

Rowland to speak on Bulimia

By Shelley Ball
Of The Print

Award-winning television journalist Cynthia Rowland will speak about her personal struggle with Bulimiarxia, a life-threatening eating disorder, on campus Jan. 10 at 7:30 p.m. in the Community Center Mall.

Bulimiarxia causes its victims, mostly young women, to engage in massive food binges, after which they feel guilty and vomit it up. Bulimia victims are also known to take diuretic or laxative pills, in order to combat what is thought to be their obsessive fear of gaining weight.

Rowland was plagued with

the disorder for 12 years before she was cured. She has since written a book about her experience with Bulimia, the recently-released "The Monster Within" and is the executive director for the Bulimia Foundation of America.

Student Programs Specialist Dave Buckley was involved in planning Rowland's visit to the college. Through talking with Rowland and reading her book, Buckley said he thinks Rowland's lecture will probably have more of an impact

because it does not talk about Bulimia in general terms, as has been done in the past. "She (Rowland) really gets

more at the root of the problem," he said.

Buckley also said he is aware that the problem exists on campus, although he doesn't know how widespread it may be. He added he was surprised to find out that Bulimia has been treated as a fad, on at least one college campus, an acquaintance of Rowland's was reported to have said. "That's what kind of hit me-that something like that can be started as a fad," Buckley said.

The lecture will be free and a question and answer period is expected to follow. Buckley said he hopes the lecture will be well attended.



Cynthia Rowland

P.M.S. dangers recognized

Pre-Menstrual Syndrome (P.M.S.) has affected women of menstrating age for centuries, yet until recently it has not been recognized.

Clackamas Community College's Focus on Women/Focus on Men is holding a seminar on P.M.S. Dec. 6th from 7 - 10 p.m. in the Small Dining Room of the Community Center cafeteria. The seminar will provide current research on P.M.S., how to find out if one has it and how to choose a physician.

Nancy Macklin, psychologist, will be instructing the seminar. Macklin owns her own practice in Portland, named Northwest Treatment Service, where she counsels troubled clients. Macklin sets up a diet and exercise program for her P.M.S. clients and also teaches them how to chart the onset of their P.M.S. symptoms. Macklin first became interested in P.M.S. when she was informed her sister was suffering from a severe case of the

disorder.

"It's not so much the symptoms or the characteristics of P.M.S. as much as it is the timing," Macklin said. "40 percent of women (of menstrating age) suffer from P.M.S. in varying degrees," she added.

A cure has not actually been discovered, but exercise and proper diet helps relieve P.M.S. Doctors have performed complete hysterectomies and prescribed valium as treatments for P.M.S.

Children's Center Open house slated

The Campus Children's Center, located on Clackamas Community College's campus in the Orchard Center, will be hosting an open house next Wednesday, Dec. 12, to show off their new facilities.

Debbie McFeron, a worker in the infant/toddler section of the program said with refreshments and special childcare provided, parents will be able to talk with teachers and workers relatively bother-free.

The center offers care for children just months old all the way up to 10 years or more, McFeron said. She explained the infant/toddler section has a four-children-to-one-worker ratio, and the older children's ratio is 10-to-one, although the actual ratio is usually much less than that. She said helpers from around the community come in to be with the kids on a regular basis, but they are not counted in the ratio.



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