

# ask the sexpert

*I am a jogger and I have a special question: I know that a diaphragm must stay in place six hours after intercourse to be effective. Could jogging or other physical exercise during those six hours cause the diaphragm to slip and increase the chance of pregnancy?*

In most cases, if a woman is properly fitted for a diaphragm, this should not be a concern. However, in women who are very heavy or who have had several children, it may be easier for the diaphragm to slip out of place.

The reason is that the diaphragm depends partially upon the tone of the pelvic muscles and vaginal wall to maintain its proper position. Obesity and childbearing may cause relaxation of these muscles. Con-

sequently, during physical exercise such as jogging, there is a possibility that the diaphragm may be dislodged.

*A friend told me that you can be pregnant and still have periods. Is this true? If so, how would I know if I might be pregnant?*

Some women continue to have menstrual periods after conceiving, but typically these periods are lighter and shorter than normal. Any time a woman has an unusually light period and suspects pregnancy, she should have a test. Urine pregnancy tests are available at Planned Parenthood for \$7 and \$10. These tests are accurate as early as two days after a missed (or light) period. They are 97 to 99 percent accurate.

Many women do not have any pregnancy symptoms other than a changed period. Those who do most often report nausea, breast tenderness or enlargement and frequent urination. But there is no sure way to confirm pregnancy without a test. To schedule an appointment for a test, call Planned Parenthood Monday through Friday between 9 a.m. and 5 p.m.

*This column is written by Planned Parenthood, a non-profit agency providing complete birth-control services, pregnancy testing, counseling and referral for pregnancy planning. If you have inquiries or Sexpert questions, we can be reached at 344-9411 or 134 E. 13th Ave., Eugene.*

## EMU Board to discuss office shifts

Allocating space in the ASUO offices will be discussed by the EMU Board today, as well as electing a new chairer.

Although the proposed space-allocation policy was taken up by the Incidental Fee Committee Tuesday and has been bouncing around student government for many months, Summer EMU Board chairer Bob Needham says he expects

little comment today.

Needham and IFC chairer Karsten Rasmussen agree that if the policy passes as written, the IFC could be forced out of EMU Suite 4 because of what Needham calls a "conflict of interest" with the ASUO executive, who also uses the office.

Needham stresses that neither the ASUO executive nor the IFC "have a say" in the

decision, although the EMU Board includes an ASUO representative and two representatives from the IFC.

Electing the new chairer requires a quorum to attend the meeting, but Needham says he doesn't yet know how many members that takes.

The board will meet at 3:30 p.m. today in EMU Room 337.

## Wake up?

### New service rings bell



Graphic by Max DeRungs

By ALLEN WRIGHT  
Of the Emerald

The name Laurie Kehrlie may not ring a bell, but her new service is bound to jangle a few.

"Good morning, it's time to get up," her soft voice says to an otherwise rudely awakened client.

Kehrlie is just doing her job. The University business major has developed her own Eugene "wake-up" service — especially students. For \$10 a month, deep sleepers can put their trust in Kehrlie instead of an alarm clock.

"It's an easy way for people to get up," she says, adding that she doesn't have any trouble waking herself up to do her job. Her qualifications include rousing herself early for her high-school swim-team practices.

Kehrlie says she keeps two alarm clocks on duty — just in case.

Customers usually get out of bed, although Kehrlie says she suspects some may go back to the land of Nod. But she says she keeps tabs on procrastinators.

"If they do that a lot, I give them another call to make sure they're awake."

Kehrlie, who works out of her apartment off campus,

says she first heard the idea four years ago when her cousin gave her a book describing 101 ways to start a business.

After an unsuccessful job hunt, Kehrlie says she decided to buy an Emerald ad to round up some business.

"If people are made aware it's available, they might use the service," she says. "If \$10 a month is worth it to them, I offer the service."

Kehrlie works from 6:30 to 10 a.m., Monday through Friday. Between calls, she studies or gets ready for school.

To receive the service, you must have your own phone. Kehrlie says she doesn't like to call dorms or other living organizations because she might wake the wrong person.

Most of the customers are graduate students, she says, "or people who have the funds to do it."

Kehrlie says her business has much potential.

"Right now this is just a part-time thing while I'm going to school, but depending on what I make — I graduate at the end of this term — this could become my livelihood."

In other words, Kehrlie hopes for a rousing success.



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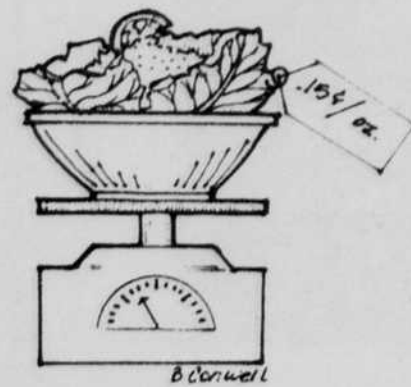
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