

YMCA: where students come to be heard

by David Broadwell
Staff Writer

No one sets foot on the UNC campus without being bombarded by pleas from religious, political and social organizations to enlist. Whether slipped under the door, tacked on the bulletin board or painted on The Cube, the call for participation is unrelenting.

Above the hue and cry, a person may be able to distinguish the voice of the campus YW-YMCA, a group which offers some interesting alternatives to the prospective participant.

First, creative input is stressed at the Y. YMCA President Tom West explained recently. "A lot of people at Carolina feel afraid to just come up with a new project, but they can come to the Y and get something done," he said. "Even if they couldn't do it here, we could tell them somewhere else to go."

"We like to see the Y as a gathering place for students just to come and talk to each other," added Edith Elliott, acting staff chairperson of the YW-YMCA. "From time to time these informal meetings lead to great ideas for projects which turn out to be very successful."

In fact, many campus institutions and programs began as projects at the Y. YMCA contributions to campus life include the origination of freshman orientation, financial aid, the student bookstore and the undergraduate

literary magazine. As UNC expanded, these programs were transferred to the supervision of other groups. Most recently, the Y has helped initiate the *Carolina Course Review* and a Native American student organization.

A second unique feature of the YW-YMCA is its broad range, its constant striving to reach beyond the boundaries of the campus. This emphasis is evident in many of the Y's ongoing projects: a Walk for Humanity, Big Brother and Big Sister programs, an International and Appalachian Handicraft Bazaar, sponsorship of volunteers for Murdock and Umstead hospitals and a newly formed Hunger Action committee.

"In the Vietnam and Watergate days, the Y was a center of political and moral feeling at Carolina," West said. "I don't believe that feeling has left; I believe it has taken another slant."

"The Y is now involved in the bigger moral issues such as what we should do in the tightening world food situation and in race relations, a problem which many people are starting to overlook."

Elliott described the YW-YMCA projects as providing the perfect combination of "intellectual stimulation, seriousness and fun." She added, "The Y is a place that provides non-academic learning, the kind of learning that you don't get credit for, but the kind that may be the most important you'll experience at Carolina."

Services for the non-celibate

Sex counseling, contraceptives among available resources

by Katie Newsome Campbell
DTH Contributor

Even students who are avowed celibates when they come to Chapel Hill may, at some point during their stay here, need the services of some of the campus and community sexuality resource centers.

"Sex is a very 'in' thing," Judi Torrington, a counselor with the Human Sexuality Information and Counseling Service (HSICS), said last week. Attesting to the necessity of sex-related services, Torrington estimated that the counseling service has aided 1,600 students per year in each of the last three years.

The counseling service and the UNC Student Health Service are the primary on-campus sex-related services. North Carolina Memorial Hospital, community public health facilities and private services provide additional sources of information, counseling, diagnosis and treatment.

Student Health Service

The Student Health Service (SHS) is the most comprehensive source for students in

search of sex-related assistance, according to Dr. Don E. Harris, physician and health educator for the SHS. Harris called the service "very comprehensive in the area of sexuality."

Complete contraceptive services are also available through the service. Whereas the regular clinical staff can prescribe birth control pills, a gynecology specialist, Dr. Mary Susan Fulghum, inserts intrauterine devices (IUD's) and fits diaphragms. Fulghum has office hours in the health service Monday through Thursday.

Fulghum will also work with the Women's Health Clinic, a two-phase educational and medical clinic for contraception offered by the health service.

The health service counsels women on decisions about terminating or continuing a pregnancy. "We talk about all the alternatives," Harris said.

Diagnosis and treatment of venereal disease and other sex-related ailments are available from both Fulghum and the regular clinical staff. Routine examinations, including Pap smears, are also offered.

"There is strict confidentiality on all

medical problems at the Student Health Service," Harris said. Although some communicable diseases, including VD, must by law be reported to the Public Health Service, the Public Health Service protects the confidentiality of a patient's illness.

All professional services are covered under the mandatory student health fee included in the student activities.

