

Polish 'sexologist' visits University

By **CHERI O'NEIL**
Of the Emerald

Three months of dorm living have left Fulbright-Hayes lecturer Mikolaj Kozakiewicz with the impression that Oregon students are "model" examples of good behavior when compared with their European peers.

While staying in Eugene the "humanistic sexologist" published an article about Oregon students visiting Poland, drawing on his experience as a lecturer in Paris, Cologne and Bonn.

"The erotic side of students is not demonstrated here," he says. "There is a high degree of discipline. I am happy to see this. At European universities, the students are ostentatiously exhibiting how they are progressive and free."

Director of the department for youth study in the institute for rural development at the Polish Academy of Sciences. Kozakiewicz is a member of the boards of several European family planning organizations. He is also vice president of Family Planning in Poland and an executive board member of the International Planned Parenthood Federation.

Those positions have enabled him to collect data for a cross-cultural youth study. His investigation encompasses 18 countries. (Continued on Page 4)



Fulbright-Hayes lecturer Mikolaj Kozakiewicz of Poland calls himself a "humanistic sexologist," and is visiting Eugene to gather information

on the sexual culture of American youth. So far, Kozakiewicz has found his dorm-mates more tame than their European counterparts.

Photo by Keith Allen

ask the sexpert

This is a weekly column by Planned Parenthood of Lane County. Send questions to the Emerald, 300 EMU, or call Planned Parenthood at 344-1611.

When in a woman's cycle is the "safest" time to have intercourse?

If you mean "safe" from pregnancy, the answer is usually during, just before or just after a menstrual period. Most women ovulate (release an egg) about 14 days before their next period begins. This is when they are most fertile.

But don't be lulled into a false sense of security by your calendar. There are plenty of exceptions to this rule. We've even known women who only conceive during their menstrual periods.

Because few women experience Mittelschmerz (a twinge of an abdominal pain that signifies ovulation), you have no way of knowing if you—or your partner—is an exception.

For that reason, we always urge the use of a birth control device or pill unless, that is, you try taking your basal body temperature or learn about the changes in your cervical mucus that indicate ovulation.

Would you recommend the use of a sperm bank for a man

who is a little uneasy about getting a vasectomy?

No. Frozen sperm banks are catering to just his type of nervousness. Any man who wants to have some sperm saved for possible future insemination can have it labeled, frozen and stored for a modest fee.

The biggest problem with these banks, aside from no free checking, is the lack of a long-term guarantee. We don't really know how long chilly sperm can remain virile enough to impregnate an egg. Claims run 16 months to 10 years or more.

Obviously, any man considering a vasectomy (sterilization) would be best off thinking of it as irreversible.

How much does an abortion cost if you are not very far along?

Most abortions are performed in the first 12 weeks of pregnancy. In the Eugene-Springfield area these first-trimester abortions average \$150 to \$200. This usually involves two to four office visits and covers most lab and medication fees.

Birth control, Rhogam shots for Rh negative women, pap smears and sometimes pregnancy tests are extra.

Can sex help menstrual cramps?

Not plain old coitus alone. But an orgasm, yes. Many women report that an orgasm, whether arrived at alone or with a partner, reduces cramping as well as lower back pain. Be warned, however, that there is typically a gush of

menstrual blood at the moment of orgasm.

There is no harm in this, and the total amount of blood lost is not increased, but you may want to take measures to deal with it. A diaphragm provides an excellent temporary roadblock for the menstrual flow.



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Discrimination suit rejected

PORTLAND — A sex and race discrimination complaint filed by a black Eugene man against the office of the chancellor of the State System of Higher Education has been rejected.

Virginia Balderama, acting director of Region 10 of the U.S. Department of Health, Education and Welfare, said an investigation by the U.S. Office of Civil Rights showed the higher education office was in compliance with federal anti-discrimination laws with regard to hiring processes.

Lewis Peters, formerly a member of the Eugene Human Rights Commission, filed the complaint with HEW in January of 1977. He charged he was the victim of discrimination by a selection committee looking for an affirmative action compliance officer for the chancellor's office.

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