting part of the cycle, she tried various things from not eating to fad diets to speed to vomiting — always to return to bingeing.

Although her obesity is unusual, some form of Sara's experience with overeating and chronic dieting is common among young women in the United States today. Most compulsive eaters and chronic dieters are either college students or women in their early 20s, said Dr. Jean Rubel, head of Sacred Heart's Eating Disorders Program and a Ph.D. in theology.

Eating disorders occur on a spectrum with all degrees of all different types of behaviors from what most of us do on Thanksgiving Day to always being on a diet, Rubel said. Most compulsive eaters and chronic dieters are normal weight to slightly overweight.

While the medical profession recognizes only anorexia nervosa and bulimia as medical problems, Rubel said if people are eating for any reason other than hunger, there is some element of eating disorder.

Excessive or chronic dieters are people with a diet mentality, said Maryjan Murphy, of the University Counseling Cen-

ter. "They spend a lot of time trying new diets and worrying about food and weight," Murphy said. "Chronic dieters feel good about themselves when they are dieting successfully and feel bad about themselves when diets don't work."

Compulsive eaters use food for reasons other than hunger, especially in reaction to feelings, and feel guilty after overeating, Murphy said. Like chronic dieters, compulsive eaters worry about weight and food most of the day.

Rubel said it's typical for one person to have both eating disorders and alternate between bingeing and dieting. Chronic dieters often make themselves so hungry that they go out and binge, while compulsive eaters may periodically try to diet to lose weight.

Just how widespread compulsive eating and chronic dieting are is unknown, but Murphy said they are very common among college students, adding that the University Counseling Center might do a study next year to determine the actual percentage of eating disorders in University students.

To get an idea of the prevalence of the chronic dieting/compulsive eating cycle, Rubel compares the number of people who attend Sacred Heart's program to the large number of weight loss places available in the community.

"If you follow a dieter for five years," she said, "98 percent of them gain all their weight back and a little extra, so a repeat population is built right in."

Cheryl fits the profile of the chronic dieter/compulsive eater. From grade school through high school, Cheryl alternately dieted and bingeed, never allowing herself to get more than 20 pounds overweight.

As an adult, Cheryl went through phases when she couldn't diet and gained large amounts of weight. She tried three different weight loss programs in Eugene but gained 150 pounds in nine months.

Whether bingeing or dieting or both, these women all have one thing in common. They use food or dieting as a coping mechanism, Rubel said.

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