

The pill remains popular among UNC women

By LISA BRANTLEY
Staff Writer

The sexual revolution may have officially died with the 1960s, but the pill is still the contraceptive of choice for most sexually active college women, said employees of three Chapel Hill women's health centers.

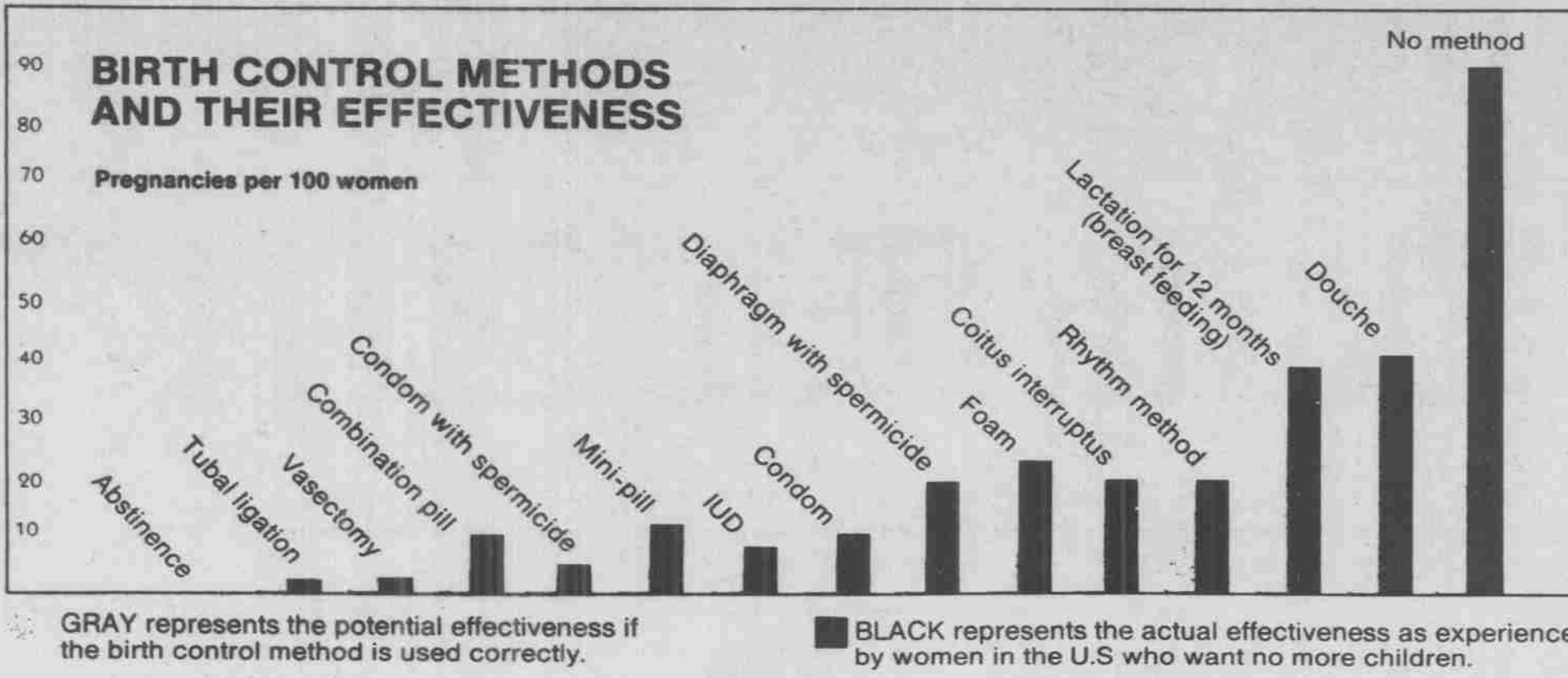
With over 40 variations of the pill, three kinds of diaphragms, intrauterine devices, condoms and a host of new spermicides that have recently flooded the contraceptive market, the pill remains the most commonly requested form of prescription birth control by an overwhelming margin, according to representatives from Planned Parenthood of Chapel Hill, the women's health center at the UNC Student Health Services and Triangle Women's Health Center.

"We're seeing more pill use than anything else," said Peggy Norton, a nurse practitioner at SHS. She estimated that pill use among UNC women is more popular by almost a three to one margin over the next most favored method of contraception, the diaphragm.

Of the more than 700 women who sought initial prescription of contraceptives last year at SHS, almost 70 percent chose the pill, 28 percent opted for the diaphragm and 2 percent selected other methods such as the IUD. Norton said, however, that this margin of popularity for the pill became more accentuated when examining statistics for pill renewals and diaphragm refits.

