

Poll shows college students too concerned about weight

by Kathleen Patrick
Reporter

What have you got to lose? Your health, if a diet is not done correctly.

A recent poll taken here at the university shows most students feel that they are overweight.

"Today, people in our society feel that if they are not more than 20 pounds under the ideal weight, they're fat," said Dr. Laura Hammond of the UNLV Student Psychological Counseling Center.

This is a relatively recent development in our society. "By

today's standards," said Hammond, "Marilyn Monroe or Jane Wyman were real porkers."

Weight loss methods among college students range from simply not eating to powdered food supplements, according to the poll.

"I won't eat for a couple of days," said one student, "until I feel bad. Then I go on [food supplements]."

"It's more than just what or how often we eat," said Hammond, "because we seem to want to see smaller numbers on the scale, rather than look and feel good."

Hammond suggests a nutritious diet and regular exercise.

"A lot of times, people will just stop eating," said Shane Franklin, assistant manager of a local fitness club, "which makes them feel sluggish and even fatter."

Some of the local fitness clubs have special membership fees and plans for students. These clubs can be fun for students as well. "The average age for members is 23," said Franklin, "and it's like a nightclub by concept. Everyone knows everyone."

Sometimes students run into problem areas. Studies have shown that people often eat even though they are not hungry.

"Students often eat when

bored, frustrated, angry or just don't feel like doing homework," Hammond said agreeing with the studies.

Hammond said that eating is often used as a coping mechanism, like the abuse of alcohol or drugs. "That's why we're here," she said, "to help those students."

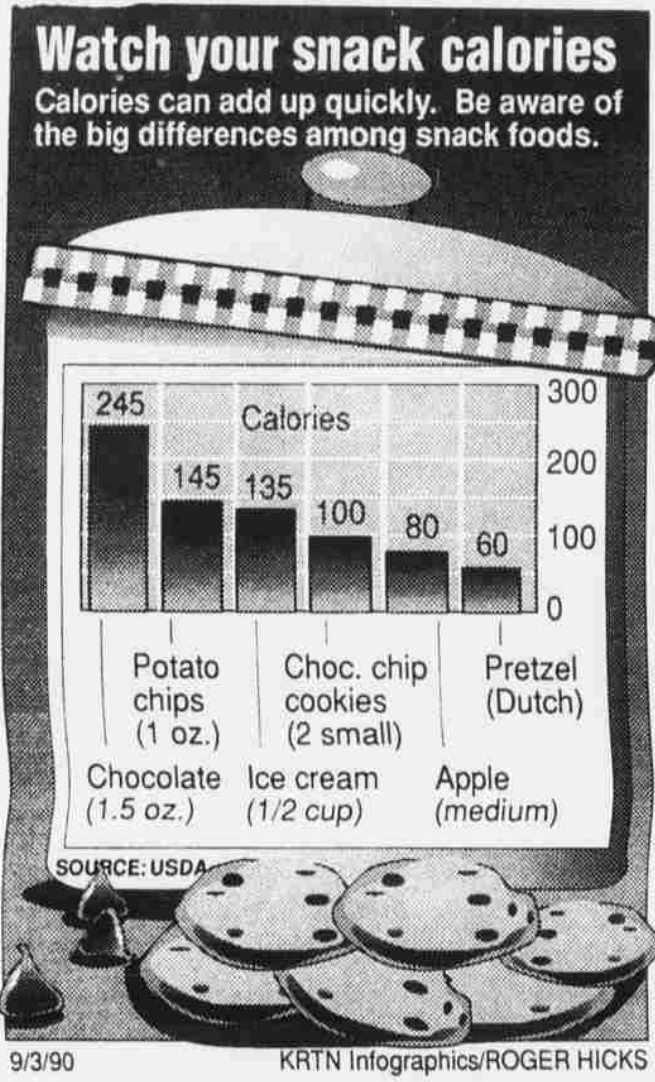
Extreme cases are those that suffer from anorexia nervosa (an eating disorder of extreme starvation) or bulimia (binge-eating and purging).

Help is offered on campus to those students who want to lose weight. There is a registered dietitian on staff at the UNLV Stu-

dent Health Center and the Student Psychological Counseling Center located on the second floor of the library.

