

Sociology proposal at odds with AOP

A proposal recently submitted to the Academic Opportunities Program (AOP) by the sociology department was turned down, and termed "illegal" by the AOP director, Willetta Wilson, according to Donald Van Houten, head of the sociology department.

The plan was offered as an alternative to the Sociology 201 sections currently offered through AOP. According to Van Houten, department members decided the special 201 sections are not serving the needs of the minority and economically disadvantaged students.

The proposal requested funds to hire a graduate student for the specific purpose of working with AOP students in all 201 sections. Special tutorial efforts and the

possibility of sessions devoted to sociological material on minorities and the economically disadvantaged were also suggested in the alternative plan. Van Houten stresses the department wants to "build bridges to reduce the alienation and isolation students frequently feel in the classes."

The department is now withdrawing its AOP sections for winter term. Van Houten concluded the department does not want to continue working with AOP following the rejection of the recent proposal, but indicated their minds may be changed by spring term if changes are made in the program.

Wilson was not available to comment on the sociology department's proposal.

Grade policy tops agenda

Discussion of the Lamon (D-grade) proposal will be the first order of business at today's meeting of the General Faculty

scheduled for 3:30 p.m. in 150 Geology.

Also scheduled for discussion is a proposal, to be introduced by history professor Paul Holbo, calling for two-ASUO chosen students to participate in the decisions of the University Faculty Personnel Committee, the body which makes recommendations to the University president concerning the tenure and promotion of faculty members.

Also on the agenda is a resolution to be offered by anthropology professor Paul Simonds, stating that the faculty "Stands fully in opposition to any attempts to review textbooks, teaching material and publications which will be used by faculty in their teaching or be published by them as a result of their research or creative efforts." There is some question as to whether this resolution is in conflict with Oregon law stating that if textbooks are considered to contain discriminatory material (on the basis of age, handicap, national origin, race, marital status, religion or sex) the University must make reasonable efforts to make available to students supplemental, alternative non-discriminatory materials.

Sleep, sleep, sleep...

Clinic puts insomniac to rest

By SHELLEY DENEAU
Of the Emerald

Since sixth grade, Tom has been unable to sleep properly. Now a graduate student, he watches wide-eyed as school pressure intensifies his condition.

A 35-year-old student who suffered a concussion when involved in a car accident has had sleeping problems ever since.

These cases suggest only a few reasons why 30-million people in the United States suffer from insomnia. The inability for some people to fall asleep and stay asleep at appropriate times and places has puzzled the medical field for many years.

Typically, its approach has been drug-oriented or involved long-term psychotherapy. It is estimated that Americans spend \$60 million every year to buy sleeping pills, although possible side effects include unwanted mood changes, drug dependency and expensive bills.

To counteract the drug approach, Jay Alpers, a graduate student in psychology, has started a self-help clinic for chronic insomniacs in the Eugene area, as part of his doctoral studies.

At the beginning of the program the patient is asked to make a small refundable deposit to insure completion of the program. A patient determines his or her own sleeping behavior by filling out sleep data forms and later reading a manual containing suggestions for improving sleep. The person thus becomes his or her own therapist, and only calls Alpers if troubles occur.

Alpers' program emphasizes psychological procedures such as different relaxation exercises and altered behavioral patterns before sleep. He tested these ideas in a pilot program this summer. Although it is too early to determine the effectiveness of the program, Jay does feel his emphasis on self-help was a

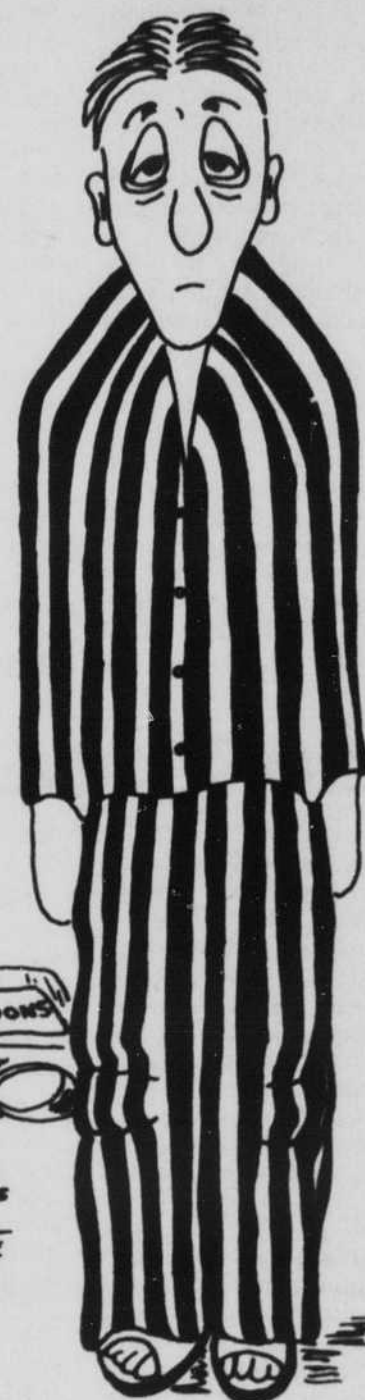
major factor in the treatment.

"In this way the clients are responsible for their own progress," Alpers says. "Because they administer the treatment themselves, they become more motivated."

Many of the people interviewed refused to give their names hinting others might read false psychological implications into insomnia. Be-

cause of this embarrassment, Alpers feels patients respond better to helping themselves in a clinic rather than being involved with one doctor or a group encounter.

Persons who take more than thirty minutes to fall asleep or who have a history of insomnia can contact Alpers at 686-5050 Monday through Friday from 9 a.m. to 4 p.m.



Drawing by Cecily Reeve

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