Three to four years ago barrier methods such as diaphragms, IUDs and spermicides became popular following a scare over the possible side effects of the pill, Norton said, but this anxiety has passed, leaving the pill, with a theoretical effectiveness of 99 percent, more popular than ever.

Many women who experience such side effects as headaches, nausea, bloating and breast tenderness from the pill prefer using the diaphragm with spermicidal jelly. New formulations of the pill, however, with lower amounts of the hormone estrogen often cut down



GRAY represents the potential effectiveness if the birth control method is used correctly.

BLACK represents the actual effectiveness as experienced by women in the U.S. who want no more children.

on these side effects, said Linda Griffin, a medical assistant and office manager at Triangle Women's Health Center, a private obstetrics and gynecology facility in Chapel Hill.

There are other problems associated with these so-called mini pills, however, which have lowered the amounts of estrogen and progesterone.

"Some people have breakthrough bleeding on low dosage pills," Griffin said. Acne has also been associated with low dosage pills during the first several months of use.

Susan Gresko, clinic manager for Planned Parenthood, said that one popular misconception about the pill is that patients often think they may be protected for one more menstrual cycle after they discontinue pill use, she said.

"Women are fertile the first month they come off the pill," she said.

Another misconception about the pill that is commonly heard among patients at Student Health is that the pill increases the risk of cancer in its users.

"The pill actually gives protection

against breast cancer and endometrial cancer (cancer of the uterine lining)," Norton said.

One new innovation in non-prescription, spermicidal contraception that has been advertised heavily lately is the Today sponge. The sponge, a polyurethane device saturated with spermicide, is sold over the counter like vaginal suppositories, condoms and other less permanent contraceptive methods.

Although the Today sponge is popular as a temporary method because it is less messy than many other spermicides, it has not gained wholesale popularity yet. Many women, however, use the sponge before they decide on a prescription method.

"It's a good method for one-time users ... maybe people who have infrequent sex," Griffin said.

Gresko said that she has not noticed a great deal of sponge use among patients at Planned Parenthood. "Maybe it's just because it's a new product and people may not be particularly trusting of it yet," she said.

At SHS, Norton said she is seeing less sponge contraceptive use than when the product first appeared on the market. "People have found that it's difficult to remove, and its effectiveness is often only 80 percent," Norton said.

Another recent breakthrough in minimizing the risk of unwanted pregnancy has been the "morning-after" pill. Used to prevent pregnancy after unpro-

TECTED intercourse during mid-cycle, which carries a 25 percent chance of pregnancy, the morning-after pill is about 95 percent successful, Norton said. It is similar to taking a large dose of the regular pill after intercourse and consists of four pills containing a high combination of estrogen and progesterone.

Griffin said, however, that although the morning-after pill may be prescribed when necessary, it is not a desirable method of preventive contraception and should not be relied upon as birth control.

"It's not a foolproof method," Griffin said, "... certainly not the method of choice."

Although the representatives from the three centers hesitated to identify any trends in sexual activity among local youth, they generally agreed that, based on national statistics, women are becoming sexually active at earlier ages. But Norton said she thought there were fewer sexually active women at UNC than there have been in the past.

Because many women are beginning to do a lot of their sexual experimentation in junior and senior high school, she said, women might be more sexually stable during their college years. By the time women are in college, Norton said, they are usually with one partner, and take the responsibility to use contraceptives.

Norton said that according to SHS estimates, unwanted pregnancies resulting in abortion have remained fairly constant among students for the last four to five years at around 250 per year. She said she considered this rate good compared to the more than 10,000 females enrolled in the University.

CIA aid planned in 1983

From Associated Press reports
WASHINGTON — Senior CIA officials, including Director William J. Casey, decided at a mid-1983 meeting in Honduras to provide Nicaraguan rebels with psychological warfare training, a step that led later to the writing of a controversial manual, according to U.S. government officials.

The officials, who spoke only on condition of anonymity, said the role of Casey and other top officers in the decision is not cited in a still-secret CIA inspector general's report that urged disciplining six mid-level agency officials, several of whom complained they were being made scapegoats.

"It was decided at the mid-1983 meeting that the rebels needed an adviser on psychological warfare to help them better understand what they were fighting for and how to motivate the Nicaraguan people," said one official familiar with the decision process.

Peace talks fail

SAN SALVADOR, El Salvador — The government's icy rejection of a broad rebel peace proposal and the left's new call to arms make the end of the five-year-old civil war appear even more elusive after a second round of peace talks.

The atmosphere after Friday's 12-hour session is much more hostile than it was when both sides emerged after the first round of talks Oct. 15 in the northern village of La Palma.

Violence kills 169

COLOMBO, Sri Lanka — The government reported that 169 people had been killed in three days, 11 of them in Tamil rebel attacks yesterday on two fishing villages, and said the separatist guerrillas are "bent on creating communal violence countrywide."