"The only charges are for Pap smears, the IUD itself and diaphragms, which are prescription items and must be obtained from a drugstore," Harris said. "There is no charge for a VD diagnostic test."

A Pap smear costs \$4 at the health service, while the cost of intrauterine devices ranges from approximately \$2.50 to \$9.

Human Sexuality Information and Counseling Service

The Human Sexuality and Information Counseling Service, the nation's first student-run sexuality counseling service, provides students with up-to-date information on contraceptives and sex-related services. The sexuality service has also counseled students about problem

pregnancies, homosexuality and sexual dysfunctions.

"Basically the counselors are nonjudgmental peers who offer the student someone to talk to without having the stigma of going to see a psychiatrist or another professional," Torrington said.

The service runs a 24-hour telephone line (933-5505) and counsels many students anonymously over the telephone. The counseling service has its offices and walk-in counseling room in Suite B of the Carolina Union.

NCMH and public health services

Contraception, gynecological and obstetrical care, abortions and other sex-related services are available through the North Carolina Memorial Hospital staff and private patient clinics.

The staff patient clinic offers services at a discount rate to patients with limited financial resources. These services are provided by doctors completing their residency requirements. Since many students are covered by family health insurance plans, it may be difficult for them to be classified as staff patients. Private patients are seen by specialists who have completed their medical training.

Etheridge Price, director of program development in obstetrics and gynecology at NCMH, said a private patient visit for contraception usually costs \$15 to \$30 depending on the method of contraception chosen and the lab work performed.

The Orange County Public Health Department does not normally treat students. "We have a small budget and a small office," Dr. Corodon Fuller, district health director explained. "We encourage students to go to the Student Health Service and their families to go to their private family doctor."

"We will, of course, see all people without question for VD," Fuller said. All diagnosis and treatment given through the department is free and all records are confidential.

The Orange-Chatham Comprehensive Health Services Center in Carrboro provides "health care for that segment of the population that cannot get health care elsewhere for economic and geographic reasons," Director of Supportive Services Ed Carwell said.

The health center usually refers students to the Student Health Service but will treat spouses and dependents of students who reside in Orange County and who can demonstrate economic need.

Charges are prorated according to the patient's ability to pay.

Contraceptive services, prenatal obstetrical care and diagnosis and treatment of sex-related illnesses are available through the center. Women desiring abortions are referred to NCMH.

Private sources

Some students needing sex-related care can be seen by a private medical group, the Chapel Hill Obstetrics and Gynecology Practice. Marlene Brand, a nurse for the group, said a visit for contraception there may cost from \$21 to \$41.

"The number of students seen here has decreased over the past few years, probably due to the increase in prices," she said.

Adam and Eve (Population Planning Associates), located above Big Wally's on the corner of N. Columbia and Franklin streets, was the first shop in the country to specialize in selling contraceptives.

Through a mail order house in Carrboro, the business mails contraceptives (in plain wrapping) throughout the nation. Robin Turner, bookkeeper for Adam and Eve, said it is difficult to tell how many of their customers are students. "We do some mailing to Chapel Hill addresses but not nearly as much as we do nationwide," she said. Adam and Eve carries a large variety of over-the-counter contraceptives.

A how-to-read-better program

Reading and writing—these are still the fundamental keys to success in the educational process, regardless of educational level.

For students overwhelmed by dozens of books to read and papers to write, the Reading Program may provide a solution.

Located on the second floor of Phillips Annex, the Reading Program, directed by Phinney Campbell, offers students an opportunity to refine and

polish their basic educational skills.

The program is entirely voluntary and students can register anytime during the semester. The only charge is a \$10.00 supply fee. The amount of time spent in the program is determined by the student.

