



LIFESTYLES

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The Yellin' Rebel

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Library contains a little of everything including help

by Georgia West Babb

Open books, notes and a myriad of backpacks are splashed across long tables and study carrels at the library while students peruse rows of shelved books. Do they really know what they're looking for? Surprisingly, many don't and end up wandering aimlessly about the library, fearful of asking for help.

If this sounds familiar, fear no more! Librarians live for challenge.

"It's hard to see people struggle and not ask for help because that's contradictory to what librarians are all about," said Jim McPhee, instruction service librarian.

So critical is the need for students to be able to use the library that the English 102 curriculum includes a required library lab. For \$5 students may also purchase

a comprehensive library packet listing the many sources available.

The library offers services such as Automated Reference, a computerized database search and an on-line catalog, INNOPAC, which contains approximately 60 percent of the UNLV catalog as well as the entire Clark County Community College catalog. The on-line catalog can be accessed from home or office with a computer or terminal equipped with a modem.

A special Government Documents Section receives 60 percent of the publications distributed by the U.S. Government. Nevada state and local documents are accessed through the Nevada State Library Catalog.

Special Collections are housed on the fourth floor of the rectangular building and include collections of re-

search, such as the papers of Senator Howard Cannon, the Yucca Mountain Depository collection and the Gaming Resource Center.

The non-book section includes items or information in non-print form such as microcomputer software, educational videocassettes, laser discs, audio-cassettes, filmstrips, slides, sound recordings and other audiovisual materials. Stage musicals, movie soundtracks and history recordings have been donated to the library and are available to students. These items can be found on the second floor.

Copy service, the Computer Training Lab and the Faculty Research Development Center are also located on the second floor.

For library hours call 739-3285.

Three new theories may explain bulimia

by Teri Hastings

The rapid increase in bulimia, the so-called binge-purge syndrome, has attracted wide attention in recent years. Studies have reported rates of bulimia ranging from 5 to 20 percent among college women.

In addition, a significant number of women not fitting the criteria for a diagnosis of bulimia engage in behavior associated with it such as binge eating during times of stress, exercising for prolonged periods in order to burn calories, fasting or extreme dieting to lose weight and worrying excessively over body shape and size.

Several theories attempt to explain the development of bulimia as well as the factors that help to maintain the disorder.

First, studies suggest that family background may contribute to the onset of bulimia. Families of women with bulimia are often reported as lacking in support and nurturing, lacking in the open expression of feelings and any encouragement of assertive, self-sufficient behavior.

Bulimia is thought to develop during times of stress as a way to obtain the nurturing that was never received as a child as well as a way to relieve negative feelings that were

never allowed to be directly expressed.

Second, culture may play a significant role in the development of bulimia. Although the current ideal female shape is not the super-thin image of former years, the emphasis for women's bodies is still one of minimum fat. Women are still valued more for their looks than men and a thin, well-toned body enhances a woman's social status and thus her self-esteem.

Anxiety is created in women who place importance on their looks and at the same time do not feel they live up to an ideal body image. A great portion of their time, energy and thinking is placed on reaching their ideal.

Third, recent studies report unwanted sexual experiences occur at rates as high as 68 percent in women with bulimia. In this context, bulimia serves as a coping mechanism to distract the woman from traumatic memories and to block negative feelings out of awareness.

It is not clear from recent research how these different factors relate to each other and to the development of bulimia. Research has yet to integrate the various theories by investigating them in a single study.

The department of psychology at UNLV is currently attempting this through an

investigation of the relationship between bulimic behavior, family environment and the occurrence of unwanted sexual experiences. It is hoped that by comparing women who differ on these factors, current theories can be expanded upon. More importantly, these findings may prove useful in the treatment as well as the prevention of bulimia.

The department of psychology is asking for female volunteers to participate in this research. This study hopes to compare all types of women ranging from those with no apparent concern about eating, body shape or size to those that engage in some aspects of bulimic behavior to those that are actively bulimic.

