

Program helps dissolve aging stereotypes

By SALLY HODGKINSON
Of the Emerald

The elderly have been unfairly stereotyped as cranky, lecturing, helpless and lonely, says the director of an ASUO program dedicated to dissolve these images through work experience with the elderly.

"They have the same types of problems everyone has," says Mark Sideman, director of Friendship with the Elderly. "Everyone has, to some degree, feelings of loneliness, restricted independence and mobility. The only difference is that the elderly have lived longer and been through

more things."

FWTE matches students with senior citizens through Eugene-area agencies such as the Gray Panthers, Meals on Wheels, Adult and Family Services and county nutrition programs. Through these agencies, students can teach arts and crafts, dance, music or other recreational activities, as well as visiting or taking the elderly shopping.

"As soon as you gain contact with an older person, stereotypes about them have a way of disappearing," says Sideman.

FWTE provides students with realistic and practical experience,

she adds, and agencies get competent volunteers. But elderly benefit the most through student contact and help.

"We get things done," he says. "We help them develop individual competencies." The program, a five year extension of ESCAPE, emphasizes teaching skills so seniors can do things themselves, rather than relying on services, adds Sideman.

Sideman met recently with representatives from the gerontology department to discuss the possibility of credit for FWTE experience. Presently, students gain credit through ESCAPE.

Sideman says the meeting is a step in the right direction.

"Gerontology is starting to awaken. There's a whole segment of people who have been neglected, shoved aside and put into categories."

Although FWTE shares a concern for older people with gerontology, Sideman says the program will never be confined to gerontology students.

"We're here for the student who may be interested in exploring career choices of working with the elderly," he says.

Registration for the program ends today. For more information contact ESCAPE's registration table in the EMU lobby or call 686-3749.

Companions

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also reaches those in homes. Ella Johnson, a retired schoolteacher who moved to Oregon in 1949 to tend filbert trees with her husband, lives in Good Samaritan Center in south Eugene.

"I'm not ready to give up my freedom and be here all the time," Johnson says. Her friendship with Bea Brooks has helped her maintain her independence, she adds.

Brooks, a retired nurse, is one of the program's veterans, having joined it two and one half years ago. "A friend of mine told me to look her up,"

she says of Johnson. "Now we're friends."

Brooks escorts Johnson to and from shopping trips and doctor's appointments, sometimes offering an arm when the latter loses her footing. "My walking isn't too good," Johnson admits.

Sometimes they talk about the lat-

est books they've read, sometimes about the future and the past.

"The 'bill of rights for tenants' says I don't have to take part in the manual craft activities here," Johnson says. As a former schoolteacher, she says she's had enough of that.

"Now I can just sit."

Junction City scuttles solicitation rule

By KEVIN HARDEN
Of the Emerald

The Junction City City Council has killed an ordinance that would have made it difficult to solicit contributions for religious organizations.

The ordinance, first proposed as an amendment to the city's peddling and solicitation ordinance and defeated Tuesday night, would have halted door-to-door solicitations for contributions by members of religious organiza-

tions unless the city gives its consent.

The ordinance was aimed at the Unification Church, which angered Junction City residents during one recent contribution-seeking campaign. The church members, commonly called

"Moonies," asked Junction City residents to contribute to a "Christian Youth Camp" in Oregon several weeks ago.

When some residents became suspicious, the Lane County sheriff's department investigated and discovered the camp did not exist.

Law enforcement officials questioned church members about the camp, and several days later the council received a letter from the Church's New York Office complaining of harassment.

The City Council responded by directing City Attorney Richard Miller to write an amendment to the solicitation ordinance that would regulate such campaigns in the future.

That amendment was later expanded into a separate ordinance after Miller realized the issue was complicated by the Unification Church's claim to religious freedom.

The council members, however, changed their minds

about the ordinance and rejected it without public discussion.

Miller says the council was first concerned about the ordinance's constitutionality. (The Unification Church had threatened a First Amendment lawsuit against the city if the ordinance were passed.)

After the review, Miller says, the council concluded the effects of the ordinance would be too "drastic" and decided to abandon any regulation of solicitations.

"Because of the scope of the ordinance, the subjects covered would have to include all charitable organizations," Miller explains. "That would also include the Girl Scouts and the Camp Fire Girls, as well as the church groups."

To avoid problems with enforcement, the council refused to take action on the matter, Miller says. No new ordinance is scheduled for consideration.

ask the sexpert

This column is written weekly by Patti Van Metre and Anna-Lisa Robbert of Lane County Planned Parenthood. Send questions to the Emerald, 300 EMU, or to Planned Parenthood, 134 E. 13th Ave.

Q. Does nocturnal orgasm occur in women?

A. Yes. By age 45, 40 percent of all women will have had at least one involuntary orgasm while sleeping. Sex researcher Kinsey found that some women have more "sleeping orgasm" when they have fewer sexual outlets (i.e., sexual intercourse or masturbation). Other women have exactly the opposite experience. These orgasms are usually accompanied by sexually stimulating dreams, which the women will remember vaguely. For you history buffs, note that people of Babylon and the Yoruba African tribe describe this event as a "nocturnal visitation by a little man or being." Maybe we shouldn't be so scared of the "boogey man."

Q. What is the risk of pregnancy if a condom has a small pinhole in it?

A. Only a small amount of semen could "escape" through a pinhole, so the average risk would be slight, about 2 percent. However, if in-

tercourse occurred during mid-cycle (when a woman is most fertile) or if the condom breaks, the chances of pregnancy are greater. Best to check a condom first.

Q. I have been married for two years. Before we were married, our sex life was great. Lately it seems to have "fallen by the wayside." Is there any counseling in this area for people interested in improving their sexual relationships?

A. Yes. CARES referral agency has a list of such counselors. You can reach them at 687-4000. In addition, the counseling center of the University could give you some information. Planned Parenthood also has names of reputable counselors who successfully have helped couples to communicate their sexual desires to each other. Good luck.

Q. Have you heard of a "paper" birth control pill?

A. Yes. The People's Republic of China has developed a "paper pill" that is arousing the interest of developing countries. This small, perforated sheet of edible paper is cheaper and easier to produce, and easier to store. The World Health Organization is studying the pill.

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