

ask the sexpert

This column is written by Jill Belsky of Lane County Planned Parenthood. Send questions to the Emerald, 300 EMU, or to Planned Parenthood, 134 E. 13th Ave.

Q. A clear stringy mucous secretion appears for one or two days at the middle of my cycle. How reliably can one use the mucous method to accurately determine the time of ovulation and safe days for intercourse after ovulation?

A. The mucous method, or Billings method, involves the checking of secretions that flow out of the vagina to determine ovulation, and avoiding a limited

number of women, and rates reported range from about 3 to 25 failures for every 100 women using the method for a year. Effectiveness in avoiding pregnancy with this method is lessened if a woman confuses other substances in her vagina with her mid-cycle secretions; some examples are semen, lubricants, spermicides, and discharges due to infections. Douching lowers the effectiveness of the mucous method as well, as it washes away the secretions that should be examined. We recommend strongly that you take a class or see a health practitioner knowledgeable in natural family planning techniques before you use the mucous method your-

self. Call Planned Parenthood for information on local classes.

Q. Why does my coach not want me to have sexual intercourse the night before a game? Does it diminish athletic performance?

A. There is no scientific support for the theory that ejaculation or sexual climax physically exhausts the athlete, nor that sex the night before a game renders the athlete too relaxed to do his or her best. A late night out, however, could interfere with a restful sleep. Some trainers do advocate sexual activity the night before a big sports event to alleviate tense anticipation and anxiety. It seems more li-

kely that your coach is trying to make sure that athletes get enough sleep, or may be interested in preserving the image of the athlete as clean-minded and clean-living.

Q. Do men rape women because of a greater sexual urge or because of attitudes toward women and sex? Hasn't there existed a society in which rape was unknown?

A. Studies by criminologists, psychologists and feminists report that rape is more likely not a crime or irrational, impulsive, uncontrollable lust by a man, but rather is a deliberate, hostile, violent act of degradation against women. Susan Brownmiller in "Against Our

Will" suggests that to possess and conquer are also two important objectives of the rapist. The Iroquois, an American Indian tribe based on a matrilineal structure in which women played an important political role, had no reports of rape of Indian squaws or even white female captives. These Indians eventually learned to rape as whites infiltrated their reservations. Most societies evidence the crime of rape at some point in their cultural history.

Q. What is the effect of marijuana on sex?

A. Marijuana is a mood-modifying agent which taken in moderate amounts, may lessen anxiety and increase relaxation and in so doing, improve sexual enjoyment. Marijuana, like alcohol, is not an aphrodisiac. However, the effect on sex varies with the individual marijuana-user and in some cases could inhibit sexual enjoyment.

U.S. war ships move toward Iran

WASHINGTON (AP) — Pres. Carter is implying that military force could be used against Iran, whose leaders are threatening to prosecute 49 remaining American hostages for spying.

As the president took the tough line, in the two and a half week old crisis, the aircraft carrier Kittyhawk and five escort ships were ordered to move from the Philippines to the Indian Ocean.

The carrier Midway and five other ships already were operating about 600 miles from the mouth of the Persian Gulf.

There was no indication that any strike against Iran had been ordered.

The administration said it still seeks a peaceful resolution, but warned Iran of "the gravity of the situation it has created."

Administration officials were striving to get the 13 released hostages returned to the United States in time to be reunited with their families for Thanksgiving, but it was unclear whether medical tests could be completed quickly enough.

The 49 other Americans who remain hostage at the U.S. Em-

bassy in Tehran face a new threat of being tried and possibly sentenced to death.

Iran's revolutionary leader the Ayatollah Rohollah Khomeini said in a broadcast Tuesday the hostages will be tried unless the shah is returned. He called the embassy "a nest of spies."

Carter quickly convened a National Security Council meeting at the White House, flying by helicopter from Camp David, where he was spending the week.

During the nearly two-hour meeting, Carter personally approved a White House statement that shed the administration policy of precluding any use of military force.

White House Press Secretary Jody Powell said no military alert had been ordered, but he and Pentagon officials declined to comment officially on what other actions may be taken.

In Tehran, Ayatollah Khomeini said the 49 American hostages still held at the U.S. embassy will be tried as spies if the U.S. government refuses his demand to return the ousted shah.

He called upon millions of

Iranians to demonstrate today against American "imperialism." Hours before Khomeini delivered his call over nationwide radio and television, militants released six more black men and four more women from the U.S. embassy.

Immediately after Khomeini spoke, thousands of people climbed to their rooftops and the capital rang with the cry, "Allah Akbar (God is great)."

The religious leader's remarks Tuesday night appeared to take a tougher stand than his statement Sunday that the militants had found evidence U.S. diplomats were spying on Iran from the embassy "and a certain number of spies ... should be, according to our laws, tried and punished."

Iranian national television stoked the religious frenzy by broadcasting film taken last year of a series of bloody riots against the shah, Mohammad Reza Pahlavi, that led to his exile in January and the downfall the next month of the government he left behind.

State department representative Hodding Carter III said any trials of the hostages, even one that ended in a pardon, would be a "mockery" of international principles.

"If there is anything more unacceptable than the taking of hostages, it would be this (a trial)," he told reporters in Washington. "It is an outright violation of diplomatic relations and diplomatic protection."

U.S. diplomats attempted unsuccessfully in New York to convince other United Nations Security Council members to condemn a possible spy trial for the hostages. Council Pres. Sergio Palacios de Vizzio of Bolivia said only one unidentified member of the 15-member council supported the U.S.

Wood bank fuels needs

The skyrocketing cost of home heating has convinced many people to switch to wood fireplaces for part or all of their heat.

But, the cost of a cord of wood is pricing people out of fuel, says Don Chalmers, director of the Office of Student Advocacy. "People are facing twice the cost of heating fuel."

Chalmers says he hopes a project called the Community Wood Bank will help those people who heat and cook primarily with wood make it through the winter.

The wood bank will be maintained throughout the winter months by volunteers from local businesses, service groups and interested community members.

Weyerhaeuser Co. has offered wood for the project. The Marine Corps will transport the wood to a storage site at the National Guard Armory.

An open meeting will be held Nov. 27 at 7:30 p.m. at Harris Hall. Anyone interested in receiving wood or volunteering time to the wood bank should call 686-3710.

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request.

The administration discouraged Andrew Young, a former U.S. Ambassador to the United Nations, from undertaking a private mission to Iran to seek release of the hostages.

Administration officials said Young wanted to go to Iran, but was told that the administration opposed such private missions unless the Ayatollah agreed in advance to releasing all the hostages.

However, Young's Atlanta office said he planned to spend Thanksgiving on his peace mission to Iran.

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