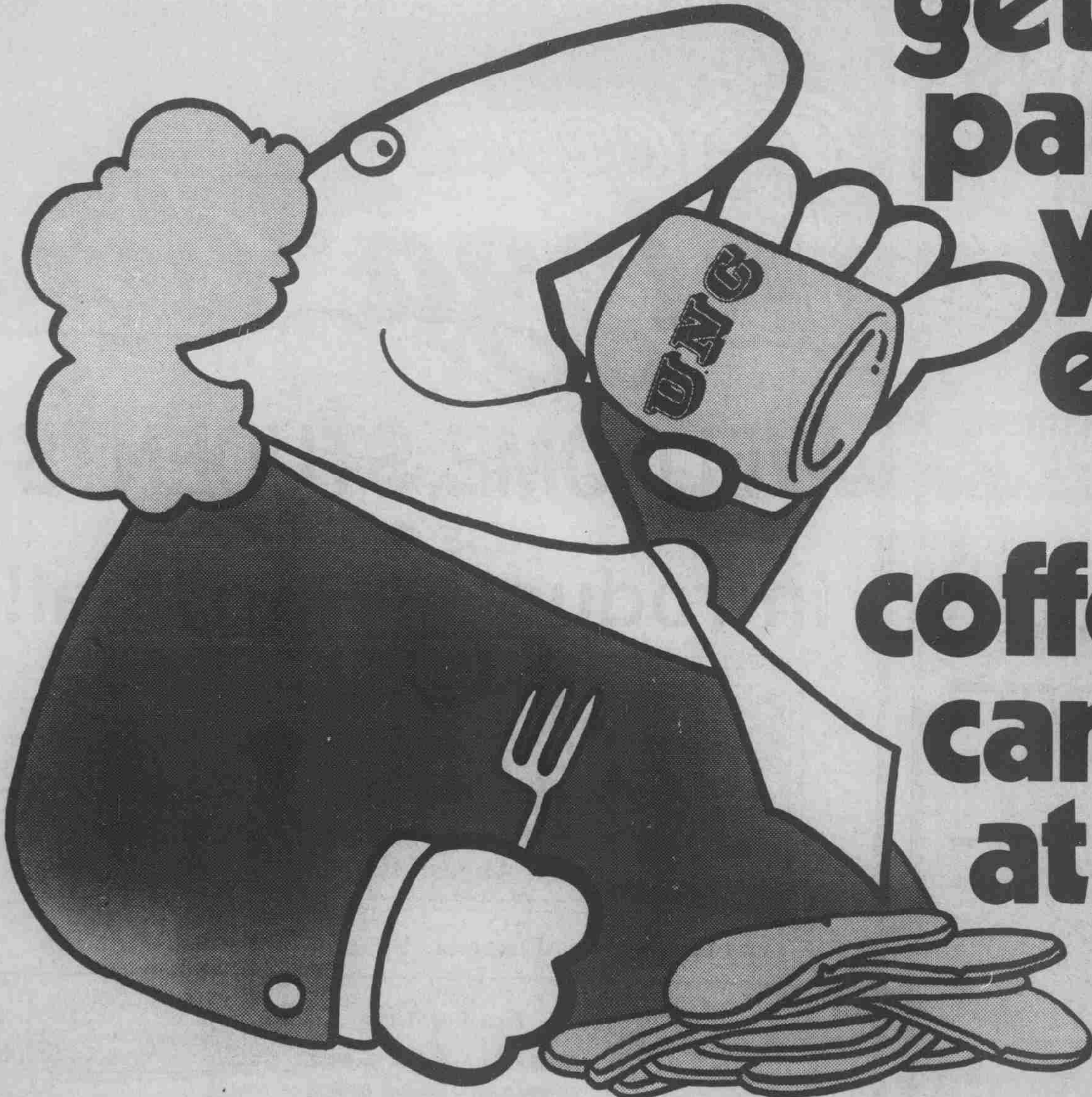
Usually the minimum for a student with a full course load is three hours a week.

Last spring about 475 students participated in the program. Campbell

said he expects more students to take advantage of the program this fall.

Campbell said the advantages of the program are flexibility in scheduling, individual lab instruction and the opportunity to significantly improve reading speed, comprehension, vocabulary and overall study skills.

Office hours will be the same as last year, 8 a.m. to 6 p.m., Monday through Thursday, and 8 a.m. to 4 p.m. on Friday.



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