

# ask the sexpert

*Lately I have been depressed for no reason, and a friend told me it was because I stopped taking birth-control pills. Is there such a thing as "pill withdrawal"?*

Yes, some women do experience side-effects after

discontinuing birth-control pills. Your body is simply adjusting to the change in hormone levels — just as it did when you began taking the pill. Depression may be one side-effect. Others may include irregular periods for three to 18 months, an increase

or decrease in sexual appetite, increased vaginal discharge, sore breasts before periods, menstrual cramps, acne and hair loss.

Some changes in your menstrual cycle (changes in the length of your cycle, amount of flow, or premenstrual symptoms) can be due to natural body changes that occur with the passage of time, regardless of pill use. If your symptoms are related to stopping birth-control pills, they should disappear after about three months. If your depression is severe or persisting beyond this length of time, you may want to see a doctor or a counselor.

*I keep hearing about this new form of birth control that is the "female equivalent of the condom." What exactly is it?*

You are referring to the

Collatex sponge, a cup-shaped sponge containing a spermicide. It currently is not available in the United States, but national marketing tentatively is scheduled for 1982. The sponge, like the diaphragm, is designed to be inserted into the vagina, blocking the entrance to the uterus. This combination sometimes is called "the female equivalent of the condom."

Like the condom, it is disposable, comes only in one size, and can be sold over the counter. Unlike the condom, however, the Collatex sponge remains an effective contraceptive during repeated intercourse, and may be left in the vagina for up to two days.

Foreign trials indicate the Collatex sponge may be similar in effectiveness to the diaphragm.

## Bookstore gives prizes for improvement hints

The University Bookstore is offering extra incentives for the campus community to suggest how the store can better serve its needs.

The three best suggestions submitted by 4 p.m. Friday will win \$50 bookstore gift certificates.

A \$100 gift certificate to Sunriver Resort in Bend, three \$35 bookstore certificates, three \$20 bookstore certificates and three \$10 bookstore certificates also will be awarded to contest entrants.

To enter the contest, students, faculty and staff members must fill out entry blanks available at a display on the store's main floor. No purchase is necessary to enter the contest, but entries are limited to one per person.

# The quickest way to get emergency money.



An emergency stop for repairs can wipe out even the best-heeled traveler. Luckily, all you need is the price of a phone call to get you the money before your car gets off the lift. Here's what to do when you need money in a hurry.

**1.** Call home. Report the situation, and tell the folks they can get emergency cash to you fast by phone.

**2.** Ask them to call Western Union's toll-free number, 800-325-6000 (in Missouri, 800-342-6700), anytime, day or night. They charge the money and the service fee to their MasterCard\* or

VISA† card. A Western Union Charge Card Money Order, up to \$1,000, will be flashed to the Western Union office or agent nearest your emergency.

**3.** Pick up your money—usually within two hours—at the local Western Union office or agent. There are 8,500 nationally, except in Alaska. Conveniently, about 900 locations are open 24 hours. It's that easy.

Be sure to remind your parents about our toll-free number. It's all they need to call Western Union to the rescue.

\*The MasterCard name is owned by Interbank Card Association.  
†The VISA name is owned by VISA International.

## Western Union Charge Card Money Order.

## Meeting set for women symposium

Despite last year's setback, planning for this year's Women's Symposium is proceeding smoothly, according to the symposium's co-directors.

Last year's symposium was cancelled because of conflicts between minority and Caucasian women, but this year's symposium is being planned carefully in hopes of avoiding a similar situation, say co-directors Linda Chase and Diana Akiyama.

Both say the symposium planning committee needs advice from community women about what to include in the symposium, which is scheduled for May 19-22. Anyone interested in the symposium is invited to attend an organizational meeting 7 p.m. Tuesday in Room 101 EMU.

Persons unable to attend the meeting can contact the symposium planners in the ASUO Executive Office, Suite 4 EMU.

Symposium planners are accepting designs for a new symposium logo. Deadline is March 12.

The focus of this year's symposium will be "coalition building" between all women's groups, Akiyama says. "This is so that we don't have all these separate interest groups and no glue holding them together."

The symposium should include lesbians, minority women and women not usually identified with the feminist movement, she says.


## Poland—

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"The church provides values and the army provides government. The party is not willing to accept the role of second string."

However, Fiszman indicated that conservative church elements fear the democratic-socialist elements within Solidarity.

Fiszman listed a number of the restrictive policies that have evoked opposition in Poland. They include compulsive military training, teaching the Russian language and Marxism-Leninism in the schools, and prohibiting the selling of farms, which leads to large amounts of wasted farmland.



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