

Aggie creamery has more than ice cream

By **LESLIE HEFFNER**
Reporter

Unlike the "little creamery in Brenham," Texas A&M's little creamery makes more than ice cream. It processes butter, meat, cheese, eggs and milk for busy bodies.

Creamery technician Pat Moore says the creamery is a teaching and research facility. Each semester two dairy product technology classes learn how ice cream, cheese and milk are manufactured. The classes get hands-on experience by manufacturing products such as sour cream, yogurt, cheese and ice cream. But don't worry about getting a container of ice cream or yogurt that didn't make a passing grade. Moore says everything manufactured by the classes isn't sold. The bad stuff is dumped.

and retail facility. As such it often

The creamery is also a production tries new approaches and products.

French Silk ice cream, a blend of rich sweet and bittersweet chocolate flakes is one experiment. Moore says she and other creamery personnel obtained the French Silk recipe from a Chicago dairy food exposition in October.

"We tasted all the available ice cream at the expo and thought French Silk was the best," Moore says. "We wanted to get a really high-quality product we could identify with Texas A&M."

The quality of chocolate and the amount used, Moore says, is what makes French Silk a high-quality product. She says the chocolate flakes used in the ice cream are devised especially for the ice cream. The bittersweet flakes have a low melting point of 90 degrees, Moore says, so they melt in the mouth, leav-

ing a rich chocolate flavor not found in ordinary chocolate chip ice cream.

Other ice cream flavors the creamery sells include cherry, strawberry, chocolate, vanilla and butter pecan. Moore says the creamery hopes to add some new flavors this fall.

The creamery is known not only for selling ice cream, but also for its five-pound blocks of American and Swiss cheese. This fall, Moore says, the creamery plans to sell the cheese with the Texas A&M emblem imprinted on the wax covering.

One other change the creamery will make this fall is that it will be open Saturdays of home football games this fall, Moore says.

"We are always trying to upgrade our equipment and facilities," Moore says. "We like everybody to enjoy our products."

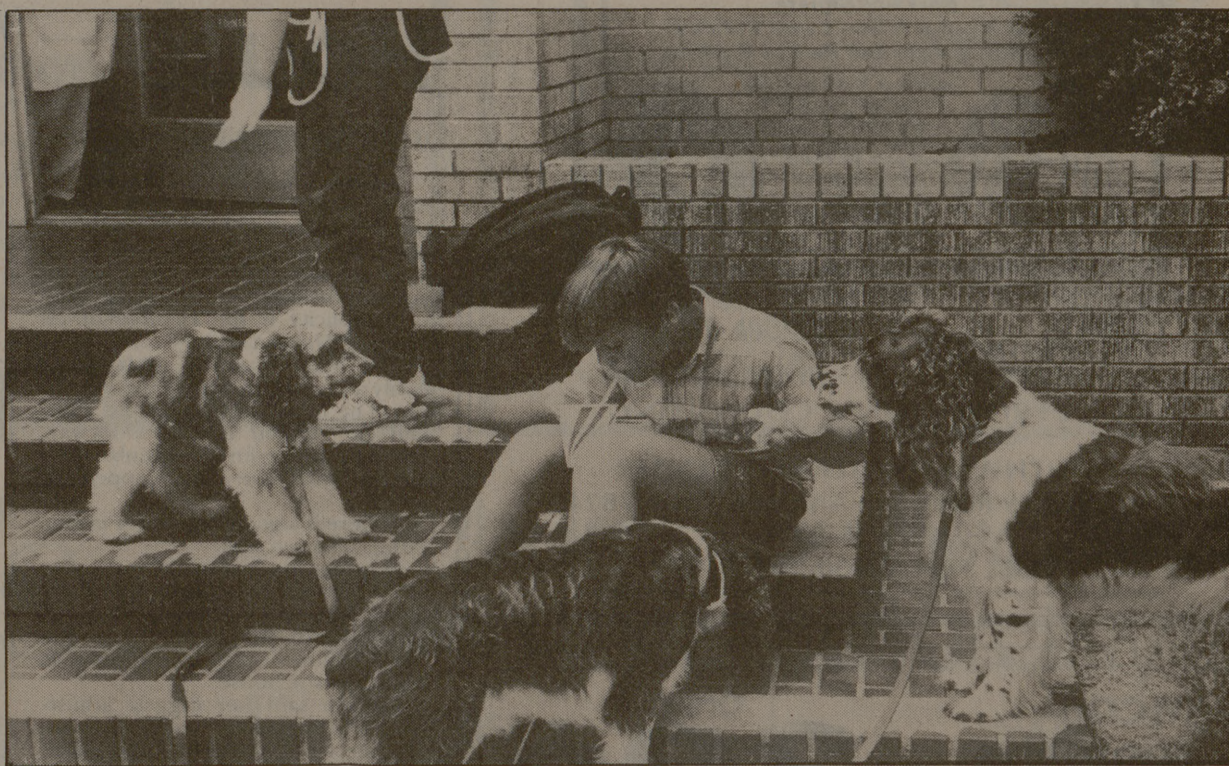


Photo by Carol Smith

Humans aren't the only ones trying to beat the heat. Orin Clark and his dogs, Barney

Brutus Davis, King Arthur and Sir Woodrow, enjoy ice cream at the Creamery.

Eating disorders — a life-threatening situation

By **LESLIE HEFFNER**
Reporter

It's really happening a Nightmare! the shocking agony of watching helplessly

As your beautiful child withdraws more and more

As she loses perspective and touch with reality

As she retreats into a world of her own

where you can't enter and don't understand.

