

**A College Degree  
and no plans?**

**Become a  
Lawyer's Assistant**

The UNIVERSITY OF SAN DIEGO, in cooperation with the National Center for Paralegal Training, offers an intensive 12 or 24 week LAWYER'S ASSISTANT PROGRAM. This Program will enable you to put your education to work as a skilled member of the legal team.

• **Specialties offered in the following fields:**  
Litigation Estates, Trusts & Wills  
Corporations & Real Estate  
Generalist (Evenings only)

- ABA Approved
- Clinical Internship
- Employment Assistance

For a free brochure about this career opportunity call (714) 293-4579 or mail the coupon below to:

University of San Diego Room 318, Serra Hall  
Lawyer's Assistant Program San Diego, CA 92110

Name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Summer 1981—Day June 8—Aug. 21, 1981  Phone \_\_\_\_\_  
Fall 1981—Evening Oct. 6—Mar. 27, 1982

Fall 1981—Day Sept. 21—Dec. 11, 1981  Future

The University of San Diego does not discriminate on the basis of race, sex, color, religion, age, national origin, ancestry, or handicap in its policies and programs.

# Reagan visits Congress

WASHINGTON (AP) — Pres. Reagan, trying to build a foundation of congressional support for politically unpopular budget cuts, made an extraordinary trip to Capitol Hill Wednesday to sell his case to Senate and House leaders.

On Thursday, he will begin his effort to sell the program to the American public, with a televised speech to the nation. White House press secretary James Brady said the address was undergoing "substantial rewriting" by the president.

The president has come under increasing pressure to assuage fears that his efforts to stem the growth of the federal budget will not be made at the expense of the poor and most needy in the nation.

Brady said the president, in formulating his economic program, was trying to "weed out the greedy to help the needy."

"No programs that are a safety net for the poor, the indigent and the truly needy are going to be eliminated," he said.

Reagan met with three black leaders, the

Rev. Ralph Abernathy, Hosea Williams and Charles Evers, all of whom supported his election campaign, on Wednesday.

"The briefing that we received, it puts us in a much better position to say to blacks and poor people in America, 'have no fear. Mr. Reagan is not going to run out and snatch any checks from the needy,'" said Williams.

"The president gave us assurance that any cutbacks with regards to social programs will not affect the poorest people in our society and those who need it most and we left there greatly inspired," said Abernathy.

Abernathy urged the president to cut spending by eliminating federal subsidies to farmers, but he added that Reagan made no commitment on the proposal.

Brady said the president, preparing for the 6 p.m. speech, was trying to portray the nation's economic problems in such language that "everyone understands the gravity, the magnitude, and the alternatives."

## ask the sexpert

*Do spermicidal creams and jellies get old and ineffective? I have never seen an expiration date, but have often wondered. Most contraceptive creams, jellies, and foams have a shelf-life expiration date stamped on the package. This may vary anywhere from two to five years, after which they cannot be sold.*

Once opened, a tube or can will be good for up to a year, but then it should be thrown away regardless of the expiration date. The spermicidal agent does not become totally ineffective one year after its initial exposure to air, but there is no way to tell how much its effectiveness is reduced. Better safe than sorry.

*My wife and I had just about decided that I would get a vasectomy when we started hearing new reports that a man might be more prone to a heart attack if he had a vasectomy. Now we are thinking maybe she*

*should get a tubal ligation instead, but they are so expensive. Where can we find out more about these procedures?*

Next week there will be two free presentations at the Eugene Public Library, 100 W. 13th Ave., on these topics. Planned Parenthood and Lane County Family Planning will sponsor a program on tubal ligation Tuesday from 7:30 to 9 p.m. with Dr. Paul Kaplan, a local gynecologist. The following night at the same time and place, there will be a free program on vasectomy with Dr. Munir Katul, a local urologist, answering questions.

