

# Researchers expand areas of knowledge

Sandy Johnstone  
Of the Emerald



As the woman reaches for a cigarette, she remembers to write down when and why she is smoking.

Her increasing awareness of her smoking may lead to her cutting down and is one of the first steps in quitting, according to

psychology Prof. Edward Lichtenstein.

The woman is a participant in the smoking clinic sessions which comprises a major part of Lichtenstein's research.

Typically, Lichtenstein has about four groups of six to 12 moderate to heavy smokers meeting weekly each term. Each group learns the same core information, including having them record when and how often they smoke, but some variables are changed. For example, one group may

have spouse support and another may not.

"We teach a problem solving attitude," says Lichtenstein. "Smoking is not a random process."

Lichtenstein has been doing research about smoking since the first Surgeon General's report was publicized. Currently, his research examining the role of stress and social support in smoking is funded by about \$50,000 in grants from the National Institute of Health.

About 60 percent to 70 percent of those that complete the program quit by the end and about 33 percent have quit by the end of the year.

So far, Lichtenstein has found stress does make it more difficult to quit, while social support can work both ways. Having spouses involved in the program seems to help, but the results are not clear and convincing, he says.

"If we can learn something about smoking — why it is difficult for people to quit — we can reduce mortality," he says. "The bottom line is keeping people alive and

well."

The two men begin to look violent as they argue, and one of them takes a frustrated swing at the other. But before he hits the flesh of the other, a third man steps between them and tries to calm them down.

The scene seems common enough — a simple barroom brawl — but to communications Prof. David Frank it is an example of conflict resolution that can be used in situations far from the local tavern.

"There are a lot of parallels between how you and I resolve conflict and the Israelis and the Arabs," he says.

The role of communication in the resolution of conflict is Frank's current topic. He is examining the diplomacy of former secretary of state Henry Kissinger and former Pres. Jimmy Carter.

Kissinger is more traditional. "He puts band-aids on situations," he says. "It looks peaceful."

Carter was less traditional, more communication based. "He did not try to impose settlement," says Frank.

Examining a political situation from the perspective of communication could bring some practical results, he says. If he can develop a model of a competent negotiator, then those type of people could be used in diplomatic work.

Frank will present a paper about his research to the Speech Communicators Association in November in Washington, D.C., and will eventually hope to mold the paper into an article for publication in a professional journal.

"I try to pull together some ideas to make the world better," says Frank.

Quiet fills the room as the students concentrate on trying to visualize agreement and conflict.

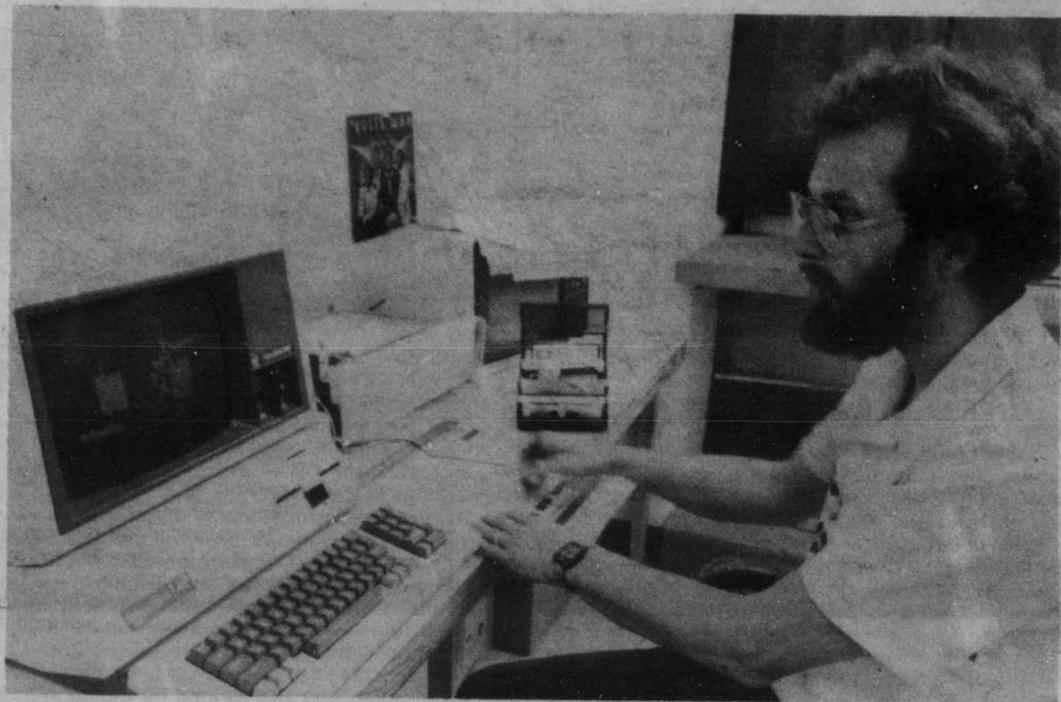
Many of the students will end up with similar drawings for the concepts.

"We develop a certain image for a concept that is more rigid than you think," says Ken O'Connell, a fine arts professor.

"One student was shocked that facts had form," he laughs.

Visual thinking remains uncommon

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Ken O'Connell, fine arts professor, uses computers to increase the visual aspects of art. "We are visual animals," he says.



Karen Sprague, biologist, studies test tubes of DNA to determine how, why and when they transmit to cells.

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