

Contraception, abortion counseling

Wake Health Dept. offers varied services

by Meredith McGill

Wake County Health Department offers family planning services to any sexually active female who is a resident of Wake County (students included), with no regard to age, marital and financial status. These services include group sessions concerning human sexuality and birth control methods and pelvic examinations which include a Pap smear test and examination for vaginal infections. The clinic also offers free distribution of birth control methods; free venereal disease tests and pregnancy tests at nominal cost; and problem pregnancy counseling for those with an unwanted pregnancy. All of these services are performed with congeniality and uncompromised confidentiality.

The most frequently used facet of family planning is the birth control services. Students who wish to obtain birth control methods should first make an appointment with the clinic—(telephone: 755-6107). Appointments for the Health Department must be made about six weeks in advance for services of the outlying clinics, the closest of which is the Method area across from the Meredith College campus.

On the date of the appointment, students will fill out a confidential medical record, talk with a nurse who records the medical history of the patient, have a blood test, and a pelvic examination. The medical history and blood test are extremely important in the decision concerning the desired means of birth control; for example, a person with a history of diabetes or high blood

pressure should not take "The Pill".

Those desiring alternatives to the pill can be fitted for a diaphragm or may obtain contraceptive foam and condoms. An intra-uterine device or IUD, which acts as a contraceptive by preventing implantation of fertilized ovum, must be inserted during the menstrual period, and an appointment may be made for the insertion if this method is desired. The morning-after pill, taken for five successive days after unprotected sexual activity, is also administered at the clinic, although the staff prefers that a patient use instead a more reliable and safer birth control method.

When contraceptives have not been used or have proved ineffective as pregnancy occurs, the Wake County Health Department provides services, too. Accurate pregnancy tests may be performed beginning forty-eight days after the onset of the last menstrual period. If the tests are positive, and pregnancy is not desired the clinic offers referral services for abortion or menstrual extraction. Menstrual extraction is a procedure that must be done before a pregnancy can be accurately discerned (within the forty-eight day period after the start of the last menstrual period); this procedure is safer, less painful, and less expensive than an abortion, requiring no

anesthesiation and only about an hour of the patient's time. Those persons wishing to continue the pregnancy and put the child up for adoption can be counseled and aided.

The family planning clinic is open from 8:30 until 5:15 p.m. Monday through Friday. A venereal disease clinic is conducted on Monday, Wednesday, and Friday at 12:30 p.m. The clinic staff wishes to stress the essential nature of the Pap smear, a quick, painless, life-saving means of detecting uterine cancer in its early stages, the accessibility of Wake County's family planning services to those who desire them, and the confidentiality of all procedures.

Imbalance not near to being restored

by Rebecca Askew

Reminding his audience that the imbalance of power among the governmental branches did not start with Nixon, Attorney General-Elect Rufus Edmisten gave the keynote address of Merit Weekend this past Saturday.

He spoke on "Beyond Watergate: The Balance of Powers Restored?" to outstanding high school seniors who may be interested in attending Meredith.

The former Ervin aide was particularly qualified to speak on the separation of powers. As well as being a lawyer, Edmisten was Assistant Chief Counsel on the Senate "Watergate" Committee and Chief of Staff and Chief Counsel of the Separation of Powers Subcommittee of the House Judiciary committee.

Edmisten believes "we have a long way to go" in restoring the balance of power after Watergate. He feels Watergate was "a group of men, accountable to no one but the President who were allowed to operate in a vacuum."

Watergate was caused, he believes, by the willingness of Congress to give away its power and by "years of Presidential rule."

These attitudes, he said, have proved "disastrous for the rule of law in this country."

According to Edmisten, a significant point of the self-weakening process of Congress was during the FDR war years. That is when "Congress passed laws as fast as anyone would suggest them," he said, referring to bills which legalized many things in the name of national security.

The balance gap widened with the increasing use of executive orders, executive agreements and executive privilege by FDR and presidents who followed,

contends Edmisten. He noted that none of the three "powers" are mentioned in the Constitution.

Edmisten continued with two examples. An Executive Order set up the Subversive Activities Control Board during the McCarthy era. Another ordered the evacuation of Japanese-Americans from the West Coast to "relocation centers" inland.

Edmisten contends the United States went into Vietnam "because of Executive Agreements." He explained that Executive Agreements were substituted by the President for treaties because "its too much trouble" to get the Senate to grant a treaty.

Executive Privilege, Edmisten reminded his audience, became a household topic during the struggle between the Senate "Watergate" Committee and former President Nixon concerning the availability of White House tapes and the testimony of key presidential aides.

In the defense of Congress, Edmisten noted that "institutionally, that body is incapable of running the country" because of the many different people and concerns involved.

But taking the opposite side, Edmisten said, "I would never want to see the day when we have the legislative branch in power; it would be worse." He just hopes that things "get a little more even."

Edmisten devoted little time to the judicial branch; he feels "the courts have been behaving themselves in the constitutional scheme."

He said that the judicial process brought down the Nixon presidency and asserted that a functioning judicial process was "absolutely essential to a free society."

Placement office notes

RECRUITERS

Miller & Rhoads - November 25: Management training; all majors. Trip to EPA - Dec. 3.

Math and Science Majors are invited. Please notify the placement office if you are interested in attending.

ROTARY CLUB FELLOWSHIPS

The Rotary Foundation seeks to promote understanding and friendly relations between peoples in different nations by sending outstanding students abroad for one year's study in another country. An award recipient must act in the dual capacity of student and "ambassador of goodwill".

Each grant covers costs of round trip transportation, tuition, meals, lodging, intensive language training and educational travel during the year abroad.

Anyone interested contact

the Career Planning and Placement office. Application deadline is March 1, 1975.

PRE-LAW & PRE-MED

The CP & P office now has the "National Pre-Law Newsletter". It is published monthly and has relevant information for students interested in a legal career.

Also, the "National Pre-medical Newsletter" is available. These are both excellent sources of information. Stop by anytime to use them.

OPERATION NATIVE SON

College graduates from Western North Carolina are encouraged to attend "Operation Native Son". The top industries from Hickory to Murphy will be available to talk with students on Dec. 23 at UNC - Asheville. No-Cost - Just opportunity. Applications

available in the Placement office.

COLLEGIATE POCKET CALENDAR

The Collegiate Pocket Calendar is now available. Please pick one up. They are free.

CAREER PLANNING SEMINAR

This seminar will be offered next semester on Tuesday at 1:00 or Wednesday at 1:00. The course carries one credit.

SUMMER JOB INFORMATION

Summer job information is becoming available. Start planning now. Some deadlines for applications are in January and February.

BRAND NEW
FOOTBALL

PINBALL
POOL

MUST BE 18
OR OLDER

ID CARD
REQUIRED

PLENTY OF
FREE
PARKING

Jupiters Den

ICE COLD BEER

QUADRAPHONIC
SOUND SYSTEM

FRESHLY MADE PIZZA

MON-FRI 5 PM UNTIL

SAT-SUN 2 PM UNTIL

3071 MEDLIN DRIVE

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