

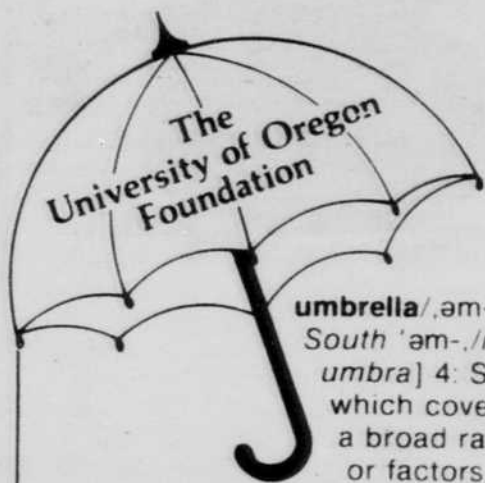
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Lights flash, bells blare

Special phone additions help disabled place calls

By **MARIAN GREEN**
Of the Emerald

Making disabled persons aware of the various communication devices available to them is Jan Holler's job, and she does it well.

All too often the disabled say "I can't" instead of "How can I?" just because they haven't been educated about the devices, says Holler, Pacific Northwest Bell's consumer product consultant.

Holler is taking advantage of the International Year of the Disabled to spread the word about special telephone devices for disabled people. The 25-year-old Washington native has been traveling throughout Washington, Idaho and Oregon to show and explain the various gadgets.

Holler will be at the Eugene Phone Center, 112 East 10th Ave., from 9 a.m. to 12 noon today to answer questions about the devices.

"Disabled people aren't any different than other people," she says.

"You have a disability, but it doesn't have to be a handicap."

Holler exemplifies that philosophy.

Despite a severe hearing loss at age six that left her almost deaf, Holler completed college, earned a Master's degree in rehabilitative counseling, and now holds a full-time job and works as a volunteer counselor in King County (Washington) Juvenile Court.

The various devices she will be demonstrating include:

- Amplifying handsets that either increase the

volume of the voice being received, or increase the volume of the speaker's voice.

- A toll-free directory assistance information number (1-800-855-1155) for users of teletypewriters — also known as telecommunications devices for the deaf or TDD's.

- Bell attachments that supply a ring louder than normal or ring in a different frequency.

- Signaling devices that flash on household lamps as the phone rings.

- Speakerphones, with volume control features that allow the user to talk and listen without holding the receiver.

- Automatic dialers, called Touch-a-matics, that can be programmed to dial pre-selected numbers.

- Bright orange cords, large number dials and stickers to help customers who have difficulty seeing the regular numbers.

- Special operator assistance for those who are blind, speech impaired or physically unable to dial the phones. By dialing the operator and saying "special service," operator assistance is given immediately.

Holler says most of the devices available from PNB may be rented or purchased at reasonable rates. For instance, the volume adjuster may be rented for 75 cents a month, not including installment charges, she says.

"It's an added expense, but you're not going to have to get a grant to get it."

Many devices simply modify normal phones, Holler says. "It (the device) doesn't have to be ugly," she adds.

ask the sexpert

I heard about a woman who got pregnant by having intercourse during her period. How is this possible?

Although it is unusual, a woman can get pregnant by having unprotected intercourse during her period. This is especially true if her menstrual cycle is short (for example, every 21 days). A woman's most fertile time is during ovulation, when the egg is released from the ovaries. Most women ovulate about 14 days before their next period begins. The shorter her cycle, the fewer days there will be between her menstrual period and her next ovulation.

Sperm may live up to 5 days once they have entered the uterus, therefore it is conceiva-

ble that sperm deposited during a woman's period still could be alive when her next egg is released.

I am a freshman and have never had a pap smear. Do I need one even if I have never had intercourse and don't plan to in the near future?

A pap smear is recommended for all women 18 and older. The pap smear (named for Dr. Papanicolaou who developed it) is a procedure used to detect the presence of cancer or other abnormal cells on the cervix. The cervix is the entrance to the uterus located at the end of the vagina.

The pap smear is simple and usually painless. It takes about two seconds to gently wipe some cell tissue from the cervix.

This tissue is sent to a laboratory to be analyzed. Most women feel little or nothing during this procedure, although a few will experience discomfort.

Even though the risk of cervical cancer is higher in women who are having sexual intercourse, all adult women should have a pap smear regardless of sexual activity or sexual preference.

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 Avenue.

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