

AKA holds health fair

by Barbara E. Jones

The Zeta Xi Chapter of Alpha Kappa Alpha Sorority held its second annual health fair on Thursday, October 12, in the Student Union Foyer.

The local organizations that participated in the fair were: The Community Health Services Inc. of Greensboro; Greensboro Mental Health Assoc.; Greater Greensboro Diabetes Assoc.; The Triad Sickle Cell Foundation; The Family Planning Center and The Cancer Center, both divisions of the Guilford County Dept. of Public Health; The Epilepsy Foundation of Greater Greensboro and the Greensboro Drug Action Council.

Each of these organizations provided pertinent information on bettering the human condition. Pamphlets and displays accom-

panied each organization.

The Community Health Services Inc. of Greensboro is a service agency for those living in the Greater Greensboro area who qualify for financial assistance in the case of serious illness.

The Greensboro Mental Health Assoc. provided information concerning mental health and mental illness and provides assistance for those with problems in those areas. The Greater Greensboro Diabetes Assoc. handles those problems involving diabetes and what can be done to control it.

The Triad Sickle Cell Foundation provided a mini-film about sickle cell anemia and a test for those who wanted to know if they were carriers of the disease or trait. The test is sent to Raleigh for analysis and is returned to the

taker within one week.

The Family Planning Center provided information concerning the importance of birth control. There was also a display of the different types of birth control methods and information about how they could be obtained by the public.

The Cancer Center issued information on the different types of cancer, its effects and its warning signals and on how to avoid some types of cancer.

The Epilepsy Foundation of Greater Greensboro provided information for those concerned with myths about epileptic persons.

The Greensboro Drug Action Council provided a wide display of dangerous drugs that damage the mind and body. There was also a display of health foods and recipes on how to make those "fatty foods" we love into healthy and nutritious meals.

Viola Hemphill, a member of the sorority, said, "The Ivy League Pledge Club monitored and decorated the fair along with making and selling cookies during the course of the day." She also stated that the fair received a visit from the Children's House this year.

The Alpha Kappa Alpha Health Fair was well-attended and many Belles left saying they felt informed and enlightened.



Children from Bennett College's Children's House give sympathy to teacher Esther Underwood as she is given the Sickle Cell Anemia test. The children toured the Health Fair sponsored by the Zeta Xi Chapter of Alpha Kappa Alpha Sorority.

