

Emotions, mothers linked to overweight problems

By PATTY RHULE
Collegian Staff Writer

If you've been looking for someone to point a pudgy finger at as the guilty party in your problem with weight, your mother may stand accused.

According to Dan J. Peterman, psychologist at the Mental Health Center, mothers are a major cause of overweight problems because "mothers are the first and primary people to teach good eating habits in the first place."

Too often, Peterman said, mothers teach children to eat as a way of calming them. He cited the example of a child hurting himself and his mother offering a sweet to soothe him. "Kid's don't need candy," Peterman said.

Other powerful determinants in weight problems are ethnic influences and celebrations, Peterman said. People tend to associate pleasure with overconsumption of food.

According to Peterman, as a culture we should teach people to cope with their emotions without doing it with food.

Peterman and Guy Pilato, psychologist at the Mental Health Center, began working with groups of overweight people three years ago under the assumption that behavioral modification techniques could be used to help them.

However, Peterman found that the problem was much more complex than he thought. "By now for people who are dedicatedly overweight, it's one of the most difficult patterns to change," he said.

Many persons who come to the Mental Health Center for help with a weight problem have gone through 10 or more years of being overweight, tried dozens of diets, seen so-called diet doctors and know enough about nutrition to eat an adequate diet with the proper amount of calories. The problem, Peterman said, is that they can't convert their experience and knowledge into anything that will help them control their weight.

The Center's weight control program monitors five areas: affective, behavioral, cognitive, diet and exercise.

According to Peterman, the affective area involves "food being used because you are trying to return to some sort of a comfortable emotional state." This includes using food as an antidote to being bored, depressed or tense.



It is common for freshman women to gain weight their first few terms at college, Peterman said. This could be attributed to dorm food, but it is more likely the weight results from stress eating. According to Peterman, being in college is stressful, and you can expect weight problems to be worse here than in other situations.

"In working with the overweight, I'm constantly astonished by their ability to ignore behavior," Peterman said. The overweight tend to make overeating easier for themselves by buying the wrong foods, not concentrating on food, not asserting themselves and carrying money when they don't need to.

The cognitive aspect involves talking yourself into eating by engaging in elaborate food fantasies, negative self statements

and fat thoughts. Peterman said that people sit in a boring class thinking how good a bubble gum ice cream cone would taste and after class go downtown and get one.

Peterman suggests substituting these food thoughts with some other pleasurable fantasy.

"If we could get rid of three things we could reduce the overweight by a couple of tons," Peterman said. He said Baskin Robbins, the doughnut shops and McLanahan's make it too easy for dieters to "blow it."

According to Peterman, the Center's weight control program does not place most of its emphasis on actual weight loss, but in establishing "an approach to eating that will be permanently maintained."

Peterman encourages the overweight to engage in some form of exercise, especially running, because "it's the world's easiest way to keep off about 12 pounds per year."

"It's a rare chronically overweight person who is involved in an exercise program," Peterman said, and he stressed running for those who are seriously interested in permanent weight loss as a relatively efficient way to burn calories.

Peterman sees dorm students falling into the pattern of associating eating with any kind of celebration. For the food addict, this pattern is disastrous and Peterman suggests substituting some other pleasurable activity.

The overweight tend to be uncreative about finding pleasure in activities other than eating, Peterman said. "That's a tough pattern to break; one of the primary pleasures of life is food," he said.

According to Peterman, persons who think the Center has a magic answer to their weight problems have the toughest problems.

Peterman said he loses interest in those people who want to lose weight for temporary reasons, like being able to fit into a certain dress size. He encourages persons who see weight control as a major change in their lifestyles.

"We aren't going to deal with overweight by coming up with a perfect diet," Peterman said. The solution lies in teaching children to exercise regularly and teaching them good eating habits.

Because of the limited resources at the Center, Peterman

can deal with only about 20 people per term in the weight control program. However, if a group of students in the residence halls would be interested in hearing a talk on weight control, they should call the Center.

Cheryl Sowers (7th-nutrition) prepared this week's menu — at 1,200 calories per day — for dining hall meals.

YOU MAY HAVE AT ANYTIME: tossed salad with lemon or vinegar (no oil), coffee or tea (black or with lemon).

ALL BREAKFASTS: ½ glass juice, choice of unsweetened cold cereal or hot cereal with ½ tsp. sugar, 1 glass skim milk.

TODAY'S LUNCH: 1 bowl chicken noodle soup, 1 slice rye bread, shredded cabbage toss, 1 glass skim milk.

TODAY'S DINNER: stuffed flounder, scalloped potatoes, French style green beans, mandarin orange sections.

TOMORROW'S LUNCH: American chop suey, sliced peaches, 1 glass skim milk.

