

Eating disorders week - break free of body image trap

By KAREN SMITH
The Champion

IF YOU DON'T HAVE AN EATING disorder, you probably know someone who does. But you may not even realize it.

Bulimia and anorexia sufferers are so ashamed of their life-threatening disorders they go to great lengths to hide them, says a Campbellville counsellor who knows from experience.

Viola Fodor, who suffered from bulimia - binge eating followed by self-imposed vomiting - for 10 years, says she was too embarrassed to seek help.

"I refused to seek professional counselling because I was certain that either I would be committed to a mental institution or put on display as a freak of nature for scientists around the world to study," she writes in her recently-published guidebook for people with eating disorders, "Desperately Seeking Self."

"How could I begin to explain to a doctor that I engaged in this bizarre eating behavior every day and did not know how to stop?"

Eating Disorder Awareness Week (February 4-10) aims to take the secrecy and shame out of the growing problem of eating disorders.

"The problem is so extensive," says Ms Fodor, who opened a private counselling practice out of her Campbellville home in 1981. "It's an easy problem to fall into but so difficult to get out of."

The causes are also complicated, she says, stemming from low self-esteem and the obsession that body image is the single determining factor of a person's worth.

"It's an obsession with food and body weight, pinning one's self-worth on physical appearance," Ms Fodor explains.

Alarming, eating disorders are developing in girls at younger ages, says Ms Fodor. In fact, most females in society struggle with food and weight issues, according to the National Eating



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obsessed with their physical appearance, she says. Ironically, several of Ms Fodor's clients are international models, she says. "They're not any happier for having this image that so many people aspire to."

The Canada-wide Eating Disorder Awareness Week aims to provide information on eating disorders, dieting and weight pre-occupation, emphasizing social factors and dispelling common myths.

It also sets out to advocate for widespread changes in social attitudes and gender stereotyping by emphasizing a woman's identity rather than external appearance.

Another of its objectives is to encourage people with eating disorders and their families to acknowledge the problem, direct them to appropriate resources and provide them with information and support. Lastly, Eating Disorder Awareness Week celebrates the diversity of body sizes and shapes of all people.

Disorder Information Centre in Toronto, whose members organized Eating Disorder Awareness Week.

Statistics show 90 per cent of women experience body-image dissatisfaction, 80 per cent have dieted by the age of 18 years, 66 per cent have experimented with bulimia and up to 15 per cent have many symptoms of an eating disorder.

The incidence of eating disorders is also increasing in males as men are becoming more

Fees are going up, council says

• from COUNCIL on page 1

able to offer some of these leisure service programs."

Mr. Hunter said the cost of leisure services has jumped from \$189 per household only a few years ago to \$379 per household. He pointed out the issue of user fees in leisure services is tied to the entire budget process.

Bonnie Ward, manager of recreation services, told council that deferring the issue would impact the February 10 summer sports registration by making it impossible for sports groups to effectively set their rates for 1996.

In addition, she said, the leisure services spring and summer activity guide is going to press in less than three weeks and detailed information was required by that time.

Director of finance Jim McQueen defended the user fee methodology saying the report is an interim step and can be improved upon. Without specific policies

for recoveries Mr. McQueen said the staff approach was to move towards full cost recovery bearing in mind what the market would bear and what seemed reasonable.

"If these fees are not charged there are consequences for the revenue side of the budget," Mr. McQueen said.

"We are already using information from this report to streamline the number of programs and make them more cost efficient."

Jim Leworthy, president of Milton Lacrosse, told councillors changes at this time would make running his summer program very difficult.

After the massive report was confirmed, Mr. Challinor suggested a separate committee of council be struck to study user fees in all departments. He also suggested there be a formulated basis to establish fees and a formalized subsidy arrangement. He said council could debate his proposals at a later date.

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PUBLIC NOTICE

WATER CHLORINATION VARIANCE
APPLICATION

BY THE REGION OF HALTON

The Regional Municipality of Halton will be holding a
PUBLIC MEETING on:

Thursday, February 15, 1996
7:30 pm

at the Milton Optimist Club, 311 Commercial Street

All Members of the Public are invited to comment on the issue of continuous chlorination of Kelso well water supply. Verbal submissions will be accepted at the meeting and comment forms will also be available at the meeting to complete and return. Written submissions should be forwarded to the Office of the Regional Clerk, Regional Municipality of Halton, 1151 Bronte Road, Oakville, Ontario, L6M 3L1 to the attention of Joan Eaglesham.

G. A. Krantz, Mayor

Town of Milton - Draft Official Plan

Community Rediscovered

NOTICE OF AN OPEN HOUSE

Date: Wednesday, February 21, 1996

Place: Milton Town Hall Foyer

Victoria Park Square, Milton

Time: 7:00 pm to 9:00 pm

The Town of Milton has completed its review and response to the comments provided concerning the Town of Milton Draft Official Plan. The review has resulted in a number of proposed modifications to the text and the schedules of the Draft Official Plan.

Prior to the Plan's adoption by Council, an Open House is being held to allow for the opportunity to informally review and discuss the proposed modifications with Planning Staff. Depending upon the results of the Open House, a Public Meeting will be held with Council at a later date to highlight the proposed modifications and to allow the public to address any outstanding issues.

Written comments on the proposed modifications will be welcomed until March 4, 1996 to the Director of Planning and Development at: P.O. Box 1005, Milton, Ontario, L9T 4B6.

To facilitate the review of the proposed modifications, copies of the Draft Official Plan and Response to Comments Document are available at the counter of the Planning and Development Department, Town Hall, Victoria Park, Milton. Copies of the Plan and Response to Comments Document are also available for review at the Milton Public Library, 45 Bruce Street, Milton.

If further information is desired, please contact the Planning and Development Department at 878-7211.