The object of a successful diet is to lose weight the healthy and nutritious way. If not done right, more than pounds can be lost. As the old saying goes, "If you have your health, you have everything."

Health Awareness Day is being hosted by the UNLV Student Health Center and Student Government's Student Health Advisory Committee on Oct. 17, 1990 in the Moyer Student Union Ballroom and Lounges.



Health Awareness Day 1990
This Coupon Good For
One FREE Gift Bag
Redeemable at the UNLV Student Health Center Booths

Health Awareness Day 1990
This Coupon Good For
One FREE Drink
Redeemable at the UNLV Student Health Center Booths

Health Awareness Day 1990
This Coupon Good For
One FREE Condom Kit
Redeemable at the UNLV Student Health Center Booths

Health Awareness Day 1990
This Coupon Good For
\$5.00 Cholesterol Test
Redeemable at the UNLV Student Health Center

These coupons can be redeemed at various booths in the MSU Ballroom, while supplies last. Cholesterol testing must be done while fasting for 12 hours and can be redeemed only at the Student Health Center, and will be good through Friday, Oct. 19. Drinks courtesy of the Hotel Association, Se.E. Rykoff, and the UNLV Student Health Service.

Newspaper promotion of condoms springs a leak

by Tricia Ciaravino
Reporter

The University of Arkansas, Fayetteville, advertises for safe sex.

In April of 1990, the University of Arkansas' newspaper, The Traveler, published a special issue on HIV (human immunodeficiency virus) and AIDS (acquired immune deficiency). To promote the issue of safe sex, each copy of the newspaper contained a condom. The condoms were donated by Safe Tex.

In September of 1990, the Traveler received a letter from Safe Tex, recalling the entire batch. As it was explained to the newspaper, all condoms must pass a government safety test. If five out of 1,000 fail, the whole lot is called back. Safe Tex estimated one third of the batch was defective.

Since the condoms had been distributed six months earlier, recall was impossible.

Steve Wilks, current editor of the Traveler said, "We had a responsibility to publish the results." Wilks said there will not be any similar attempts.

"I don't think newspapers are in the condom distributing business," he said. He said he feels the strength of the words are promotion enough.

The Traveler is not liable for any pregnancies or sexually transmitted diseases resulting from the use of the defective condoms. As of yet, Safe Tex has not had any lawsuits.

At UNLV, condom kits are distributed, free of charge, in the Student Health Center. The condom kits contain three condoms, information on the correct usage and information on HIV, AIDS and disease testing. The university prefers this method to machines because, aside from misuse and break-ins, it's a better way to educate.

"I don't believe in just handing someone a condom. That doesn't educate them on the importance of why they need to use it," said Lori Winchell, director of

the Student Health Center.

The Student Health Center regularly promotes safe sex. At new student orientation, the condom kit, in relation to sexually transmitted diseases, is discussed. And on Health Awareness Day, speakers from the Clark County Health District, Planned Parenthood and other organizations will be talking. Coupons for free condom kits will be available in the Yellin' Rebel. Also, Ray Rodriguez, the Health Educator, schedules speeches concerning AIDS.

Along with condom kits, the Student Health Center supplies birth control pills, IUDs (intrauterine devices), the Today sponge and pregnancy and AIDS testing.

Condom facts

- Latex condoms are the only condoms that prevent the transfer of AIDS and other sexually transmitted diseases. Condoms made from animal membrane do not.
- Latex condoms lubricated with Non-oxonyl 9, a spermicide, provide better protection than those without.
- Use of a spermicidal foams, such as Non-oxonyl 9, are not effective enough (when used alone) to prevent AIDS and other sexually transmitted diseases.
- Using any oil based lubricant, such as Vaseline, on a condom makes it ineffective.

PRIME CABLE
More Of What You're Watching For.

AND THE UNLV DRUG AND ALCOHOL PROGRAM PRESENT:

A DRUG AND ALCOHOL ABUSE INTERVENTION PROGRAM FEATURING LIFETIME TELEVISION "THE PARTY'S OVER"

"The Party's Over" is hosted by "thirtysomething" star **Melanie Mayron** and is a documentary that highlights re-enactments of events that lead to three interventions.

TUESDAY OCTOBER 16 AT 6:30PM

MOYER STUDENT UNION BALLROOM