TOMORROW'S DINNER: sweet-sour pork on rice, peas, purple plums.

WEDNESDAY'S LUNCH: cheese, lettuce and tomato on 2 slices whole wheat bread, tangelo.

WEDNESDAY'S DINNER: veal Cordon Bleu with cheese sauce, spinach, whole peeled apricots.

THURSDAY'S LUNCH: pizza sandwich, banana, 1 glass skim milk.

THURSDAY'S DINNER: barbecued chicken, broccoli, slices carrots, 1 slice whole wheat bread with ½ pat margarine.

FRIDAY'S LUNCH: macaroni and cheese, apple.

FRIDAY'S DINNER: French fried perch with 1 tbsp. Chili sauce, green beans, 1 slice bread with ½ pat margarine, grapefruit sections.

SATURDAY'S LUNCH: hot turkey sandwich (no gravy), coleslaw with sour cream dressing, sliced apricots.

SATURDAY'S DINNER: cheese stuffed shells, mandarin orange sections, 1 glass skim milk.

SUNDAY'S BRUNCH: mushroom omelet, 2 slices toast with 1 pat margarine, pineapple tidbits, 1 glass skim milk.

SUNDAY'S DINNER: Swiss steak, broccoli, honey bran roll with ½ pat margarine, purple plums, 1 glass skim milk.

Carter's church blocks blacks

PLAINS, Ga. (UPI) — The deacons of Jimmy Carter's hometown Baptist church canceled services yesterday and locked the doors rather than admit four blacks, one of whom planned to challenge the church's white-only membership policy.

Carter, campaigning in Texas, said he hopes the church will reverse its stand. His mother told UPI in Washington she will quit the church if it persists in barring all blacks, but she labeled yesterday's incident a political effort to embarrass her son.

The church minister, the Rev. Bruce Edwards, said he opposed the deacons' action. He touched off an argument with other church members by quoting the rule on which the action was based as barring "all niggers and civil rights agitators."

Later state Sen. Hugh Carter, clerk of the church and Carter's cousin, said official minutes of an Aug. 15, 1965, deacons' meeting recorded the rule as stating: "The ushers refuse to admit any Negroes or other civil rights agitators to all worship services in this church."

Edwards, who has been in his post for just two years, said he was told the rule read "niggers."

Standing before the locked doors of the Plains Baptist Church, Edwards said he had urged the deacons to let the Rev. Clennon King of Albany, Ga., and three other blacks attend yesterday's services where King planned to try to join the church.

King ran for president in 1960 on the Afro-American ticket, an again for president in 1972 as an independent, managed a 1970 gubernatorial campaign by his brother against Jimmy Carter and former Gov. Carl Sanders, and quit his brother's campaign staff to run for governor himself as Republican.

Edwards suggested the timing of the membership rule challenge 48 hours before election day was "Republican politics" and "an attempt by the enemies of Gov. Carter to sabotage his campaign."

Deacon Frank Williams said of the incident: "I don't know who's behind it but someone is trying to make it a political football, and we're sick of it."

In Texas, where he attended a Baptist service in Fort Worth Sunday, Carter told reporters: "The only thing I know is that our church for many years has accepted any worshippers who came there and my own deep belief is that anyone who lives in our community and who wants to be a member of our church, regardless of race, ought to be admitted."

"I know the pastor agrees with me, and I hope this will be the outcome of the problem in Plains."

The candidate's mother, "Miss Lillian" Carter, was asked in Washington whether she would remain in the church if membership was denied solely because of race.

"If it happens that no black can join, no matter who it is, then I will drop out of the church," she said.

But she described King as "An activist . . . into every little thing in politics" and said she "certainly" felt the timing of his bid for church membership was politically motivated.

"I know that if any other black who was decent wanted to come into the church they would welcome him," she said.

"But this man is an activist who shouts from street corners. If you ask me, I'm glad they didn't admit him."

Edwards said the deacons suggested "if I was uncomfortable with this policy, I should go somewhere else." He said he has not decided whether to quit.

King drove up to the locked church Sunday with two women and another man.

"I happen to have been here last Sunday when Reverend Edwards said differences of race should not be a standard, and the only standard should be faith in Jesus Christ," he said.

King said the timing of his visit had nothing to do with the election.

"There's no timing at all, but God times things," King said. "I don't know why God timed it this way." He said he would return to the church next Sunday to again seek admittance.

Several blacks have attended services in the church including black reporters and Secret Service agents.

Help Center has counselor week

The Student Assistance Center (SAC) is sponsoring a "Student Counselor Week" today through Friday.

Student counselors will be available to answer questions about the services provided by the SAC each day this week from 11 a.m. to 2 p.m. in the HUB ground floor and from 4 to 7 p.m. in the dining halls of each dorm area.

