

cause scarring of the tubes and lead to infertility, John says.

She sees between two and five students a week who have the infection.

Symptoms are cramping, abdominal pain and a flu-like fever. Once the infection is diagnosed it is easy to treat with antibiotics, but John recommends an early visit to a practitioner because of the possible damaging effects of the infection.

To avoid contracting pelvic infection, John recommends sexually active persons wash their genital area, clean their hands and urinate within 20 minutes after intercourse.

Before the herpes scare syphilis was considered one of the most prominent sexually related afflictions. But reported syphilis cases have declined over the past ten years.

Lane County statistics list gonorrhea as the number-one communicable disease in the area. Last year, 800 cases of this venereal disease were reported in Lane County, with over 100,000 cases nationwide, according to Marcia Teichman, who works for Oregon Disease Monitoring and Control.

Between 12 and 20 cases of the syphilis were reported in Lane County.

John says she is also disturbed by the number of unwanted pregnancies at the University. She sees about two pregnant women each week.

Almost all the unmarried pregnant students John examines eventually get abortions, she says.

But, John has noticed a cycle in women's attitudes toward

abortion. A number of years ago abortion was "a real ominous decision" for pregnant women, she says. Then, there was a three-year period when getting an abortion was simply "a given."

Now, women are more conscientious about their decision, and spend more time thinking about it, she says.

Still, only "a rare few" go through with an unplanned pregnancy, John says.

The problems associated with sex aren't entirely physical, notes Hoberman. Sexual dysfunction caused by stress or unfulfilled expectations are "epidemic in proportion," he says.

"I'm sure the rate of people having sexual problems is enormously high on this campus," Hoberman says.

'Applied imagination' useful

By Lori Steinhauer
Of the Emerald

Instead of letting your imagination run wild, a course offered winter term can help channel those thoughts in more creative and powerful directions, according to the instructor.

The objective of the "Imagine That" workshop is to teach participants to use creative visualization to "find that centered space within themselves so that they can be more free to creatively effect their world" by using "simple but very powerful techniques," says course instructor Nancy Hopps.

The course offers creative solutions to coping with change, reaching goals, and exploring the unknown through relaxing methods.

"It's your own viewpoints that effect everything that happens to you. If you want to make changes, you first must do it inwardly," says Hopps.

Hopps used "applied imagination" in her own life while auditioning for a role in a musical. Without any prior vocal training, Hopps was wary about her audition, but she used creative visualization to turn her doubts into affirmations.

Before the audition, she practiced relaxing by visualizing the actions of walking on stage, sing-

ing the song, hearing applause and feeling confident of a successful performance. In this way Hopps built up her morale enough to give it a good try, and she got the part.

Once she developed this positive image, she could reproduce it to overcome the nervous moments during her audition, she says.

Through this process, college students too can improve their daily lives. For example, Hopps says books on creative visualization skills are used often in sports.

Students also can improve test scores and organizational skills by learning how to relax, clearing the mind and then focusing on specific goals, she says.

Hopps says she makes everyone leave the class on the first day. She then sends two people back to the room to re-create the group, illustrating that without each individual member, that unique group could not be reproduced.

"The actual physical act of doing it (leaving the room) is so silly, but it really works," she says. This process also loosens everyone up.

The continuing education department is offering another creative visualization course winter term on Tuesdays at 7:30 p.m. The course runs from Jan. 11 through March 1. The fee for the non-credit course is \$20.

Lecture will cover laser uses

Present uses and future applications of the laser will be discussed at 8 p.m. Thursday in the final presentation of the fall Forum Lecture Series.

In the early 1960's, the laser was called "an invention in search of an application" by its co-inventor, Arthur Schawlow. Physicist John Moseley will take a look at many of its applications, from eye surgery to video disks, that have been found since that time.

"In this talk we will discover what a laser is and why it can do so many things an ordinary light source cannot," Moseley says. "We will also look into the future

at some of the many ways lasers are likely to affect our lives in the next 20 years."

Moseley, the recipient of a Fulbright fellowship in 1975-76, directs the Chemical Physics Institute. He spent 10 years at the Stanford Research Institute,

where his work with molecular physics involved lasers and laser applications.

The series is sponsored by the Committee for the Arts and Humanities. The lectures are free to the public at the Eugene Conference Center.

Chancellor talks tonight

Challenges to Oregon's higher education in the '80s will be the topic of an informal public talk by Chancellor Bud Davis at 7:30 tonight in the Oregon Room of the University Library.

Davis will comment on finan-

cial, curricular and organizational problems facing the state's college and universities. The event will be part of the fall Friends of the Library meeting.

A wine and cheese social hour will follow the meeting.

EATING ALONE TOO OFTEN? IT CAN BE HARD TO COOK FOR ONE

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Abortion: A woman's choice

Abortion is safe and legal in a clinic setting. The Portland Women's Health Center offers abortion services up to 19 weeks from the last menstrual period. The abortion procedure used up to 12 weeks is vacuum aspiration with minimal dilation. Dilation and Evacuation (an adaption of the suction method) is used for abortions 13 to 19 weeks. Abortions are performed with optional local anesthetic. Medicaid, insurance and major credit cards are accepted. Other referrals available - call for further information.

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COME MEET THE AUTHOR SATURDAY DECEMBER 11 12 p.m. - 2 p.m.

Robert Grudin, Associate Professor of English at the University of Oregon, will be autographing his new book "Time and the Art of Living".

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