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Fri., Nov. 30th @ 7pm - Walnut Room, EMU, UO
Swami Sitaramananda speaks on **"Inner Peace, Outer Peace."**
(FREE & OPEN TO THE PUBLIC)

Saturday, December 1st - Eugene Yoga Center
8:30-10:00 AM - LECTURE: by Swami Sita on
"Yoga for Body - Mind - Spirit; the Classical Yoga Paths."
10-12 PM - HATHA YOGA CLASS WITH MAHADEVI
12-1:30 PM - VEGETARIAN LUNCH
1:30-3:30 PM - WORKSHOP PART ONE: by Swami Sita on
"Positive Thinking."
4-6 PM - HATHA YOGA CLASS WITH MAHADEVI
6:30 PM - MEDITATION & SATSANG: Swami Sita on
"The Mind: Best Friend, Worst Enemy."

Sunday, December 2nd - Eugene Yoga Center
7-8:30 AM - MEDITATION & SATSANG: Swami Sita on
"Love & Devotion."
8:30-10 AM - LECTURE: by Swami Sita on
"Prana & the Astral Body."
10-12 PM - HATHA YOGA CLASS WITH MAHADEVI
12-1:30 PM - VEGETARIAN LUNCH
1:30-3:30 PM - WORKSHOP PART TWO: by Swami Sita on
"Positive Thinking."

ALL MEDITATION & SATSANGS ARE FREE, donations accepted
Workshops & Lectures - \$8 • Hatha Yoga Classes - \$10 • Lunch - \$5
Each day \$30 or \$50 for the weekend. Discounts for Students
Please call to reserve for Hatha Yoga classes & lunch as space is limited.
All other lectures & meditation are open to all.
Eugene Yoga Center - 345-8766, 1244 Lawrence



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HIV agencies focus on youth

■ New drugs may be reducing AIDS deaths in America, but prevention is still key

By Sue Ryan
Oregon Daily Emerald

The rising rate of AIDS among younger people has health educator Leslie Habetler worried.

"Our concern is 60 percent of people in new cases are 18 to 24 (years old)," she said.

Habetler works for HIV Alliance, a not-for-profit agency in Eugene. She thinks part of the reason younger adults are more likely to acquire the disease is because they have a complacent attitude.

"It's kind of like they think 'Well, if I get HIV, I can just pop some pills,'" Habetler said. "Young people don't understand how you can get it or that you can die from it."

"Youth and AIDS in the 21st Century" is the theme for this Saturday's World AIDS Day.

Habetler said because of the development of new drugs in the mid-'90s, the number of AIDS-

related deaths has declined in America. The story is not the same for other countries, according to Greg Eicher, who works in the Lane County HIV Testing/Counseling program.

"Outside the U.S.A., people don't have access to those drugs," he said. "The number of people dying — in Africa, Central Asia and Russia — is tremendous."

Eicher said it's more important than ever that people in high-risk categories get tested for HIV.

"Within any age group, if people have sexually transmitted infections, then they are putting themselves at risk," Eicher said. "Those STIs compromise the body's immune system and offer portals for the transmission of (HIV)."

People can go to either the Lane County Public Health Department or HIV Alliance in Eugene for HIV testing. Because of a law in place since October, health services in Oregon have been tracking not only the number of people with AIDS but also the names of those who test positive for HIV. Eicher

said that should not deter people from getting tested.

"There has been a lot of concern over the last year about changing to the names reporting," he said. "But the state requires every county to offer anonymous and confidential testing."

The Department of Human Services requested the change to have a better sense of the rise and fall of infection in Oregon.

"AIDS cases don't give us a good idea of what's happening," said Dr. Mark Loveless, the medical director of the HIV program for the Oregon health services program.

He said the program needs to have data about HIV before the onset of AIDS.

"We need to know what is happening on the front edge," he said. "AIDS is the last stage of the disease."

Lane County reported eight cases of AIDS in 2000.

Emerald community reporter Sue Ryan can be reached at sueryan@dailyemerald.com.

AIDS

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ald Fleischli, director of the University Health Center, students like Haase-Reed and Stutzman seem to typify HIV/AIDS attitudes among college students.

"One of the very sad things in past studies," Fleischli said, "is that it usually wouldn't be until people knew someone personally that they would be concerned."

Fleischli said that recent studies indicate about 3 in every 1,000 people are infected with HIV — but less than half of them are aware of it. He added that the Health Center usually conducts 600-700 HIV tests per year, but it has been several years since there was a positive test.

Fleischli said he believes that's because people who are at high risk for contracting the disease aren't being tested, at least not at

the Health Center.

The Centers for Disease Control and Prevention estimate that between 650,000 and 900,000 people are currently infected with HIV in the United States. Since 1994, AIDS has been one of the leading causes of death for Americans 25-44 years old, and the incidence of AIDS among 13- to 25-year-olds rose 20 percent between 1990 and 1995.

But Fleischli said the increased availability of viable treatment options for people with HIV, such as the so-called "triple-cocktail" prescription drug treatment, along with more effective treatments for AIDS, may have led people to believe that HIV and AIDS are chronic diseases rather than lethal ones.

In order to combat that perception on campus, the University Peer Health Educators, an outreach group associated with the Health Center's Health Education divi-

sion, has posted signs with HIV and AIDS statistics on East 13th Avenue in honor of World AIDS Day. The group is also holding a ceremony to rededicate the World AIDS Day Tree in front of the Health Center today at noon.

According to Health Educator Ani Dochnahl, the tree was planted in honor of World AIDS Day in 1998. Dochnahl said she hopes the event, which will feature a performance by the University music school's Saxophone Quartet and a poetry reading, will help to remind students — many of whom didn't witness the diseases' first lethal outbreaks in the late 1970s and early 1980s — that HIV and AIDS are still a problem.

"The goal," she said, "is to not let safer-sex fatigue set into our younger generation."

Emerald higher education reporter Leon Tovey can be reached at leontovey@dailyemerald.com.

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