

MEET RICHARD SCHWINN

Today! 4 to 6 Pm, at our 152 W. 5th store



Meet bicycle industry legend Richard Schwinn. Check out his remarkable Gunnar, road racing, touring, and mountain bike frames.

Our terrific Gunnar Sale ends 02/28/02!



Paul's Bicycle Way of Life

2480 Alder & 152 W. 5th
& Oasis Plaza



Educational Leadership 199

Become a Peer Adviser

Special Studies in Peer Advising

L

Become involved in your department and help your fellow students - be a Peer Adviser! This class will assist you in learning effective techniques for advising and offer insight into academic, social, and health issues. EDLD 199 gives you the opportunity to build your résumé and gain valuable work experience. You can earn 1 to 3 credits.

For more information contact your major peer advising department or Carolyn Moravek in the Office of Academic Advising (346-1066).

Meets: **Wednesdays 4-5:20 (Weeks 1-5)**
CRN 34680

013629

HEFTIER THAN A TRASH BAG



NATIONAL LAMPOON'S
VAN WILDER
IN THEATRES SPRING 2002
WWW.NATIONALLAMPOON.COM

THIS FILM IS NOT YET RATED.

ARTISAN

© 2001 Die Sechste World Media Productions GmbH & Co. Medien und Musik KG. All Rights Reserved. NATIONAL LAMPOON AND © J2 Communications. All Rights Reserved.



Adam Amato Emerald

Junior Ryan Lewis munches two chocolate chip cookies — his favorite — to relieve the stress of a recent business midterm.

'Comfort foods' can help eat away stress, depression

■ While high-fat foods can offer reassurance, they may also lead to dependency and problems

By Jen West
Oregon Daily Emerald

Some of the most popular cures for stress, depression and anxiety can be found in a pint of Ben & Jerry's, a Hershey's chocolate bar or mom's homemade mashed potatoes. For many people, this tasty vice can even alter their moods. "Food is seen as comfort and a way of sharing and caring about those near and dear," said Dr. Vivian Barrette, senior staff therapist at the University Counseling Center. She said that many cultures prepare food for celebrations and acknowledgment of accomplishments, and many families place great importance on eating meals together or serving food to show hospitality to friends and guests.

But many people also eat certain foods as a way of dealing with stress, conflict and feelings, Barrette said.

"Comfort foods may help people cope with life by alleviating anxiety, pain or sadness," she said.

Shannon Lynch, a senior at the University, said she often eats comfort foods after experiencing a bad day. She said her personal favorites are "mac 'n' cheese," mashed potatoes, chocolate, rice crackers and ice cream.

"Mashed potatoes remind you of home," she said. "(They're) good for homesickness."

But she also said that foods high in sugar and caffeine are popular comfort foods.

Lynch said eating comfort foods seemed normal among the people she knew, though she said there could be some guilt associated with the consumption of foods high in calories, fat or sugar.

"In our culture, there is a lot of guilt associated with splurging," she said.

Food can also be used as a positive reinforcement, according to Hannah Buchanan, a skills trainer at Oregon Social Learning Center. She



Adam Amato Emerald

People who use 'comfort foods' such as snack foods to alleviate anxiety or sadness should be careful not to develop eating disorders, according to health professionals.

said that in her job she spends time with teenagers who have mental health problems, and sharing a meal with one of her "kids" is fun for both her and the teen.

"If you feed them, they will associate food, which is good, with you," Buchanan said. "Food equals a good time."

She said she has noticed that kids who are high-strung or anxious often calm down when they share a meal that consists of their favorite foods.

Buchanan said the comfort foods that help her relax are teas, Ben and Jerry's Phish Food ice cream and pasta.

Though comfort food can act as a positive reinforcement, Buchanan said those who eat comfort foods on a regular basis need to be aware of the possibility of developing an eating disorder.

"A lot of people's comfort foods are high in fat, high in sugar," she said. "Few people have healthy comfort foods."

As with most habits, too much of anything can become problematic, Barrette said.

"If all a person ate was carbohydrates, then he or she would lack other important nutrients in his or her diet," she said.

Though the consumption of comfort food appears to be more popular among women, some men also relieve stress by eating their favorite foods, said University senior Justin Ginsburg. But, he said, men often do not recognize the behavior as eating comfort food.

"Comfort foods are more of a girl thing," he said. His comfort foods are more like "feel good" foods, and include biscuits with gravy, chicken fried steak, stew and other "hearty" foods, he said.

"They're foods I don't eat very often," he said. "(They're) kind of home-y."

E-mail reporter Jen West
at jenwest@dailymerald.com.