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Prizes for UO undergraduate and graduate students:

Humanities Center Essay Prizes

1992 Theme: America: 1492-1992

The University of Oregon Humanities Center announces the annual essay prizes for UO undergraduates and graduate students. All students are invited to submit an original essay or other piece of work on the annual theme. The Humanities Center expects to award one prize for the best essay by an undergraduate and one prize for the best essay by a graduate student. The prizes each will provide \$250.00, and the awards will be announced in the University Spring Awards Ceremony program and the Humanities Center Newsletter.

Further information about the annual theme, and guidelines and a required cover sheet for submissions are available now in the Humanities Center; interested students should pick up this information as soon as possible. The deadline for the 1992 Humanities Center Essay Prizes is 3 February 1992. Final decisions will be announced by 15 March 1992.

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Lifestyle can help decision when choosing birth control

By Tammy Batey
Emerald Reporter

College students face a score of decisions about classes, careers and control — as in birth control.

When choosing a form of birth control, women must make a number of decisions, not the least of which is whether to have sex at all, said Colleen Jones, Student Health Center nurse practitioner.

"Women should realize there are a lot of emotional factors involved in becoming sexually active," Jones said. "Abstinence is a choice for them."

Couples should make decisions about birth control together, Jones said.

"Birth control is the responsibility of both people," Jones said. "Unfortunately, a lot of forms of birth control are focused toward women."

Dr. Gerald Fleischli, health center director, said he agreed deciding not to have sex is a form of birth control.

"Abstaining is a method and a choice," Fleischli said. "Women shouldn't feel pressured into entering a sexual relationship if it's not something they want to do."

If women choose to become sexually active, they should first evaluate the type of sexual relationships they're having, said Cheryl Long, Planned Parenthood of Lane County community health educator.

A woman in a mutually monogamous relationship will probably make a different decision than a woman with many sexual partners, Long said.

Long said some women say they just want to "get laid" and don't want to talk with their sexual partners about birth control.

"If you're not worried about your emotional safety, then you should worry about your physical safety," she said.

For women with many sexual partners, condoms should be used with a spermicide such as Nonoxynol-9, Long said. Nonoxynol-9 has been shown to kill the HIV virus in laboratory tests and when used with a condom can offer some protection if the condom breaks.

Women must decide what would really work with their lifestyle, said Sarah Chartz, Planned Parenthood of Lane County community health educator.

"It's important to figure out if they're at risk for STDs (sexually transmitted diseases)," Chartz said. "Almost everyone is at risk for STDs. We encourage the use of condoms."

Women request birth control pills more often than any other form of birth control at both Planned Parenthood and the health center. However, a form of disease control may be needed as much as birth control, Fleischli said.

When women request the pill, "we'll also recommend using condoms for STD protection," he said. "It's surprising how often people forget that."

The diaphragm, the cervical cap and the sponge require insertion into the vagina and may not be the right choice for women who experience discomfort touching themselves, Long said.

When selecting birth control, women must also consider how important spontaneity is in their sexual relationships, Jones said.

ET ALS

MEETINGS

Student Project Board of Directors will meet today from 1:30 to 3:30 p.m. in EMU Cedar Room C. Call 346-3729 for more information.

Dance Oregon will meet today from 12:30 to 1 p.m. in front of Room 353 Gerlinger Annex.

Constitution Court will meet tonight at 6:30 in EMU Century Room C. Call 346-3724 for more information.

MISCELLANEOUS

The First Date, a culture film, will be shown tonight at 7 to 9:30 in Room 150 Columbia. Call the Chinese Student Association at 346-4322 for more information.

The Media and the Coverage of Islam will be the topic of a discussion today at noon in the EMU Ben Linder Room. Call

the Muslim Student Union at 683-5125 for more information.

Auditions for a student produced film will take tonight at 5 in Room 138 Gilbert. Call 484-0001 for more information.

Show on intimacy plus a small group discussion will take place from 7:30 to 9:30 at the Alpha Omega House. Call International Students Christian Fellowship at 683-8511 for more information.

