

Eating habits: obesity trap?

Editor's note: The following was prepared with the assistance of Coleen Greecher, a graduate student at the Nutritional Counseling Center.

By CATHY CIPOLLA
Collegian Staff Writer
Recognizing the reasons behind poor eating habits may be the first step in successful weight control. Think about it: how many times have you gorged yourself on potato chips because a friend

offered it to you and you "couldn't say no?" Or how many times have you cleaned your plate at a restaurant because you wanted to get your money's worth? These traps and others contribute to poor eating habits—and obesity. According to Michael Mahoney, assistant professor of psychology, the urge to eat is often influenced by social and environmental factors rather than hunger.

"We don't use our physiology to tell us when to eat," he said. "Instead, we use other factors."

For example, Mahoney said, many overeaters feel that rejecting a friend's offer of food means rejecting the friend's affection. Others feel that they must finish everything on their plate instead of stopping when they're not hungry.

A study at Columbia University found that the eating habits of obese people are strongly influenced by factors such as time of day, availability of

food, and even the setup of a room.

In his treatment of obese patients, Mahoney used a concept called "behavior modification" to help them realize what makes them overeat and to change their eating habits. For example, a television snacker would be encouraged to eat anywhere else but in front of the TV. This would break him of his snacking habit.

A student who tempts himself by keeping fattening foods in his dorm room "for friends who drop by" would be encouraged to replace the potato chips and candy with fruits, fresh vegetables and other less fattening fare.

"We often eat in response to food being on our plate," Mahoney said. Taking smaller portions and eating them slowly could help conquer this problem, he added.

"You don't have to avoid starches and sweets," he said. "Some diets restrict food intake. If you violate them once, you say 'to hell

with it' and give up. If a diet makes you hungry or obsessed with it, it's bad."

Because altering eating habits produces a slower weight loss than other diets that cut out all fattening foods, Mahoney said keeping up a dieter's motivation is often a problem. He suggests a system where a dieter rewards himself for successfully changing his eating habits (for example, treating yourself to a new album for going two weeks without snacking in front of the TV).

Mahoney said his experiments with patients at Penn State were successful. Two years after their therapy ended, they sustained an average 18-pound weight loss.

DORM EATING GUIDE FOR THE WEEK OF APRIL 14
ALL BREAKFASTS—1/2 c. juice, 1 slice toast with 1 pat margarine, 1 serving eggs, cold cereal with 1/2 c. skim milk or hot cereal with 1/2 tsp. sugar.
TODAY'S LUNCH—2 pieces fish or pork roll (no buns), pickled beets, orange.
TODAY'S DINNER—baked haddock, whipped potatoes, fruit cup.
TOMORROW'S LUNCH—submarine sandwich: cheese, meat, lettuce and tomato on 1/2 roll (mustard if desired), grapefruit sections.
TOMORROW'S DINNER—Grilled pork chop, green beans, sliced carrots, ambrosia or peas.
WEDNESDAY LUNCH—Banana split salad, skim milk.
WEDNESDAY DINNER—Roast turkey (no gravy), Pennsylvania red cabbage, vanilla ice cream.
THURSDAY LUNCH—Bacon, lettuce and tomato, or cheese, lettuce and tomato on 1 slice bread, pineapple slice or pear half.
THURSDAY DINNER—Small serving spaghetti, 1 meat ball, parmesian cheese; or creamed dried beef on 1 toast cup, broccoli, Peach half or whole purple plums.
FRIDAY LUNCH—Tomato consommé, pullman ham and Swiss cheese on 1 slice bread, whole peeled apricots.
FRIDAY DINNER—Roast pork (no gravy), sliced beets, peas, Royal Anne cherries.
SATURDAY LUNCH—Beef barley soup, egg salad, 1 slice bread, banana.
SATURDAY DINNER—Roast veal, spinach, 1 slice orange bread, citrus sections.
SUNDAY BRUNCH—1 c. cranapple juice or sliced peaches, scrambled eggs, 2 sausages, 1 slice toast.
SUNDAY DINNER—Swiss steak, corn or brussels sprouts, fruit compote.
ALLOWED ANYTIME—Black or artificially sweetened coffee or tea, salad with lemon or vinegar dressing, iced tea (1 glass of lemonade allowed per day).