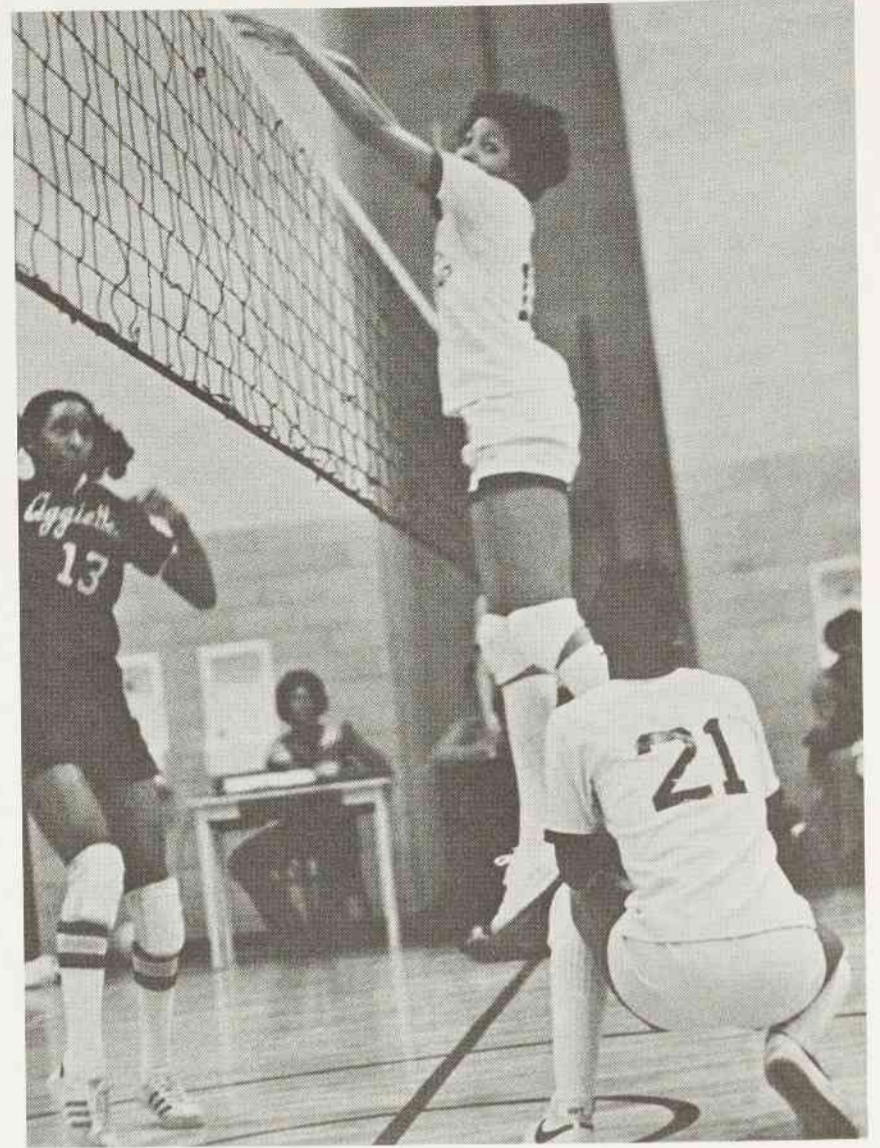
Photo by Terrence Marable

Volleyball team loses to arch-rival A&T at home

by Beverly Rumley

The volleyball team was defeated by rival A&T State University three games to one Oct. 17.

The first game was a saw-saw battle which A&T finally pulled out 16-14. The game was tied four times and jun-



Belles give their best in recent volleyball match with A&T.

Photo by Terrence Marable

ior Debra Kernes, a social welfare major from Winston-Salem, served for six straight points.

A&T won the second game 15-10.

In the third game, junior Andre Dixon, a P.E. major from Greensboro, lead the Belles with nine points on serve to a victory over A&T 15-1.

The Belles jumped out to a

7-1 lead in the fourth game, but the Aggies came back to tie the score at 11. The score was tied again at 13. The Aggies pulled it out again 15-13 to win the match 3 games to 1.

The freshman class showed a lot of spirit when they showed up in blue and white Bennett College sweat shirts. The pep club led the crowd in cheers.

Five most frequent methods of contraception reviewed

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pository method should be applied more than one hour before intercourse for best results. It requires no prescription and can be bought over-the-counter.

The Intra-Uterine Device (IUD) is highly preferred by many women because it entails no application by the user. There are several types of IUD's: the coil, the copper seven, the shield, and the loop. Each of these, except the copper seven (which is made of

copper) is made of a soft flexible plastic and is patterned in accordance with its name, i.e., the coil is coil—or spiral-shaped, the loop is loop-shaped. Just how these IUD's work is not agreed upon by all doctors. It is, however, a belief that the IUD prevents implantation.

Very closely associated with the IUD is the Progestasert. The Progestasert is a "T" shaped device made of soft, flexible plastic which contains progesterone (a

hormone found to be very effective when used as a contraceptive). Each day a small amount of progesterone is released into the uterus. Progesterone is believed to prevent the sperm from entering the uterus. Both the IUD and Progestasert can only be inserted into the uterus by a gynecologist.

The diaphragm with spermicidal jelly prevents sperm from entering the uterus. Proper use of the diaphragm requires fitting by a gynecologist and proper insertion by the user prior to intercourse.

Probably the most popular form of birth control is "the pill." The pill contains both estrogen and progesterone hormones which, when taken on a daily basis, prevents ovulation. The pill can be purchased over-the-counter, but must be prescribed by a gynecologist.

If you are not using a contraceptive and would like to or if you would like to change your present method, the above information is intended to give you some insight into currently available and popular methods. However, it is very important that before you decide on any method of contraceptive you obtain full facts on the method that you have chosen. You should obtain facts on possible side-effects, proper usage, effectiveness and cost.

If you are already using a contraceptive or once you have started, regular check-ups by your gynecologist are a must. More information on these and other methods of birth control can be obtained from any family planning center or from your doctor. Remember that birth control methods and devices will only work if you use them right. Improper usage may be as effective as a sack of herbs around your neck.

Flag football competition completed with victory of Player over Barge

by Beverly Bernard

Player Hall came out on top in flag football.

