

PREGNANCY PLANNING AND HEALTH

by Mrs. Gloria Riggsbee

Dear Mrs. Riggsbee, I would like to know something about the IUD. I was told that it works by causing the ovum to come down so fast that it can't embed itself in the wall of the uterus. I want to know if the ovum can be fertilized before it is carried away. In other words, if you conceive, does the IUD work like a fast abortion?

M. J.

Dear M. J.: It is not known how the IUD works to prevent pregnancy. There are three theories: 1. Sperm are destroyed by a reaction to the IUD and never get to the tube to be fertilized, 2. The woman's egg comes through the tube too fast to be fertilized, and 3. The fertilized egg cannot be implanted in the womb because of the womb's reaction to the IUD.

What is known is that the IUD is a very effective method of birth control which millions of women prefer since it doesn't require any bothersome preparations just before sex. All the woman has to do is check the strings of the IUD, particularly after a

OAU Asked to Halt Somalia-Ethiopia Dispute

ADDIS ABABA — (NBNS)—Calling the situation "very tense and grave", Somalia "urged the highest organ of the OAU to intervene in the present crisis and urge Ethiopia to desist from her preparation for an aggressive war against Somalia and reduce tension by withdrawing her troops to their normal and original positions immediately."

The dispute has hung over the 10th anniversary celebrations of the OAU, but been avoided in an effort to minimize public disunity. Despite the lack of public mention, Somali delegates had been attempting in closed meetings to get the dispute placed on the agenda.

Somalia and Ethiopia are quarreling over an area in southern Ethiopia known as the Ogaden desert. The area is roughly one-third of Ethiopia and is peopled mostly by Somalis.

Somalia has claimed the area as a part of Somalia. Although Ethiopia agrees that the Somalis overlap into Ethiopia and that historically the area is part of the Somali land, it points out that all OAU members have agreed to respect colonial borders.

The problem of arbitrarily drawn boundaries since the advent of colonial rule in Africa is a continent-wide problem. Common ethnic groups find themselves divided into several countries with resulting conflicting loyalties.

Ethiopia denies that a territorial dispute exists, claiming that the problem is one of demarking a border. "We sent our foreign minister to Somalia to assure them that we were contemplating no attack", said Ethiopian Premier

President Barre of Somalia participated in negotiations chaired by new OAU chairman Yakubu Gowon, leader of Nigeria, and the two sides have agreed to set up a "good offices" committee. The members of the committee are the heads of the state of Nigeria, Cameroon, Lesotho, Liberia, Mauritania, Senegal, Sudan and Tanzania.

Somalia hopes that this will be "appropriate machinery for finding a just and lasting solution for the basic dispute between the two countries."

Both countries, however, have been building up their armed forces in the last few years. Ethiopia has the larger army, numbering some 35,000 men who are supplied with arms from the United States.

Somalia has significant firepower though it has a smaller army which has gotten assistance from the Soviet Union.

Reports that natural gas and oil have been discovered in the disputed territory complicates the situation further.

In fiscal Year 1972, there were 11,040 veterans and servicemen who pursued training under the GI Bill in approved foreign institutions of higher learning, the VA reports. A list of approved foreign schools and other information is available from any VA regional office.

menstrual period, to be sure that it is still in place.

Dear Mrs. Riggsbee:

I am sending for your booklet on laparoscopy and I also have several questions I would like to ask about this operation. I'll be 40 years old this fall, I haven't had a child in 15 years and I'm very tired of using other methods of birth control. I have years left to enjoy sex and I certainly don't want to take any chances on becoming pregnant. My questions are: Who does this operation, a general practitioner or a female specialist? Do women tend to gain weight after this operation? Do women continue to have menstrual periods after this operation? How does it affect going through the change of life?

Mrs. R.

Dear Mrs. R.:

Laparoscopies are performed by gynecologists—female specialists. It is a relatively new procedure so not all gynecologists have been trained to perform this operation yet. I would suggest that you call the OB-GYN Department of your local hospital to find out where in your area laparoscopies are being done.

After this operation your sex life would be just as it was before the operation except that you wouldn't ever have to worry about birth control again. You would continue to have regular menstrual periods and you would go through menopause—the change of life—just as you would if you had never had this operation. The operation would not make you gain weight.

