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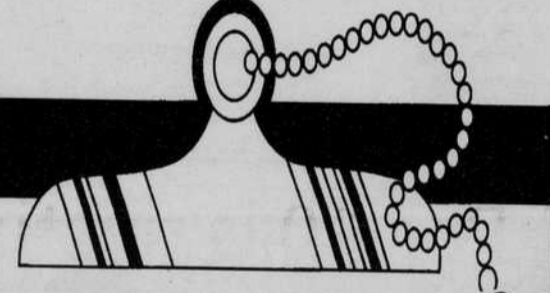
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Flu Vaccination students

Influenza vaccinations will be given at the University Center for students Monday-Friday from 9:00 a.m. to 4:00 p.m. Beginning Tuesday November 28th. Students \$4.00

faculty and staff

Faculty and staff meeting the criteria, provided by the CDC may receive the vaccine Wednesday, Thursday, and Friday 8 a.m. to 9 a.m.

- ✓ 65 years and older
- ✓ adults who have chronic disorders such as asthma, diabetes, heart disease, high blood pressure and/or kidney dysfunction
- ✓ women who are in their second or third trimester of pregnancy

Faculty & Staff provided by PEBB

For more information, call the University Health Center at 346-4444.

AIDS

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"When a person gets into the passenger seat of a car and puts on the seat belt, the driver doesn't question their trust in his or her driving abilities," he said. "Wearing condoms should be seen in the same way."

Diaphragms may prove to be an alternative to condoms in preventing the spread of HIV. The University's Center for the Study of Women in Society recently received funding from the National Institute of Child Health and Human Development to study the effectiveness of using diaphragms to prevent the contraction of sexually transmitted infections. The study is scheduled to begin in January 2001 and may lay the groundwork for future research.

The University Health Education Program sponsored a holiday card-making art contest as part of World AIDS Day. Five University students each designed a greeting card, and the finished products will be sold in the EMU lobby today and Friday. The cards are sold in bundles of 10 and cost \$10. Annie Dochnahl, a health educator, said all proceeds from the card sale will be donated to the HIV Alliance.

"People often want to give to HIV causes but don't know where to contribute their energy," Dochnahl said. She added that the opportunity provides students with a different way to contribute to AIDS awareness.

The cards are blank inside and

have no specific holiday theme. Dochnahl said she purposely did not want them to be Christmas-related, so everyone could use them. She said several events in support of AIDS have centered on art because many artists have died from the disease in the past.

"Our involvement serves as a symbolic gesture to express a solidarity for people living with AIDS and show that HIV is still here," she said.

R. Jason Holland, a senior multimedia design major, designed one of the greeting cards. He said part of his involvement was to get his

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Dr. Gerald Fleischli
director,
Student Health Center

work published, but he also felt wonderful that the project was for World AIDS Day.

"AIDS is an issue that is close to my heart, and too many people still think it is only a gay health issue," he said.

Holland said one of his most pressing concerns about AIDS is

that too many people think it has gone away, so they don't need to have the same level of concern and awareness about the disease.

"If people know someone who has AIDS, they need to know how to be there for that person," Holland said.

He thinks one way to support someone suffering from the disease is to become educated on the subject, and education is especially important for those likely to contract the virus.

Mark Evans, senior staff psychologist of the University Counseling Center, said people who are diagnosed with HIV often feel a wide range of emotions, including fear, sadness and anxiety.


"This kind of news stirs up whatever baggage they're carrying, so they may feel isolated and abandoned," he said.

Evans thinks group support has positive impacts on those who suffer from the disease, but the counseling center only offers one-on-one counseling because there is not a large enough demand for support groups.

"I only see one or two people a year who are HIV-positive," he said, "so we deal with the person as an individual and respond accordingly to what they are going through."

Communication is also key to dealing with AIDS, Evans said.


"It is important that those with AIDS be able to tell their loved ones what is going on," he said, "and we try to help them do that."



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