

Oregon State researchers say

Pill causes nutritional alterations

By HEATHER McCLENAGHAN
Of the Emerald

Women who use oral contraceptives are confronted by numerous warnings of the pill's side effects. Researchers at Oregon State University have added another caution to the pill user's growing list of risks.

Nutritionists Lorraine Miller and James Leklem have found that women using birth control pills require additional amounts of vitamins B-six, B-twelve, B-two (riboflavin), C (ascorbic acid), as well as increased intake of zinc and folic acid.

Nutritional alteration due to the pill should be of particular importance to three specific groups of pill users, the researchers note.

•Teenage women whose bodies may still be developing run the risk of nutritional deficiencies because of the high amounts of vitamins their bodies demand for growth.

•Women who smoke cigarettes or take other drugs should watch their vitamin intake because of the added vitamin insult smoking and drug use creates. Cigarette smoking especially increases the need for Vitamin C, the researchers found.

•Women who become pregnant after going off the pill run a high risk of developing nutritional problems during pregnancy due to pre-conception use of the pill.

"We advise women to go off the pill at least one year before becoming pregnant," explains Cathy Schuber of the Institute for Wholistic Childbirth in Eugene.

"Birth control pills chemically interfere

with a woman's natural cycles. If you stop taking the pill a good year before you plan to conceive your body will have enough time to adjust to its own hormonal rhythms."

Nutritional deficiencies caused by oral contraceptives can be counteracted with the aid of natural vitamins, says Schuber.

"Brewers yeast and wheat germ are excellent sources of vitamin B," Schuber points out. "I like to mix about two tablespoons into a glass of orange juice everyday. If the taste is hard to get used to, start out with half a teaspoon and work your way up to a larger daily dose."

Schuber, who advocates the use of natural birth control methods, believes pill users should be aware of the risks they run, but adds, "I would much rather see women who take the pill do so realizing the dangers its use involves than to see those women end up with unwanted pregnancies."

The convenience and lack of forethought that birth control pills allow a women outweigh the risks in most women's minds, Schuber maintains. When a woman switches to another method of birth control she can feel "the whole experiential repertoire of what's possible with our bodies," says Schuber.

A woman who stops taking oral contraceptives will be startled at the heightened levels of sensitivity the pill's absence provides, Schuber believes.

Whatever the long range effects of oral contraceptives may prove to be, Schuber emphasizes that women who are unready to become pregnant must accept responsibility for their actions if they choose to discontinue use of the pill.

Plans set for parents weekend

By LORA CUYKENDALL
Of the Emerald

A concert featuring Mason Williams and the Eugene Symphony Orchestra, a canoe fete on the Millrace and a centennial potpourri slide show will highlight Parents' Weekend today through Sunday.

Parents and friends of University students are invited to attend the annual event. A schedule of the weekend's activities includes:

Friday

4 to 6 p.m. Registration and welcome session, EMU lobby. Registration fee is \$2.50.

5 p.m. Tug-of-war on the Millrace, north of Villard Hall, across Franklin Boulevard.

6:30 p.m. Canoe Fete with floats and special entertainment on the Millrace.

7 and 9:30 p.m. George Benson concert in the EMU Ballroom. Tickets are \$4 for University students and \$5.50 for the general public.

Saturday

8 to 9 a.m. Registration and welcome session, EMU lobby. Registration fee is \$2.50.

9 a.m. All-campus breakfast and award presentations, EMU. Cost is \$2.25 per person.

10 a.m. Mothers Club and Dads Club meetings, EMU.

10:30 a.m. Special activities: political forum, 167 EMU; Centennial Potpourri slide show and display program, Dads' Room, EMU.

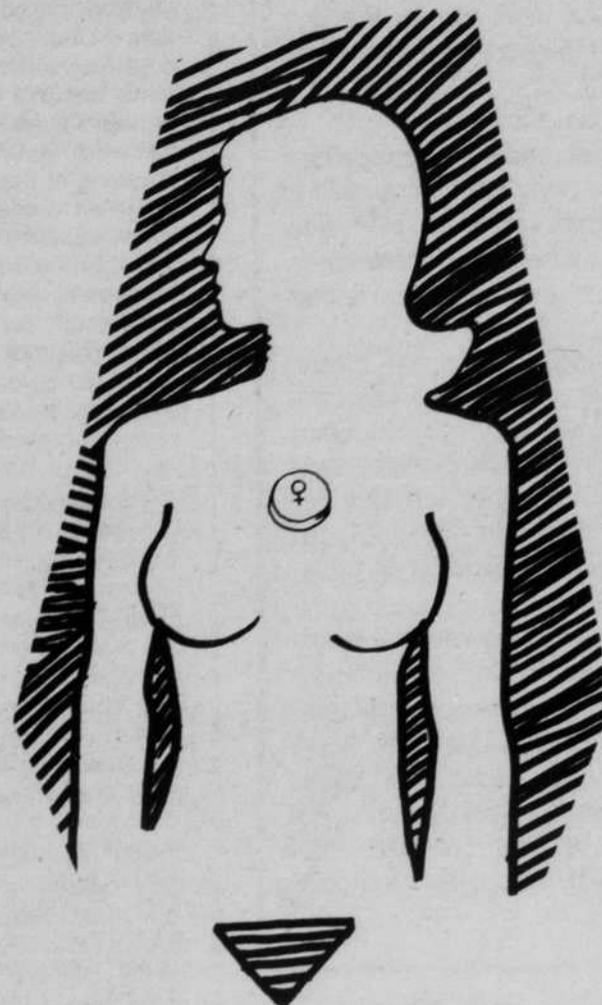
Noon. Luncheon in the outside courtyard of Gilbert Hall. Cost is \$2.75 per person.