It should be stressed that volunteering to participate in this study will not be considered an admission of having an eating disorder. Furthermore, all women are assured of confidentiality since the survey questions they answer will not be associated with their names in any way.

Women willing to participate may call the UNLV department of psychology at 739-3305 to obtain further information or drop by John S. Wright Hall, room 337 to obtain a copy of the survey.

Alas, a beer belly is still a beer belly

ORONO, Maine (CPS)—Try this one for size—the "beer belly" acquired by armchair quarterbacks, bar-hopping fraternity brothers and any other men who belt back a few cold ones on a routine basis is just a myth.

Too good to be true? Unfortunately, it is.

A recent issue of *Men's Health* magazine reported that beer doesn't directly add weight to the waistline, and attributed the findings to research conducted by Richard Cook, director of the University School of Human Development.

Cook's response to that finding was one of dismay. He said that's not exactly what his research was all about.

"What I studied several years ago was how people in Maine gained weight in relationship to how people across the country gained weight," Cook said.

What Cook found was that people in Maine gain

weight at the same rate as everyone else.

"So what?" you might say.

So, that finding led to other findings, which in a nutshell, show that people gain weight in different areas

of

their bodies based on genetic makeup.

How did the beer belly rumor come out of that?

"I have no idea," Cook said. "I think it had something to do with eating potatoes."

Huh?

"They must have misunderstood me when I gave them an example of how different foods can cause weight gain," he said.

Oh.

According to Cook, higher-fat foods like ice cream are stored as fat by the body more readily than high-carbohydrate foods like potatoes and beer.

"There are particular areas on people where fat lays down," Cook said. "That is to be determined genetically. Men traditionally put fat around their waists and women around their hips and thighs."

Does that mean beer drinking women have beer hips?

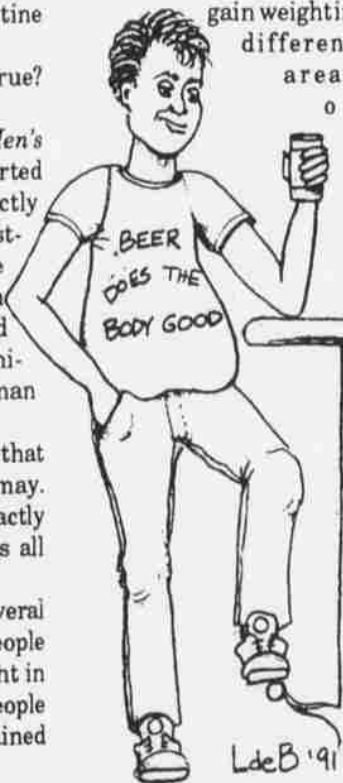


Illustration by Leslie deBeauchamp

Women's Sports Foundation treasure hunt scheduled

The second-annual Clue Into Women's Sports Treasure Hunt is scheduled for 10:30 a.m. Saturday at UNLV.

Participants will be given clues which will take them around campus in search of more than 50 prizes. The hunt will start in front of Frank and Estella Beam Hall. All entrants will receive a sandwich and sports bottle from Subway restaurants.

The event is sponsored by the UNLV Women's Sports Foundation to raise funds to support the women's teams in basketball, softball, swimming, tennis and track. Advance tickets are \$20 and \$25 on the day of the event.

Treasure Hunt Co-chairman Mary Ruth Carleton, who is also a lecturer at UNLV, said the prizes include an assortment of Rebel clothing items, round trip plane tickets to San Diego and dinners for two at area gourmet restaurants.

She said there will also be two raffle prizes. One includes round trip plane tickets to Los Angeles and tickets to a Lakers game. The other prize is Waterford crystal.

Carleton said the treasure hunt is open to the public and participants do not need to be members of the foundation. She said students and faculty mem-

bers will have an advantage over other participants because of their knowledge of the campus.

Members of all the Lady Rebel teams will be on hand for the event, along with UNLV cheerleaders.

For tickets or more information call Tina Kunzer-Murphy at the Thomas & Mack Center at 739-3240.

