

Problem: Workshop addresses disorders

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health professionals, Olmos said. National Eating Disorders Awareness week begins Monday, and the Peer Health Education Program will be tabling and sponsoring talks to increase awareness and education surrounding disordered eating.

The Eating Awareness Workshop, a quarterly group that began last year, was created on campus as a psycho-educational group to address the changing face of disordered eating. The workshop is offered each term and gives a comprehensive approach to the long process of recovery. By involving nutritionists, doctors, exercise specialists and physical therapists in the workshop presentations, the program helps acknowledge the range of disordered eating.

The workshop, counseling and treatment in general also focus on topics such as assertiveness, body image, nutrition and medical consequences of disordered eating.

"With so much emphasis on how women look, students restrict and binge in changing

amounts — whatever it takes to gain a sense of control," said Judy Sonnenburg, University psychologist and University eating disorder specialist.

The desire for control may stem from any number of factors, which may include the pressure to succeed in school, to cope with loss or difficult feelings or to try and attain a beauty ideal. Disordered eating can also be attributed to sports-driven competitiveness, Sonnenburg said.

An increasing number of athletes experience disordered eating when competing in sports that emphasize weight control, such as gymnastics, Dr. Donna Scurlock said. Disorders also include "relationship disorder," where food is the avenue for comforting suppressed issues.

Though these are common pressures, women still feel a sense of isolation when dealing with disordered eating, Olmos said.

"These women are imprisoned by the cycle of thinking of what they eat, what they did eat and what they want to eat," Olmos

said. "The number on the scale typically dictates their mood, which often invokes a sense of personal [isolated] failure."

People often don't realize how widespread disordered eating is, Scurlock said. The number of women afflicted is an estimate based on confidential surveys, and women tend to hide their affliction. In addition, women often try to deal with their disordered eating through counseling rather than involving family members or acquaintances, Scurlock said.

Members work to overcome the negative "self-talk" they've adopted from being judged on attractiveness, said Britta Dinsmore, psychology doctorate student and eating disorder specialist.

In addition, helping women ease the stringent restrictions they have over food intake can be a long and involved process, Olmos said.

The Eating Awareness Workshop is a confidential, closed group and will meet on Tuesdays from 4:00 to 5:30 p.m. Britta Dinsmore can be contacted at 346-3227 for more information.

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POLITICS

briefly

Measure 31 could lead to censorship

After analyzing Measure 31, the Portland City Attorney concluded the measure wouldn't accomplish its primary goal.

The analysis released Wednesday by Portland City Commissioner Mike Lindberg said the anti-obscenity measure wouldn't restrict zoning of adult bookstores and theaters in Oregon.

Instead it would allow Oregon cities and counties to pass local censorship laws.

Measure 31 would add the following paragraph to the Oregon Constitution: "Obscenity, including child pornography, shall receive no greater protection under this Constitution than afforded by the Constitution of the United States."

— compiled by Shana Cohn

CORRECTION

The Oct. 17 *Emerald*, incorrectly reported that the ASUO Student Senate issued a statement about former Senate President James Boyd's resignation. The statement was issued by Benjamin Unger, Senate ombudsman. The *Emerald* regrets the error.

History professor admires African island's lifestyle

ZANZIBAR: Professor Laura Fair spent two years learning African culture

By Ben Kwasney
Higher Education Reporter

The social and cultural history of the East African island of Zanzibar provides University history professor Laura Fair answers for her research.

Fair worked in Zanzibar from 1990 to 1992 while conducting her Ph.D. research. The research concerned Zanzibar's social and economic transformations following the abolition of slavery in 1890. Women, gender issues and urban life in East Africa are her primary focuses.

"Once I started doing the research, I just loved it," she said.

She said she conducted much of her research through interviews with island natives. Fair speaks Swahili, the official language of Zanzibar. She said most interviews came from people she found in the dance, music and soccer clubs of Zanzibar.

Fair examined court cases and colonial and historical archives. She asked questions about family and life history to determine changes in class and ethnicity, and she discovered some interesting results.

"Beginning in the early 19th century, [Stone Town] was kind of segregated into two parts," Fair said. On one side of town lived the merchant class and aristocracy. The other side of town is where the slaves and lower classes lived.

She said by studying property and social transformations on both sides of town, she learned more about the culture and history of the town and the island after slavery was abolished.

"[Zanzibar] is a much nicer place to live than the United States," said Fair.

She said inconveniences like no televisions or personal phones are among the drawbacks, but residents of the island are friendly, and crime is low.

She is teaching African women's history and pre-colonial African history.

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