

NEWS STAFF (541) 346-5511

JEN SUDICK
EDITOR IN CHIEF

STEVEN R. NEUMAN
MANAGING EDITOR

JARED PABEN
AYISHA YAHYA
NEWS EDITORS

MEGHANN CLINIFF
PARKER HOWELL
SENIOR NEWS REPORTERS

MORIAH BALINGIT
AMANDA BOLSINGER
ADAM CHERRY
KARA HANSEN
ANTHONY LICERO
NEWS REPORTERS

CLAYTON JONES
SPORTS EDITOR

JON ROETMAN
SENIOR SPORTS REPORTER

STEPHEN MILLER
BRIAN SMITH
SPORTS REPORTERS

RYAN NYBURG
PULSE EDITOR

NATASHA CHILINGERIAN
SENIOR PULSE REPORTER

AMY LICHTY
RYAN MURPHEY
PULSE REPORTERS

CAT BALDWIN
PULSE CARTOONIST

DAVID JAGERNATH
EDITORIAL EDITOR

JENNIFER MCBRIDE
AILEE SLATER
TRAVIS WILLSE
COLUMNISTS

ASHLEY GRIFFIN
SUPPLEMENT
FREELANCE EDITOR

GABE BRADLEY
NEWS FREELANCE EDITOR/
DIRECTOR OF RECRUITMENT

DANIELLE HICKEY
PHOTO EDITOR

LAUREN WIMER
SENIOR PHOTOGRAPHER

TIM BOBOSKY
PHOTOGRAPHER

NICOLE BARKER
ERIK BISHOFF
PART-TIME PHOTOGRAPHERS

BRET FURTWANGLER
GRAPHIC ARTIST

KIRA PARK
DESIGN EDITOR

WENDY KIEFFER
AMANDA LEE
DUSTIN REESE
BRIANNE SHOLIAN
DESIGNERS

SHADRA BEESLEY
JEANNIE EVERS
COPY CHIEFS

KIMBERLY BLACKFIELD
PAUL THOMPSON
SPORTS COPY EDITORS

AMANDA EVRARD
AMBER LINDROS
NEWS COPY EDITORS

LINDSAY BURT
PULSE COPY EDITOR

ADRIENNE NELSON
ONLINE EDITOR

SLADE LEESON
WEBMASTER

BUSINESS
(541) 346-5511

JUDY RIEDL
GENERAL MANAGER

KATHY CARBONE
BUSINESS MANAGER

REBECCA CRITCHETT
RECEPTIONIST

NATHAN FOSTER
AUBING GUO
ANDREW LEAHY
JOHN LONG
HOLLY MISTELL
DISTRIBUTION

ADVERTISING
(541) 346-3712

MELISSA GUST
ADVERTISING DIRECTOR

TYLER MACK
SALES MANAGER

MAITT BETZ
HERON CALISCH-DOLEN
MEGAN HAMLIN
KATE HIRONAKA
MAEGAN KASER-LEE
MIA LEIDEMEYER
EMILY PHILBIN
SHANNON ROGERS
SALES REPRESENTATIVES

KELLEE KAUFHEIL
AD ASSISTANT

CLASSIFIED
(541) 346-4343

TRINA SHANAMAN
CLASSIFIED MANAGER

KATY GAGNON
SABRINA COWETTE
LESLIE STRAIGHT
KERI SPANGLER
KATIE STRINGER
CLASSIFIED ADVERTISING
ASSOCIATES

PRODUCTION
(541) 346-4381

MICHELE ROSS
PRODUCTION MANAGER

TARA SLOAN
PRODUCTION COORDINATOR

JEN CRAMLET
KRISTEN DICHARRY
CAMERON GALT
JONAH SCHROGIN
DESIGNERS

■ In my opinion

Fruitless fad diets

Just in time for New Year's resolutions, an article published in the *Annals of Internal Medicine* last week finds little to no scientific evidence to support the claims made by popular dieting programs.

The review of 10 diet programs found that only Weight Watchers could provide scientific data to back up the claims that its program leads to any maintainable weight loss — and even then, the results were unimpressive.

The authors of the study say a lack of scientific data does not mean these diets don't work — just that no one has been able to prove that they do.

"There are no data on weight loss when you go to a health club either," said study co-author Dr. Thomas Wadden of the University of Pennsylvania in a *New York Daily News* article.

So basically there is no scientific data to suggest that significant, maintainable weight loss is possible. However, there is no shortage of scientific evidence detailing the severe health risks of obesity. Cancer, diabetes, arthritis, hypertension and heart disease are just some of the side effects of the widening of America.