Player won the flag football championship game 12-6 against Barge Hall.

The game began at 5 p.m. on Oct. 12. Barge Hall kicked-off to start the game. At the end of the first quarter both teams were scoreless.

In the second quarter, Wilma Kirkland, a freshman majoring in physical education from Mt. Airy, North Carolina, scored a touchdown to put Player Hall ahead 6-0.

Another physical education major, Andre Dixon, a junior from Greensboro, said at halftime that she thought it was a pretty good game. Andre said, "Player will probably win, but if Barge would use a little more strategy, they could win."

In the third quarter, Wilma Kirkland scored again for Player to make the score 12-0.

Arlene Key a freshman engineering and mathematics major from Philadelphia, scored a touchdown for Barge Hall to end the game 12-6.

Advanced freshman Winrow N. Henderson, an A&T architectural engineering major from Philadelphia, the coach of Barge Hall, congratulated his team for playing a good game.

Flag football players from Barge and Player Hall are: **Player Hall:** Denise Cooke, Karen Evans, Betty Kirkland, Wilma Kirkland, Vanessa Lane, Tracey Y. Norwood, Yvette Smyre, Denise Wilder; **Barge Hall:** Beverly Bernard, Leslie Carter, Qundal Chambers, Renee Groce, Bernetta Hamilton, Ressie Herdon, Marlene Hopkins, Arlene Key, Sherrell Larry, Regina Scott.

Overall Standings

Player	5-0
Barge	3-2
Pfeiffer	2-3
Cone	1-4
Reynolds	1-4

The Greensboro scene

Many exciting events scheduled

by Bernetta Hamilton

There are many exciting events in the Greensboro area. These attractions range from musical entertainment to antique exhibits.

For the fashion conscious person there is the Ebony Fashion Show, Oct. 28, in the Carolina Theatre at 8 p.m.

For those who are in the concert scene we have:

Nov. 7—Greensboro Symphony, War Memorial Auditorium at 8:15 p.m.

Nov. 12—The O'Jays are tentatively scheduled for the Coliseum.

Nov. 17—George Benson is tentatively scheduled for the Coliseum.

For tentative performances, check the local paper.

Cinema and theatre goers would love to attend:

Oct. 25-29—"The Homecoming," UNC-G Theatre, Taylor Building at 8:15 p.m.

Oct. 27-28—"Teahouse of the August Moon," Center Stage Players, Greensboro City Schools, Education Center Theatre at 8 p.m.

Oct. 31—"South Pacific," Conley Jones Barn Dinner Theatre, dinner at 6:30, show at 8:30 p.m.

Oct. 28-31—"Freaks," "Mark of the Vampire," Janus Wings.

Oct. 31—"M*A*S*H," Guilford College film series, Sternberger Auditorium at 8:15 p.m.

Oct. 31—"Night of the Living Dead," Guilford College film series, Dana Auditorium at 8:15 p.m.

Oct. 31—"Fall of the House of Usher," Carolina Theatre Halloween movie 7 and 9 p.m.

Antique lovers should rush to the antique shows at the Greensboro Coliseum's Exhibition Hall: Nov. 9—7 p.m.-9:30 p.m., Nov. 10—1 p.m.-9:30 p.m., Nov. 11—1 p.m.-6 p.m., Nov. 12—1 p.m.-6 p.m.

For sports fans:

Nov. 5—Wrestling in the Coliseum.

Nov. 14—Wake Forest vs. the Republic of China, basketball in the Coliseum.

Check your local paper for exact time.

Women's Studies Program to sponsor Peace Corps Mini-Conference

Emphasizing the 1978-79 theme, "The Emerging Woman in the National and International Arenas: Career Imperatives and Strategies," the Women's Studies Program is sponsoring a one-day Peace Corps Mini-Conference on Thursday, Nov. 2, in the David D. Jones Student Union Building.

Consultants for the program will be Karen Gaskin, a recruiter in Washington, D. C. and former

Peace Corps volunteer in Sierra Leone; Mary Ames, a Peace Corps volunteer in Nigeria for four years and ex-recruiter who was also the first Peace Corps Fellow; Gwen Puryear, '70, a graduate of Bennett and now a professor of psychology at Howard University and an overseas consultant for the Peace Corps; and Barbara Kamara, a former Peace Corps volunteer in Liberia.