1:30 p.m. Campus tours.

8 p.m. Concert featuring Mason Williams conducting the Eugene Symphony Orchestra, MacArthur Court. Admission is \$3.50 for students and senior citizens, \$4 for the general public.

Sunday

Open.



Drawing by JoAnn Fahlgren

Roszak: frustration changing politics

By GWENDA RICHARDS
Of the Emerald

A new type of politics is emerging, according to Theodore Roszak, and it springs from frustration with our "technocratic society."

The author of "The Making of a Counterculture," "Where The Wasteland Ends," and the recently-published "Unfinished Animal," Roszak says "We are ruled by a political power structure that draws upon scientific experts. This is not a democratic society, not even a sane society."

Chairman of Interdisciplinary Studies at California State University at Hayward, Roszak comes to the university through the combined efforts of many organizations, including the Honors College, Graduate Student Council and the Cultural Forum. He will speak at 7:30 p.m. Monday in 180 PLC and will meet with various campus groups Tuesday.

Roszak, featured speaker for Monday's continuing Centennial lecture series entitled "The

Northwest Passage into the 21st Century," will relate the various personal growth movements and new therapy to ecology. In his lecture, "Person/Planet: Manifesto for an Intimate Revolution," Roszak will "trace the things that happened in the counterculture of the '60's to what is happening now."

He suggests that this counterculture, consisting primarily of creative and innovative youth, has quietly developed into a new form of politics called personalism.

"You can trace the things that happened in the counterculture of the 60's, which were so obvious and spectacular, to what is happening now. People say that the counterculture is part of the past. But the gap in religious life has resulted in the therapeutic and

new religious movements which came out of the 60's."

He calls this movement the "aquarian frontier," describing it as a combination of religion and psychotherapy. The result, involving anything from transactional analysis and primal therapy to acupuncture, Hare Krishna philosophy, the occult and organic food cults, has kept political connotations. "Aquarian frontier is changing people's values and style of living," Roszak says. "It is a primary instrument for changing personalities which leads to a different type of politics."

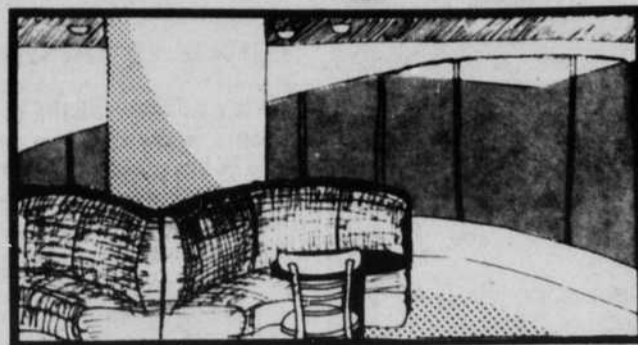
Instead of the two-party system, Roszak sees politics evolving into a personalistic group approach which incorporates neither individualism nor the "usual kind of

left-wing, socialist movement. It is neither collectivistic or individualistic, but involves small situational groups, such as women, homosexuals, or addicts."

He criticizes the news coverage of this evolution, stating that "the media haven't covered this. They believe that movements come only in the form of riots or protests. They are ignorant to what is happening in the world ... but I guess it is better that way."

Regardless of media "deficiencies," he believes that the evolution of consciousness is the significant factor in society. "I would wager we are having a transformation of lives which is as deep as the beginning of speech or tool-making. This has revolutionary implications."

The Skylight



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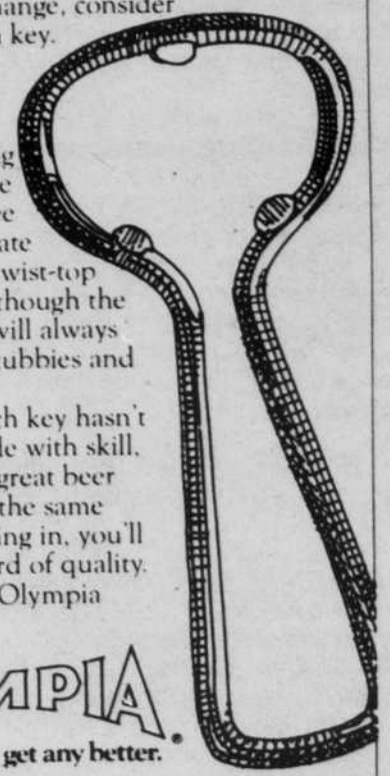
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