"Sustainable Forestry" will be the topic of a speech by Matthew Harris today at 12:30 p.m. in Room 206 Lawrence.

RELIGION

"Evolution and Creationism: Perspectives" will be the topic of a roundtable discussion today at 12:30 p.m. in EMU Century Room A. Call 343-4914 for more information.

Student Masses will take place Saturday at 5 p.m. and Sunday at 9 and 11 a.m. and

7:30 p.m. A Newman Club meeting will take place afterward at 8:30 p.m. Call 346-4468 for more information.

Shabbat Gathering is tonight at 7 at Marcelo's house, 410 E. 32nd Ave. Kabbalat-Shabbat will be followed by a vegetarian potluck and oneg with stories and song. A car pool will leave from the front of Koinonia Center, 1414 Kincaid St. at 6:50 p.m. Call 343-8920 for more information.

Deadline for submitting Et Als to the Emerald front desk, EMU Suite 300, is noon the day before publication. Et Als run the day of the event unless the event takes place before noon.

Notices of events with a donation or admission charge will not be accepted. Campus events and those scheduled nearest the publication date will be given priority. The Emerald reserves the right to edit notices for grammar and style.

Top 10 condoms

Condoms are ribbed "for extra pleasure," lubricated, come in a variety of innovative colors, and even glow in the dark. Condoms are not created alike and some are more effective in protecting against pregnancy and disease than others.

Consumer Reports tested 37 brands of condoms for its March 1989 issue, putting about 16,000 condoms through a battery of tests.

In the standard water test, the condoms were filled with about 10 ounces of water to spot pinholes. The overall leakage rate for each model, projected from the failures, fell well within the government's tolerance of four failures per 1,000 condoms.

The condoms also were given the airburst test, in which condoms are inflated under controlled conditions until they break.

Condoms were also rated on lubrication, spermicide, texture, contour and variability.

Two condom brands received maximum failure rates: LifeStyles Extra Strength with Nonoxynol-9 and LifeStyles Nuda Plus.

The top 10 condom brands with a projected maximum failure rate of 1.5 percent or less are:

1. Gold Circle Coin
2. LifeStyles Extra Strength Lubricated
3. Saxon Wet Lubricated
4. Ramses Non-Lubricated Reservoir End
5. Sheik Non-Lubricated Reservoir End
6. Excita Extra
7. Kimono
8. Sheik Elite
9. Koromex with Nonoxynol-9
10. Excita Fiesta

"Are they not going to use something if it interrupts spontaneity?" Jones asked.

For women who prize spontaneous sex, the pill, an intrauterine device or Norplant may be more appropriate, Jones said.

The IUD and Norplant offer effective protection without requiring a woman to remember to take a pill every day, said Sherie Mayes, women's health care nurse practitioner.

Cost and effectiveness are also important issues, Mayes said. A condom costs as little as 25 cents at Planned Parenthood. Norplant, six thin capsules inserted into a woman's inner arm, costs from \$450 to \$500.

The effectiveness of different forms of birth control also varies. Wyeth-Ayerst Laboratories rated birth control and estimated the percentage of accidental pregnancies women have when using that form.

Norplant has a lowest expected failure rate of 0.2. The typical failure rate for Norplant, taking human error into account, is identical because the method is not dependent on the user.

When no birth control is used, women experience an accidental pregnancy 85 percent of the time.

VIEWS

Continued from Page 1

sonal light on the issue.

"I consider myself addicted to pornography, and I think it is a disease," he said, adding that it is his reason for involvement with the group. "Pornog-

raphy does desensitize men, speaking for myself. Also, an addict eventually has difficulty separating the reality from the fantasy."

Arguing against the material being removed from the bookstore, student Dennis Fitzgerald said that once the door is open to censorship, it is too easy to censor additional material.

Also defending the right to sell the magazines, Portello argued that no matter what is published, somebody is going to be offended.

"Every piece of literature, every piece of art, every book is going to offend someone, but there is no evidence that links pornography and violence against women," he said.