News In Brief

Sri Lanka destroyed six boats carrying suspected Tamil invaders from India yesterday, and last night its troops skirmished with an estimated 100 guerrillas on Talaimannar pier, which faces southern India, sources in Colombo said.

Accomplices sought

NEW DELHI, India — Police hunted for two people yesterday, one of them a fellow policeman, who are suspected of being accomplices in the assassination of Prime Minister Indira Gandhi, the United News of India reported.

The news agency said police earlier arrested another man accused of administering a sacred oath to one of Gandhi's assassins. The oath bound him to eliminate her, UNI said.

Grenadian elections today

ST. GEORGE'S, Grenada — Grenadians vote today in a return to democracy that the United States and its Caribbean allies hope will not backfire.

The United States is officially neutral in the race for 15 seats in the British-style parliament, but its obvious preference to win Grenada's first election since 1976 is 66-year-old moderate Herbert Blaize.

The 1976 election was followed by a 1979 leftist coup, a bloody power struggle that resulted in an army takeover and the slaying of leftist Prime Minister Maurice Bishop on Oct. 19, 1983. Six days later, there was a U.S.-led invasion of the tiny, spice-producing nation.

Foreign students to visit UNC to learn about culture, business

By RACHEL STIFFLER
Staff Writer

While UNC students are taking a much-needed break from studies during Christmas vacation, 26 students from 15 different developing nations in Africa, Asia, and the Middle East will converge on the UNC campus for the Agency for the International Development's Mid-Winter Community Seminar to be held Dec. 22-31.

The seminar, hosted by UNC for the second time, is being offered at 25 different locations around the country. It is sponsored by AID, which is subsidizing the education of the 26 students in universities all over the country, including Harvard, Yale, Tuskegee, Stetson, and the Universities of Georgia and Kentucky.

Steve Bennett, foreign student adviser at the UNC International Center, which is organizing the 10-day seminar, said most of the participants are mid-level public officials in their home countries and range in age from late 20s to mid-40s.

One of the main objectives of the seminar will be fostering community interaction between the students and residents of Chapel Hill. "It's a time of year when the universities they are attending will be closed," Bennett said. "It's a chance for them to go to another part of the country and visit in a community."

A major part of this community interaction will be on Christmas Day,

with each student spending the day with a host family. "It will be an opportunity for them to be involved in a family's normal holiday activities," Bennett said. Since the students will be staying in a local hotel during the seminar, the host family will not be responsible for giving the student a place to spend the night.

Bennett said the students also would be introduced to the Triangle area through tours of such places as Old Salem in Winston-Salem and the N.C. Museum of Art in Raleigh.

Another important part of the program will be a three-day management seminar examining the methods used by major U.S. businesses and agencies in organization and in dealing with employees. The students will be encouraged to consider ways the values involved in these management models could be applied to the work world of their home countries.

The management seminar will be conducted by Michael Hoppe, a management consultant and researcher in the Triangle area, and Gary Ferraro, a UNC associate professor.

The students represent many different career fields, including agriculture, health services, business, economics, and engineering.

Some host families have been found for the students, but more are needed. Anyone interested in hosting a student for Christmas can call Adele Gurevich, host family visit coordinator, at 942-7975.

New talks due to strong NATO

The Associated Press
BRUSSELS, Belgium — Secretary of Defense Caspar Weinberger said yesterday the Soviet Union was returning to arms control talks with the United States because the NATO alliance has remained strong.

In Moscow, the Soviet Communist Party newspaper *Pravda* said the Reagan administration agreed to resume negotiations because Americans and North Atlantic Treaty Organization countries want them and the United States is no more secure despite increased military spending.

Talks are scheduled for Jan. 7-8 between Secretary of State George P. Shultz and Soviet Foreign Minister Andrei Gromyko in Geneva to discuss an agenda for "new talks" on nuclear

weapons and space weapons.

"We have that opportunity because we are strong and I think that is what brought the Soviets back to the table," Weinberger said.

"We want these negotiations to succeed," he said. "We know they will only succeed if NATO keeps its strength and its unity and purpose." He made the comments as he arrived at Brussels' Abell airport for two days of talks by NATO defense ministers beginning Tuesday.

The conference will be preceded by a meeting today of NATO's European defense ministers at the alliance headquarters.

Eating disorder workshop today

The Carolina Union Human Relations Committee will present the workshop "A Candid Look At Eating Disorders: Friends Helping Friends" today at 7:30 p.m. in room 208 of the Union. Run by Sherry Stuckey of the Student Development and Counseling Center, the workshop is designed to help friends of anorexics and bulimics understand these diseases and how to deal with their victims.



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