The center's primary

purpose is to help students with various problems, said Betty Moore, SAC general counselor. Students assist the center's day staff by providing information and advice to help students solve their problems.

The student counselors are the information sources on campus from 4 to midnight Monday through Friday and noon to 8 p.m. Saturday and Sunday in 102 Boucke.

The student counselors

have answered questions from where can I get a lab test to see if I'm pregnant, to how do I go about getting an emergency loan, to my girlfriend left me; I can't live without her, to what time is the field hockey game today?

The counselors deal with these and other questions and problems through an extensive information filing system, a n o n y m o u s

telephone calls and student-to-student advising. Personal counseling, veteran's counseling and legal counseling are also offered by the center's day staff. Appointments must be made for legal counseling by calling the SAC telephone number 863-0465.

Applications for becoming a student counselor "are available at the SAC and must be returned by Dec. 10.

Student open records policy in effect

The Final Policy on Confidentiality of Student Records, a policy that makes student records available to students, was put into effect Oct. 19 by University President John W. Oswald.

The University policy makes all records available to students except medical, employment and security records. Also, the policy states that no one outside the University may have access to a student's records without the student's consent.

The final policy will replace an interim policy which was put into effect at the University, Jan. 1, 1975.

The permanent policy is essentially the same as the interim policy. Changes include the addition of the

words "by any means (including the telephone)," referring to the fact that no information in a student's records will be given out by any means to anyone outside the University.

Also, the permanent policy states that a student may

view his records within 45 days of the submission of a written request while the interim policy only allowed 15 days.

The University developed the policy in compliance with the Buckley Amendment which was established by

Congress in 1974. The Buckley Amendment formed guidelines for making student records available to students and for requiring all educational institutions receiving federal aid to comply with those guidelines or lose their federal aid.


Philadelphia Inquirer, Pennsylvania's leading morning newspaper, had this to say about SENATOR JOSEPH S. AMMERMAN:

Today

The Philadelphia Inquirer
Sunday, April 21, 1974

Reformers Who Are Hanging in There

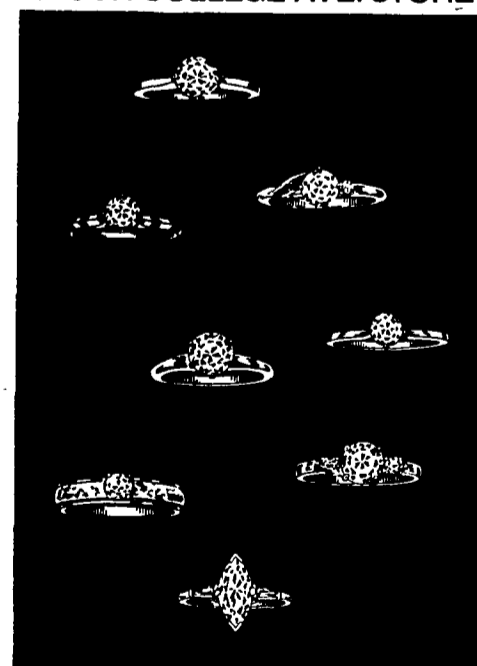
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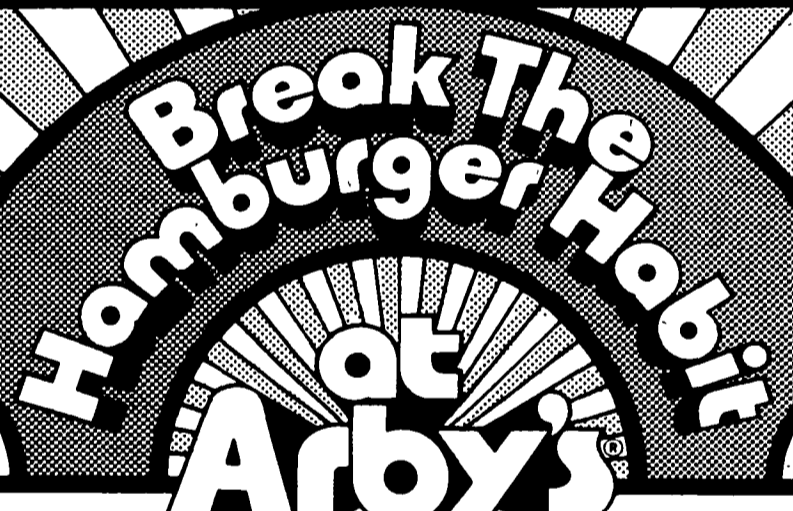
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What YOU can do to help prevent theft : record all serial numbers, engrave all valuables, lock all doors, and if theft should occur report it immediately by calling 865-5458.

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