As she slowly wastes away

And you become faced with the possible presence of death

and the agonizing terror that she may choose death over life...

YOU REALIZE

All you can really do is

love her

let her know you're there for her and that you'll support her efforts to get well

if SHE chooses to.

— June Mosele (1982)

The victim in the poem is suffering from an eating disorder.

Whether it be anorexia nervosa or bulimia, the victim is in a life-threat-

ening situation of self abuse.

Anorexia nervosa is a disorder in which people starve themselves through compulsive dieting. Anorexia sufferers usually devote most of their energy to exercise and schoolwork. Sufferers usually lose judgment, refusing to recognize they have a problem.

Bulimia is known as the gorge-purge syndrome. It is a disorder in which people eat enormous amounts of food and then rid their body of it by inducing vomiting, using laxatives, using enemas or using diet pills. Research has shown that bulimia victims consume up to 50,000 calories in one sitting.

Half a million Americans a year suffer from the disorders. Most of them are females in the age group of 10 to 25 years old, although one out of 10 victims is male. The victims are often overachievers and perfectionists. They have common sense, but as the disorder progresses the victims' thoughts become distorted and they lose all sense of reality.

There is no one main cause for eating disorders.

Dr. Judy McConnell, of the Texas A&M student counseling service says

"I know I want to gain weight," Jenny says. "I'm eating more, but when the scale goes up, I get this airy feeling like I'm losing control. I dream maybe anorexia goes as it comes. Maybe one day I'll wake up and it'll be gone."

the disorders are caused by a variety of things such as family dynamics, the need to be in control, wanting to be assertive or having a problem expressing wants and needs. She says the counseling service offers a semi-structured bulimia support group, but there usually about only five to eight people attend the group meetings.

She knows there is a much bigger anorexia and bulimia problem at A&M, Dr. McConnell says, but many victims do not seek help.

A 19 year-old anorexia victim, known as Jenny, told the St. Louis Globe Democrat she often asks herself how she became a victim. She says when she was 7 her sister took her to a meeting about losing weight. Her sister said she didn't want Jenny to grow up to be overweight as she

had done.

Over the years, Jenny says, she's been to four psychiatrists, a chiropractor/hypnotist and had electroshock therapy.

"I know I want to gain weight," Jenny says. "I'm eating more, but when the scale goes up, I get this airy feeling like I'm losing control. I dream maybe anorexia goes as it comes. Maybe one day I'll wake up and it'll be gone."

Jenny is fortunate because she realized she had a problem before it was too late.

An unfortunate bulimia victim's story was printed by the Granite City, an Illinois newspaper. The victim was known as Laura. The Granite City said she went out one night and gorged herself with hamburger after hamburger after hamburger

and french fries, a milkshake, more fries another shake and more food until her stomach distended from her frame. Laura went to the bathroom, stuck her fingers down her throat and tried to rid her body of all the food.

The Granite City said she had eaten so much so fast that she had cut off the blood supply to her stomach and she was unable to throw-up.

Laura was rushed to the Yale-New Haven Hospital's emergency room, where surgeons cut into the outer layer of her stomach to remove the food. It was too late.

Laura died.

The 1983 March 7 issue of Newsweek said that the gorge-purge syndrome affects as many as 10 percent of every college campus.

Anorexia and bulimia sufferers need help, but as others with social diseases they do not often seek help. Like alcoholics they have to admit they have a problem before anything can be done to help them.

In July St. Francis Hospital in Tulsa, Okla., established ABtec a special eating disorders treatment center. ABtec — officially called Anorexia Bulimia Treatment and

Education Center — is modeled after Dr. Felix Larocca's program at St. John's Mercy Hospital in St. Louis.

A psychiatrist, a clinical nurse, social worker and dietician make up the ABtec staff. The center's daily program is highly structured. It includes supervised meals, self awareness, group therapy, tutoring (if necessary), and nutrition classes.

A non-profit organization, B.A.S.H., Inc., is a self help program that works closely with ABtec. B.A.S.H. meets once a month and provides education and insight into eating disorders. The self help program is free and is open to anyone wanting to participate.

Among symptoms of anorexia are a distorted sense of self-image, constant frantic exercise, loss of 25 percent or more of body weight, drastic physical changes, a new layer of thin hair on the body.

For those who are interested in seeking help for eating disorders, the campus bulimia counseling and support group can be contacted by calling 845-1651, the ABtec unit can be contacted at (918) 494-5328 and B.A.S.H. can be contacted at (918) 494-5336.

Hurry! Great selection of new apartments for limited time only.

IT'S A JUNGLE OUT THERE.

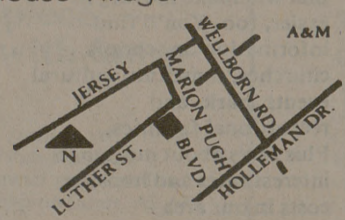


It's easy to lose your way when hunting for a new apartment. Now, Treehouse Village is helping to make your choice a little clearer by offering you new efficiencies and one- and two-bedroom furnished and unfurnished apartments with a wild assortment of features. Just a few blocks from campus along the regularly-

scheduled shuttle bus route, Treehouse Village features the roommate floor plan - perfect for students. Fireplaces are available, too! So come in from the jungle and settle into a comfortable new apartment at Treehouse Village.



LEASE NOW FOR FALL 1984.



Treehouse Village Apartments. From \$295. For information, visit the Treehouse Village Apartments Leasing Office at 800 Marion Pugh Blvd. at Luther Street 409/764-8892

Professionally managed by Callaway Properties.