Feminist relates history of women in labor force

By JOAN HARDESTY
Collegian Staff Writer
The Young Socialists Alliance, in supporting the struggles of oppressed people, must help women overcome their special kind of oppression, a feminist spokeswoman said yesterday. Diane Feeley, feminist and socialist, spoke at a Young Socialists Conference to more than 50 socialists from across the state about "Women in American History," particularly working women and their militant history.

"If you reveal a history to people," Feeley said, "they can see that what they are today isn't what they have always been. This gives them hope. They see that the future is theirs."

According to Feeley, women in Colonial America were engaged in every occupation. Daughters as well as sons learned their father's trade, and daughters often

took over the family business when the father died.

When industry began to move out of the household, Feeley said, women were "shut in the houses with nothing to do." The first factories sprang up in America in the early 1800s, and women flocked to work in them. Feeley said working conditions were good at first, but deteriorated rapidly.

Because women outnumbered men five to one in the mills, women quickly began to unionize and strike for better working conditions, shorter hours, more pay and the abolition of child labor. By 1909 "highly skilled garment workers were making up to \$6 a week," Feeley said.

Thousands of women joined the Women's Suffrage Movement around World War I, Feeley said. While men were at war, women moved into areas of industry men had considered "too heavy" for women, she said. Women bobbed their hair as a symbol of their independence, but returning soldiers had trouble adjusting to the change. "Most women were dragged back into their homes at the war's end," Feeley said.

During the Depression, women were the first to be fired. "Married women were immediately fired unless they hid their wedding bands," Feeley said.

During World War II, the situation was reversed. Women were urged to work. Feeley said, "but the attitude was still that women were just helping out until men came back."

The federal government set up child-care centers, more women moved into the skilled work force, and there was "even some talk about equal pay for women," Feeley said.

She said that within a month of the war's end, 600,000 women were laid off, child-care centers were shut down and women's seniority rights were disregarded. "Not until 1950 did the percentage of working women again equal the high point it had hit in 1945," she said.

Women have steadily gained roles in shaping their destinies, Feeley said. But they have a long way to go—the Equal Rights Amendment has been ratified by only 34 states, and four more states are needed.

Feeley related several stories about women who have made history, such as Emma Goldman, the first woman in the United States to publicly display a birth control device. Goldman was arrested after she said, "Women should keep their mouths open and their wombs shut."

Feeley is co-author of Kate Millet's "Sexual Politics: A Marxist Appreciation." She joined the Young Socialists Alliance in 1967, worked with them and was arrested in the antiwar movement. She also ran unsuccessfully as a candidate for the U.S. Senate in California.

Feeley is active in the feminist movement and plans to continue working with the Socialists.

Denenberg urges consumers to pressure Shapp

PHILADELPHIA (AP)—Herbert Denenberg, the outspoken consumer champion ousted from the Public Utility Commission last

week by the state Senate, launched a new career yesterday as a journalist.

In a copywritten column in The Sunday Bulletin,

Denenberg called for Pennsylvania consumers to get organized, put "heat on Gov. Milton Shapp and mix logic with organization" to make their point that change is needed on the PUC.

"Don't be mad at the PUC... True, it's about ready to reach into our pockets for over a half billion dollars in rate increases for electric, gas and other utilities, in

cases now pending before it... without public hearings...

"So why not be mad at the PUC? Because the PUC isn't the basic problem. The real problem is the political system that permits the PUC to gouge and pillage the public without even listening to the consumer's voice..." Denenberg wrote.

He said he learned much from his unsuccessful battle with the Senate, noting that nationally prominent consumer advocate Ralph Nader explained the battle perfectly.

"He (Nader) said the special interests and the politicians got together and decided that I would bring about too much public attention on the PUC, too much sunshine on the PUC and too many changes in the PUC. So the political wheeler-dealers and the manipulators made a deal and ousted me from the PUC," Denenberg charged.

The often controversial Denenberg, described by The Sunday Bulletin as a "consumer champion and establishment gadfly," lost his bid to become a member

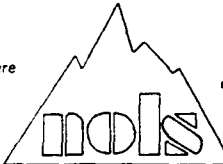
of the PUC when the Senate voted 28-22 against confirmation. He needed 34 votes to hold his seat on the five-member commission.

Denenberg chided Shapp for waiting to make needed changes in the PUC.

"Despite all the talk about PUC reform, the governor permitted a PUC vacancy to go unfilled from April of 1973 until January of 1975. That's a little slow for action involving a commission that controls over \$5 billion a year in total utility revenue," Denenberg wrote.

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