America's \$43 billion-a-year obsession with weight loss is not merely an attempt to live up to some superficial concept of beauty — it's motivated by serious health concerns. There's a healthy middle ground between Calista Flockhart and Rosie O'Donnell that over half of all Americans have not achieved.

This is a complicated problem with no simple solution. Fad diets add to the problem by propagating the lie that there is a magic solution for weight loss. If you don't eat bread you'll be thin as a rail. If you drink a milkshake for breakfast, you'll drop three dress sizes. If you eat gourmet TV dinners, you'll be skinny beyond your wildest



GABE BRADLEY
THE WRITING ON THE WALL

dreams. This seemingly endless cycle of failed fad dieting breeds a failure mentality that can lower self esteem, reducing the chance of success for future dieting programs. This vicious cycle probably helps explain why obesity and depression have been linked in some studies.

Interestingly, the people who most seem to buy into a silver bullet theory of weight loss are those insensitive people who've never had to deal with the issue themselves. "Why don't these fatties just get on a treadmill?" goes the argument. From a purely cause-and-effect point of view, limiting intake and increasing exercise will lead to weight loss. But understanding the behaviors that can lead to weight loss is only half the story.

Millions of Americans know that they should eat less and exercise more, but they don't. Where's the disconnect? Certainly these people aren't hurting for lack of knowledge — they are deluged with information. Overweight people don't need more information or controls on their eating and exercise behaviors — they need help and support in order to integrate the personal values that motivate healthy behaviors.

Any weight loss program that merely tries to control behavior (don't eat this, don't eat that) is fighting the problem blindly. Perhaps that's one reason why Weight Watchers, which uses support groups as an integral

part of its program, has been as successful as it has.

People trapped in an unhealthy relationship with food create an environment that rewards and encourages their behavior. The challenge for those struggling to lose weight is not merely to eat less and exercise more, but to identify and eliminate the ways in which they set up payoffs for their unhealthy behavior.

This process is difficult because it takes emotional maturity for people to honestly evaluate their lifestyles, to look at the role food plays in how they deal with their emotions and then make real changes. Far more tempting is the lie that one can achieve the same results by eating a Big Mac sans bun. This is why people trying to make major changes in their lives need support and mentorship.

This is especially true because we are surrounded by a culture that encourages gross overconsumption. We have microwave burritos that won't fit in most microwaves. We drink soda by the bucket. Portion sizes increase while activity levels decrease.

If this study tells us anything about weight loss, it's that we can give up the guru search. There is not now, nor will there ever be, a magic eating plan that will instantly lead to weight loss. Your weight loss guru should always be your doctor.

However, I will give props to my man Dr. Phil who talks about getting into the right head space to experience successful weight loss in his book, "The Ultimate Weight Loss Solution." At least he is willing to recognize that the solution is more complicated than simply giving up bagels and getting these fatties on a treadmill.

gabeb Bradley@dailyemerald.com

INBOX

False anti-Semitism accusations mislead public

When civil liberties are limited by the federal government, academia often is an early target. So it is logical to ask on this campus: from what does "academic freedom" have to be protected? The threats never have been more pronounced than today, according to a recent *Associated Press* article. The article suggested higher education is facing a simultaneous effort by a loose coalition of attackers — politically conservative extremists, Christian fundamentalists and Israeli lobbyists.

Many of us safe in the shelter of Oregon mistakenly identify such critics as "cranks." They supposedly are all "out there somewhere," as in the case of discredited *New York Post* columnist Daniel Pipes. He wrongly accused University instructor Doug Card of teaching anti-Semitism in his sociology classes.

Some of us are awakening to the unhappy reality that Pipes clones are alive and flourishing in our midst. I faced it when an out-of-control University professor screamed at me during a public reception, "You dirty anti-Semite!" There was something about me she did not know: I twice have published commentaries in defense of exploited Jews.

The anti-Semitism issue at the

University serves as a microcosm of the broader threat. Pipes exploited propaganda value by getting Card to publicly condemn anti-Semitism, as if the professor harbored secret views to the contrary. He also got him to condemn professors who use their classrooms to promote anti-Semitism, as if that were some common cancer on the campus.

This allowed Pipes to mislead the public about alleged anti-Semitism by college teachers. That fits in with what I've observed of Pipes' efforts to create a culture of suspicion in society, stemming from instructions given nationwide for letters-to-the-editor to be written to label anyone who criticizes policies of Israel as anti-Semitic.