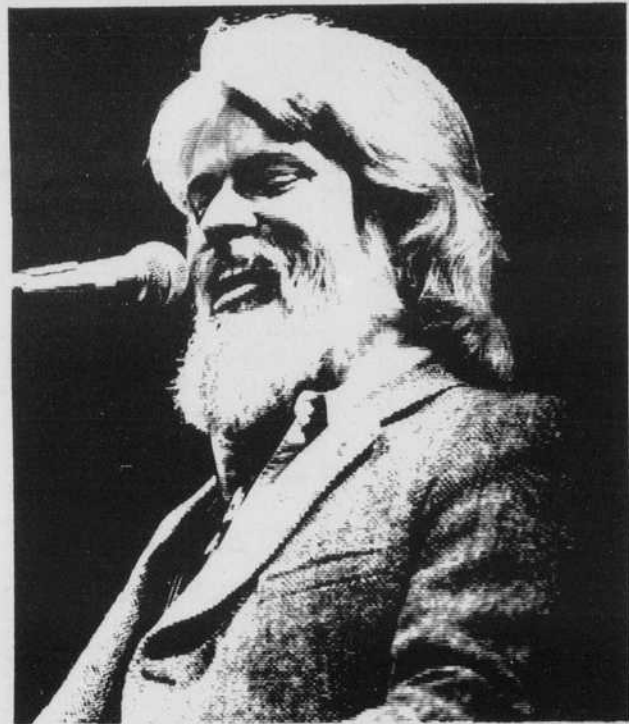
*What are some alternatives to pain killers like aspirin for menstrual cramps? Is there any home remedy that really works?*

Here are some alternatives that women have used for mild menstrual pain: heating pad (on low to avoid burning skin); hot bath, sauna or steam bath; physical exercise; lying with knees to chest or back; orgasm (whether from contact with a partner or through masturbation); one ounce of alcoholic beverage (wine or hot toddy for example); hot drinks (milk, tea); rest. There is no one method that works for everyone.

If distressing cramps continue, it might be helpful to consult a physician.

McKenzie-Willamette Memorial Hospital and KZEL FM proudly welcome this performance in support of the McKenzie-Willamette Memorial Hospital Development Fund

## • LEON RUSSELL •



## & NEW GRASS REVIVAL

- Saturday, Feb. 28, 8:00 p.m.
- Lane County Expo Hall

• TICKET INFORMATION •

Tickets in advance (reserved seating by sections) \$6.50, \$7.50, \$8.50  
Phone order: 726-4477 (M.C. or Visa)

Mail order: send check or money order to: "CONCERT"  
McKenzie-Willamette Memorial Hospital, 1460 G St.,  
Springfield, OR 97477.

TICKET OUTLETS: Book Lounge (Springfield-Mohawk Mall), Meier & Frank (Salem and Valley River), EMU/UO (Eugene), Everybody's Records (Eugene, Albany and Corvallis), American Record & Plant Store (Bend), Herb's Cycle Shop (Cottage Grove), Bob Gilbert's Honda (Roseburg).

Sound acoustically enhanced by SHUBERTS SOUND & LIGHT

UNION  
Light Set  
**\$13.95**  
installed for  
\$1.50



## BLACK STUDENT UNION MEETING!!!



"Striving for Excellence"

Date: 2-5-81  
Time: 7:30 p.m.  
Place: Room 101, EMU

General Meeting  
Please Attend!

# 10%

**DISCOUNT ON SERVICE & REPAIRS  
WITH YOUR U of O I.D. CARD.  
STUDENTS, FACULTY AND STAFF.**

WE'RE KNOWN BEST FOR SELLING VOLKSWAGEN, FINE USED CARS, AND EXCELLENT GARAGE SERVICE AT THE LOWEST RATES OF ANY AUTHORIZED VOLKSWAGEN DEALER IN WESTERN OREGON. BRING YOUR CAR TO SIEGRIST AND GET PROMPT SERVICE, EXCELLENT WORKMANSHIP, THE RIGHT PARTS, AND PAY LESS.

### SERVICE & PARTS OPEN SATURDAYS

Service & Parts: Mon.-Sat. 8:00-5:30  
Sales: Mon.-Fri. 8:30-8:00; Sat. 9:00-6:00; Sun. 12:00-6:00

**SIEGRIST**  
1570 SOUTH 'A' SPRINGFIELD 746-8241

**VOLKSWAGEN**

