

Services: Comprehensive approach needed to gain coping skills

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with food, water retention, absence of menstrual periods, swollen glands, heartburn and sore throat.

Those demonstrating any combination of these signs are encouraged to meet with a counselor in a confidential setting to discuss eating patterns in need of change, said Judy Sonnenburg, University psychologist and eating disorders specialist.

"When talking to a person with disordered eating, support is the most important aspect," Sonnenburg said. "Women are often ashamed of their problem, and working to establish realistic goals is crucial."

In addition, the affected person has to realize the disordered eating pattern and

tell someone, as well as decide he or she needs help to overcome the pattern, Dr. Donna Scurlock said. Often a friend in whom the person has confided will accompany him or her to the counseling center for help.

Because women are at different levels when they seek counseling, setting goals with a counselor is important to their personal success in the long process of overcoming a disorder, Sonnenburg said. Aligning goals, refuting negative thoughts — which often surface in the journal writing — and learning to like themselves with flaws are three general steps people follow to accept themselves and stop the cycle of bingeing, fasting and drastically altering their lives in attempts to gain control.

However, counselors and doctors alike agree that a comprehensive approach to overcoming disordered eating is necessary in order to instill coping skills in the person with disordered eating.

"Dealing with food and nutrition issues is important, but if other issues are not addressed, the person won't get better," Nutritionist Kristen Olmos said. "Disordered eating isn't like a cold — it doesn't go away on its own."

Those who seek counseling help can be set up in a group approach or in individual counseling. But a network of help is available on campus, including a quarterly Eating Awareness Workshop for those comfortable in a group setting that empha-

sizes a "team approach" to overcome disordered eating. The Eating Disorder Group is for students diagnosed with eating disorders and is typically composed of people who have a persistent struggle with eating and who may experience chronic disordered eating symptoms. The latter group is more of an interpersonal process, focusing on changing members' lives to no longer be governed by the control of food.

But the groups and counselors alike emphasize a comprehensive approach and a commitment for change by the person with the disordered eating.

"Overcoming eating disorders is a real process," Scurlock said. "There are no overnight successes."

Amid calls for reform, Republicans winning money-raising race

By **CONNIE CASS**
The Associated Press

WASHINGTON — Sure, Bob Dole trails in the presidential polls. But the Republican Party already can claim victory in at least one crucial '96 contest — the ever-accelerating money race.

The GOP's flagship committee brought in an eye-popping \$92.5 million over the last three months, out-raising the Democrats two-to-one, according to election finance reports released Sunday.

Since the election cycle began in January 1995, the Republican National Committee has raked in \$239 million, mostly in contributions from individuals or corporations.

Although they lag behind the GOP, the Democrats are breaking their own records. The Democrat-

ic National Committee took in \$46.5 million last quarter and reported receipts of \$177 million since the start of last year.

Campaign financing has become a hot issue in the presidential race — particularly "soft money" donations to the political parties that commonly reach six figures or more.

On Sunday, Dole, whose presidential campaign has benefited from GOP funding, called for abolishing the use of such "soft money" in the future and endorsed other campaign financing reforms.

"If we're going to preserve the American people's confidence in the system, we need to return campaign finance to the front burner," Dole said in Nashua, N.H. The Republican nominee has seized on hundreds of thou-

sands of contributions to the Democrats from an Indonesian conglomerate to attack President Clinton's ethics.

Clinton also has called for campaign financing reform, and his campaign aides said Dole had come late to the issue.

Even as candidates talk of further restricting contributions, reports to the Federal Election Commission show the Democrats have doubled their fund-raising over the 1993-94 season, when the national party brought in \$83.1 million. And the Republicans also are on track to double the \$133.5 million in receipts they reported in 1993-94.

Much of the money raised by the national parties is farmed out to the states. Some also goes straight to the presidential and congressional candidates, and

millions is spent on TV advertising.

Going into the final month of campaigning, the Republican National Committee reported \$3.8 million in cash on hand and no debt. Its Democratic counterpart, in contrast, had only about \$100,000 left when its \$4.7 million in debt was balanced against \$4.8 million in cash.

But millions more is rolling into both parties this month to finance the final rush of spending before the Nov. 5 elections.

The parties detailed their receipts and expenditures through Sept. 30 in reports to the Federal Election Commission.

In its latest report, filed Sunday, the RNC reported \$29 million in receipts for September. In addition to direct RNC fund-raising

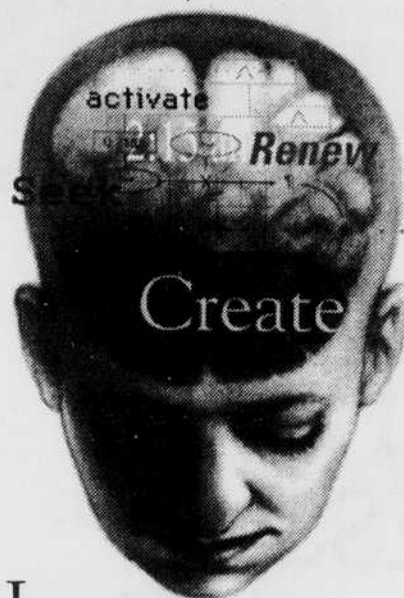
from individuals, political action committees, corporations and unions, the receipts include transfers from other branches of the party.

The RNC raised \$16.5 million from individual donors and \$26,500 from political action committees last month.

And the Republicans trounced the Democrats even in soft money donations from corporations, unions and wealthy individuals — the fund-raising area where Democrats have been most competitive.

The RNC reported receipts of \$5.9 million in soft money last month and \$30.1 million for the quarter. The DNC, which only files quarterly reports, took in \$22.6 million over the same three-month period.

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