A related controversy now involves the Pacifica Forum on the University campus. A year ago, one of our guests went to our sponsor, the Wesley Foundation, accusing Pacifica of having anti-Semitic programs. We were asked by the Foundation to find another location. Pacifica was given no opportunity to confront its accuser. Whether or not the charge was unfounded, the sponsor wished to risk no "complications," and Pacifica had to leave.

It returned to campus to meet on Fridays in the Erb Memorial Union, a privilege given because the Survival Center generously gave nominal sponsorship to Pacifica. Within weeks, the

accuser confronted the student board of the Center with the same groundless charges. The Center reacted without exploring with Pacifica the validity of the complaint. When Pacifica was granted a brief meeting with the board, the students said their decision was based on a Pacifica exhibit pamphlet which suggested some Jews were guilty of self-victimization.

Did Pacifica endorse that claim? Or was it in the exhibit to illustrate demonizing of Jews, which Pacifica opposes? The Center will never know, because it did not ask. It was reacting to intimidation. The facts made no difference. There was no smallness on the part of the sponsors in evicting Pacifica Forum. There was fear — fear of further pressure from a tiny minority who allege discrimination even in the absence of provocation.

The strategy is to reject dialogue, a means fine-tuned by the propaganda of Pipes and his fellows who seek to insulate Israel from criticism coming from any source. Professor Card and the Pacifica Forum are among local victims of that panic-mongering. The true victim is freedom of expression made voiceless when attacked with the weapon of fear by those with self-serving motives.

George Beres lives in Eugene

■ Editorial

Punishments justified for sloppy journalists

CBS News announced Monday that it fired four employees who were involved in an erroneous story aired during the presidential campaign on "60 Minutes" about President Bush's National Guard service.

The story contained several factual errors, relied on questionable sources and was based on documents whose authenticity was dubious at best. An independent panel found that the "myopic zeal" of the producers to be the first to break an important story in the heated election season played a big part in the decision to go on the air with such a thinly constructed and barely fact-checked report.

The Emerald applauds CBS News for taking a stand against sloppy journalism. In light of the recent Armstrong Williams scandal, certain pundits have suggested that the liberal media is attacking Armstrong merely for his conservatism. But sub-standard journalistic practices should be punished regardless of the ideological bent of the particular offender. CBS News made the right choice to ax not only the producer of the piece but the executives who were supposed to supervise it.

With major falsification scandals taking place at the nation's most well-read and well-respected newspapers, journalistic credibility is in serious trouble in this country. News organizations must draw a hard line against unduly biased, sloppy or uninformed journalism.

Television romance not always fictional

News organizations around the world took a break from covering the tsunami disaster in order to cover another, much less important, disaster: the end of Brad Pitt and Jennifer Aniston's marriage. Normally the Emerald board wouldn't dignify this story with a response, but in this case, the break-up of Hollywood's golden couple has shined a spotlight on the pressures of modern relationships — pressures many college couples must deal with as well.

Tabloids are reporting that Aniston's desire to focus on her acting career didn't jive with Pitt's desire to start a family, and that was the crux of the couple's falling out. It is a case of life imitating art (or, more accurately, life imitating a network situation comedy): Aniston's character, Rachel, in the hit show "Friends" broke up with the show's central character, Ross, in part because of their difficulty balancing careers and dating.

When both partners have separate careers, even living in the same time zone can be difficult, especially for couples in the Pacific Northwest who don't want to move to New York or Los Angeles. To avoid the stress and strain of a long-distance relationship, one partner usually has to compromise. And this can be the beginning of the end for a couple.

The last sitcoms of cultural importance, "Friends" and "Seinfeld," were popular because they unveiled the dysfunction and confusion in our modern search for love without moralizing about the decline of traditional values. At the end of the day, we learned a pragmatic lesson from these shows: It is almost impossible to have it all. Relationships demand sacrifice, whether that means delaying a career or delaying parenthood. A couple where neither partner is willing to compromise is doomed to fail eventually.

EDITORIAL BOARD

Jennifer Sudick Editor in Chief	Steven R. Neuman Managing Editor
David Jagermath Editorial Editor	Gabe Bradley Freelance Editor

OREGON DAILY EMERALD LETTERS POLICY

Letters to the editor and guest commentaries are encouraged, and should be sent to letters@dailyemerald.com or submitted at the Oregon Daily Emerald office, EMU Suite 300. Electronic submissions are preferred. Letters are limited to 250 words, and guest commentaries to 550 words. Authors are limited to one submission per calendar month. Submissions should include phone number and address for verification. The Emerald reserves the right to edit for space, grammar and style. Guest submissions are published at the discretion of the Emerald.