



SAY CHEESE!!! Tillamook dairy goes hormone free

By Petra Horn Keller

With so many food nutrients, additives, and synthetic chemicals to decipher, the average student may simply shrug and order their favorite foods. If those favorite foods include cheese, there is good news from Tillamook Dairy of Tillamook, Oregon.

As of April 2005, Tillamook Dairy has adopted a new policy requiring that all milk for cheese production come from cows that have not been injected with bovine growth hormones (rBGH). This new policy, which was heavily resisted by Monsanto, makers of the synthetic hormone, was passed by the Tillamook cooperative members. The decision is exciting for folks who seek foods that are as natural as possible.

Bovine background

In order to appreciate the value of Tillamook's decision, here is some background on

the use of hormones in dairy. Hormones are chemicals made in the body that control growth, development, and reproduction. The rBGH is a synthesized growth hormone, in essence a drug, which is injected directly into the blood stream of some dairy cows. rBGH stimulates increased milk production. The primary motivation for the use of hormones in dairy farms is to increase revenue via increased milk production. But many farmers have found that rBGH is not economically advantageous because rBGH treated cows require more medical care and have a shorter life span.

Most of us are not dairy farmers and are more concerned with the possible health risks of consuming rBGH dairy products. The FDA approved rBGH for use in dairy cattle just 12 years ago, making it too soon to know the long term health effects. Conclusive evidence on the health effects

of rBGH in humans is limited, however several well-designed studies have uncovered sufficient findings (increased risk of certain cancers) to raise concerns. Check out Physicians for Social Responsibility (www.psr.org) for more on these studies.

Lessons from Europe

Aside from the potential health risks of hormone-treated dairy products, it is also important to consider the local environment. Many of the hormones that are injected into cows end up in farm runoff in the form of solid and liquid waste. From here, rBGH can end up in nearby rivers and streams, disturbing local ecosystem. Concern about the environmental and health risks led the European Union to ban the importation of beef grown with the use of any growth hormones in 1989.

Luckily for the health conscious dairy consumer, Oregon is beginning to follow in

Europe's footsteps, demanding that food production companies consider the possible consequences of hormone enhanced food products.

Tillamook's decision to halt the use of rBGH in cows used for cheese production was largely influenced by consumer activism. More than 6,500 people contacted the dairy, expressing their concerns about the use of rBGH, and 98% of these people were anti-rBGH. When you consider this Tillamook David was up against the Goliath of Monsanto, the maker of rBGH, it shows the power of grassroots activism.

At this date, other products from Tillamook creameries (such as yogurt, butter, and ice cream) are not yet rBGH free.

Supporting Tillamook Creamery by eating its cheese shows solidarity with hormone free dairy. Learn more at www.oregonpsr.org.

Factoids

Only one in five of all college students is considered a weekly "binge" (i.e. 5 drinks at a sitting for guys, 4 for gals) drinker, but two-thirds of the alcohol consumed by college students is consumed by this group.

—Harvard School of Public Health

Each year, college students spend \$5.5 billion on alcohol (mostly beer). This is more than they spend on books, soda, coffee, juice and milk combined.

—Office for Substance Abuse Prevention

27% of frequent binge drinkers (those who reported three or more binge drinking episodes during the previous two weeks) had gotten hurt or injured, as compared with 3% of non-binge drinkers.

—Wechsler et al., 1998
<http://www.tl.org/tl/alcohol/ario/facts/binge5.html>

78% of people ages 18-25 report drinking alcohol in the last year.

—<http://www.niaaa.nih.gov/databases/dkpat3.htm>

An estimated 20 million Americans suffer from chronic insomnia.

—Albert, Katherine
Get A Good Nights Sleep

A study of one thousand households in Los Angeles found that one-third of the families interviewed included someone who was currently having problems with insomnia.

—Albert, Katherine
Get A Good Nights Sleep

One person dies every hour from skin cancer.

—www.skincancer.org/skincancerfacts.php

Eating disorders frequently co-occur with other psychiatric disorders such as depression, substance abuse and anxiety disorders.

—National Institute of Mental Health
<http://www.nimh.nih.gov/publicat/eatingdisorders.cfm>

Two studies of transcendental meditation conducted in the late 1980s and mid-1990s showed that people who had normal to high blood pressure and who practiced the technique were 23% less likely to die than people who did not practice.

—<http://my.webmd.com/content/article/105/107792.htm>

Anxiety disorders, as a group, are the most common mental illness in America. More than 19 million American adults are affected by these debilitating illnesses each year.

—<http://www.nimh.nih.gov/publicat/adfacts/cfm>

S.A.N.E. Sexual Assault Nurse Examiner at the Health Center

By Jessica Brown

Sexual Assault. It is a sensitive subject and the statistics are alarming. According to Sexual Assault Support Services, one out of every four women will be sexually assaulted on a college campus, and one out of eight women will be raped while in college. When most people think of sexual assault, or more specifically rape, they think of a stranger jumping out of the bushes with a knife. Much more prevalent among students, however, is acquaintance rape which is defined as rape by someone the victim knows.

Given these statistics, the UO Health Center offers a multitude of services to sexual assault survivors. The Health Center offers care and documentation of injuries, treatment of sexually transmitted infections,

emergency contraception, crisis intervention and supportive counseling. In addition, the Health Center now employs Sexual Assault Nurse Examiners (SANE) who are able to collect forensic evidence. Gathering forensic evidence involves collecting any genetic material that could be used to prosecute the assailant. Nurse practitioner Cindy Smith has completed her SANE training. Colleen Jones, a nurse practitioner in training, donated her time to answer some questions about the new service:

Q: What motivated you to become a SANE?

A: The Health Center already offered most of the necessary services to help a survivor, however if the survivor wanted to collect forensic evidence, then we referred them to the Emergency Room. By becoming a SANE, the Health Center can now offer complete care for survivors, in an atmosphere more conducive for

support than an ER.

Q: If someone is undecided about whether to come in after a sexual assault, how would you encourage them to come to the Health Center?

A: Regardless of whether you want forensic evidence collected, if you are sexually assaulted, you should definitely come in to the Health Center. We have the insight to help you in ways that you may not realize at the time. We can test for sexually transmitted infections, test for hepatitis B, give you a Tetanus shot, offer emergency contraceptive, and just listen. The Health Center is a safe place to go after a sexual assault occurs.

Q: How should a survivor "prepare" if they want forensic evidence collected?

A: Forensic evidence may be taken up to 84 hours after the assault occurred. The ideal conditions that one should keep in mind are to arrive without showering, urinating, eating, drinking, or smoking. Wear or bring in any underwear or clothing worn during the assault. If you

suspect a drug facilitated sexual assault, you should arrive at the Health Center within 12 hours of the assault because drugs such as Rohypnol (Roofies) and GHB leave your system pretty quickly.

If you or a friend has been sexually assaulted, it is never too late to come to the Health or Counseling Centers here on campus. For information on sexual assault and sexual assault prevention check out these resources around campus:

UO Counseling Center
346-3227

Office of Student Life
346-3216

UO Health Center 346-2770

SASS (Sexual Assault Support Services): a non-profit agency dedicated to ending oppression and sexual violence through education, support services, outreach and empowerment in Lane County. Call 343-7277.