

Weight: Stress also causes disordered eating

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gies targeted to make them feel inferior and then promise results if a certain "look" — like that of Kate Moss — is achieved.

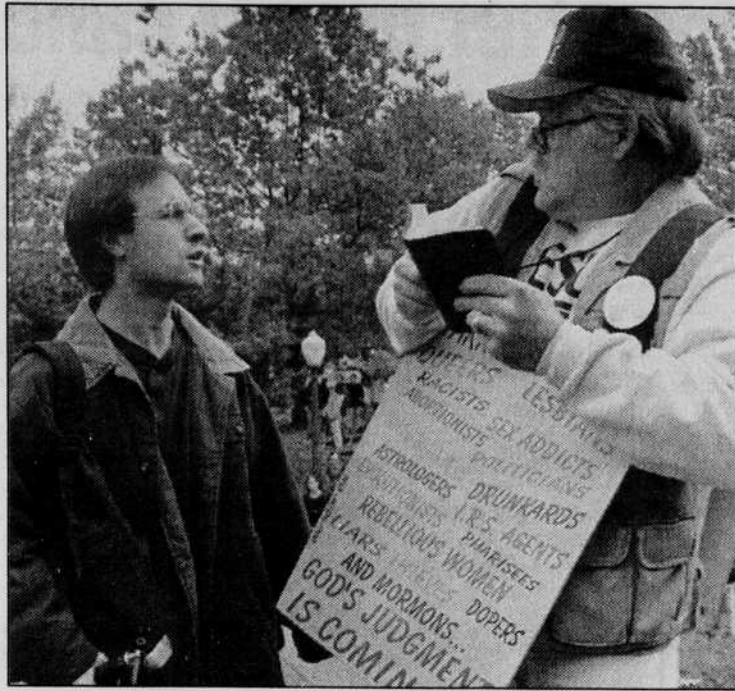
"Avoid encouraging young people to lose weight," the material reads. "Encourage others to be healthy, not clones of fashion models."

Other tips include avoiding criticizing your own body, not spending time and energy talking about diets and physical appearance, complimenting others on attributes not related to how they look, realizing the dangers of prolonged and/or obsessive dieting and referring friends who show signs of disordered eating to a counselor or therapist.

"As a society, we need to stress how important it is to build others' self esteem by stressing who they are inside, because that's what matters," Sonnenburg said.

This approach to positive self-esteem is difficult to grasp, and counseling aims to help women rethink how they view their bodies and food, said Britta Dinsmore, doctoral candidate and eating disorders specialist.

"Looking at eating disorders is examining the function that behavior serves," she said. "It's important to help women afflicted view themselves in a positive light."



Mike Saltz, a Junior Religious Studies major, has a heated talk with "Bible Jim."

Message: Preachers claim to want to 'touch people's hearts'

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challenged.

"I say that free speech is important, and that's why a forum is important as long as [Bible Jim] isn't allowed to just preach without us responding," said Robert Ackley.

Students and preachers alike responded to each other in various ways.

The preachers all have their own styles of getting their message out to students, Lawrence said.

"The majority of people mock and scorn us," he said. "But we're here to touch people's hearts."

Some of the preachers are a lot

more confrontational, Lawrence said. But he said the reason they do it is because they were all once students, and their lives were changed by the gospel in a similar outreach.

One of the preachers, Jed Smock, travels to campuses all over the United States to preach his word to students.

"[Jed Smock] has a mission to present God's character to people," said Ron Rohman of the Burning Bush ministry of Portland.

"This may not be orthodox, but it gets the wheels turning," Lawrence said.

Women's Health Symposium begins today

EVENTS: Women's Center hopes to educate women about alternative health care options

By Kristin Bailey
Student Activities Editor

For the women of the University, this week marks an opportunity to examine alternative health issues. The ASUO Women's Center is sponsoring a three-day Women's Health Symposium, with events beginning today.

"We scheduled this in October to coincide with Breast Cancer and Domestic Violence Awareness months," said Women's Center Office Coordinator Bonnie Kanter of the annual event. "There are a lot of issues and women's health concerns that aren't addressed in the mainstream. We want to bring in new ideas about women's health care."

HEALTH EVENTS

TODAY:

1 p.m. - Lesbian Health Care, EMU Century Room F
2 p.m. - Women with HIV: Prevention and Safe Sex, EMU Century Room A

Alternative health options, such as herbal medicine and cervical self-exams will be addressed throughout the symposium, Kanter said.

"We want women to really understand their bodies," she said. "They shouldn't have to go to the gynecologist to find out what's right and what's wrong."

"Silent Witness," an exhibit sponsored by Womenspace, a community group that helps women in abusive situations, will be displayed throughout the symposium in tribute to 18 women. The wooden silhouettes presented in the exhibit represent women who died at the

hands of domestic violence in 1994. Accompanying each figure is a description of the woman and her death.

"It's a really powerful and moving display," Kanter said.

The symposium will wrap up Thursday with a rally in the EMU Courtyard celebrating Young Women's Day of Action.

"The Day of Action started out at East Coast colleges," said Women's Center Workshop Coordinator Mandi Hood. "It's designed to get women empowered and educate them about their numbers. Fifty-one percent of the population consists of women."

Speakers and music will all be a part of the rally, Hood said. Women's Center representatives will also unveil a Women's Bill of Rights, which pinpoints five major areas of women's concerns, such as education, safety on campus and reproductive freedom.

Rally: ASUO to provide a special student voter's guide

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Students need to do more than just vote, they need to convince others to vote also, Wooten said.

"Be tough on people," she said. "Make them take responsibility. Take 10 or 15 of your friends with you to the polls."

Approximately 19,500 students in Oregon are registered to vote and more than 5,000 of those are here at the University, said Glen Banfield, ASUO vice-president.

University students can use

the power of the vote to push for equal representation in government. But making a change requires taking action, he said.

"Under the constitution we are given the right of empowerment," Banfield said. "We need to use that right by being pro-active and voting. Don't just stand around."

To encourage student involvement in the elections, the ASUO has produced a special student voter's guide. For more information, call the ASUO office at 346-3724.

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