In some areas this operation is being done on an out-patient basis, so you wouldn't even have to spend the night in the hospital.

NOTICE TO NEED-TO-KNOW: No one can tell you through the mail whether or not you are pregnant. Withdrawal is one of the poorest methods of birth control around because some of the man's seeds seep into the vagina prior to ejaculation. If you continue to engage in sexual intercourse without using a good method of birth control, you should expect to become pregnant. In answer to your boyfriend's question: Condoms (rubbers) can be ordered through the mail from Population Planning Associates, P. O. Box 2556, Chapel Hill, North Carolina, 27514.

Address letters and requests for free booklet on birth control and sterilization to: Mrs. Gloria Riggsbee, 214 W. Cameron Avenue, Chapel Hill, N. C., 27514.



RETIREES HONORED AT FSU—Dr. Charles "A" Lyons, Jr. (right) Chancellor of Fayetteville State University led a list of dignitaries

honoring retirees Lenha Means, FSU Registrar (second from left), and Mrs. Mary T. Eldridge, FSU Music Department Chairman at

Retirement ceremonies held in the H. L. Cook Dining Hall on the campus. On the left is former FSU President, Dr. Rudolph Jones.

Gulf Urges Employees to Help in Community Life

Gulf Oil Corporation encourages its employees to participate in projects which help their community.

That's why it is proud of the kind of civic enterprise shown by Curtis Moore, an operation's technician at the Gulf Alliance Refinery near New Orleans.

Moore has begun a Boy Scout troop in the small community of Violet where youth programs and recreational facilities were badly needed.

Because of the Gulf technician's enterprise the recitation of the Scout Oath now echoes through an active Violet community center.

"On my honor I will do my best: to do my duty ... While more than 60 scouts promised to be trustworthy and loyal, a tall, slender figure moved casually through their ranks. A stern look here or a hard stare there seemed to be an effective deterrent against giggles and whispering. As

Curtis Moore made his way through the gathering of Khaki-clad youngsters, he resembled Ray Bolger strolling among the Munchkins in THE WIZARD OF OZ.

Although Curtis Moore is probably as tall as Ray Bolger, and the scouts as miniature as the Munchkins, the community of Violet, Louisiana, is no story book Land of Oz. Located in St. Bernard Parish, a few miles from New Orleans, Violet faces many of the same problems shared by thousands of other small rural communities. One of these problems is the lack of proper recreational facilities for the children. Curtis, an Operations Technician at Gulf's Alliance Refinery, and a group of other community residents did something about Violet's problem—they formed a Boy Scout troop.

It started not long ago on a Sunday morning as Curtis and a few friends sat watching a group of neighborhood

children toss around a dilapidated baseball on one of Violet's vacant lots. As the boys played, they had to side-step broken bottles and abandoned auto tires. "I just knew that something had to be done for those kids", Curtis said. "During the day they were forced to play their games on trash-strewn lots. At night they had nothing to do, no organized functions which they could attend. Some of them were school drop-outs. Others had no plans for the future. We decided right then to put together some kind of a

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Today's Army wants to join you. This offer may end on 30 June 1973.

EBONY DIRECTIONS
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EYE DISEASE
Pinkeye is a contagious eye disease of cattle and is spread primarily by the face fly. The problem is present in North Carolina from March until cold weather. The peak of the pinkeye season usually comes in June or July.

North Carolina State University specialists suggest isolating infected animals on first signs of the disease, keeping the animal out of the sunlight and treating with one of the many broad spectrum eye preparations. An effort should be made to reduce the fly population as a control measure.

program in which boys from grade-school age through high school could participate and learn everything from handicrafts to good citizenship. The answer to the problem was the Boy Scouts.

Curtis, having had prior experience with scouting when he was in the service, knew that to receive a charter and be officially recognized by the National Council of the Boy Scouts of America, he had to sign up at least 20 boys for the new troop. "We knew that to gain support in the community", Curtis explained, "we had to prove we weren't fooling around. After we had 25 boys enrolled in the troop, we held some meetings and then took them on a weekend camping trip to the VeeBar Ranch in Mississippi. When we returned, the news spread fast; the boys in the troop passed the word to their friends that scouting was where it was at. Everyone realized we were serious about having a scout troop in Violet."

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