

Health center provides birth control options

■ The health center is working to educate women about their sexual health

By Brooke Ross
Oregon Daily Emerald

When it comes to their sexual health, what women don't know can hurt them.

But University Health Center officials are trying to help women improve their health by educating them about birth control options now available at the health center, as well as the symptoms of urinary tract infections, which are common infections sometimes caused by sexual intercourse.

The University Health Center has offered Depo-Provera, an injectable form of birth control, for some time. But now, students have a choice. For the past week, the health center also has offered its female patients Lunelle, another type of injectable birth control.

"It will be nice for women to have another option," said Colleen Jones, the health center's women's health care nurse practitioner.

Jones, who has given one injection of Lunelle so far, said there are several differences between the two types of birth control.

She said with Lunelle, it is easier for a woman to become fertile down the road because it offers protection for only one month at a time, instead of three months at a time like Depo-Provera.

"Lunelle is a lot like the birth control pill, only in an injectable form," she said. "But pills can be a little less effective, because a woman forgets to take them."

She said it is up to the woman to make a choice.

"Every woman is different, and that's the bottom line," she said.

Jones said the first injection of Lunelle is given within the first five days of the start of a woman's period, and from then on, shots must be given every 28-30 days for a woman to remain protected.

She said one good thing about the health center giving women a choice is that certain side effects may result from using each form.

"If this happened, we can now offer them another choice, which is

just as effective," she said.

Dr. Gerald Fleischli, director of the health center, said the form used depends on the woman because both Lunelle and Depo-Provera have different side effects.

He said Lunelle contains the female hormone estrogen, which may be the healthier choice for some because a lack of estrogen can lead to osteoporosis, but sometimes estrogen can be indirectly responsible for heart attacks and strokes.

On the flip side, he said Depo-Provera does not contain estrogen, but it can cause depression.

"So it's really up to the woman to decide," he said. "Choice is what it's all about."

But Jones said she is confident about Lunelle.

"Time will tell," she said, "but the numbers look good, and it seems to be well tolerated."

However, one thing Lunelle and Depo-Provera cannot protect women from is urinary tract infections.

Cindy Smith, adult nurse practitioner at the health center, said having intercourse is one way bacteria

can enter the bladder and cause such infections. She said there were 81 visits during fall term because of urinary tract infections, although many women do not realize it when they have one.

She said the symptoms include constantly feeling the urge to urinate, but not being able to, and burning and itching sensations. It is important that women are aware of these symptoms so they know when to seek treatment, she said.

"If someone's never had an infection before, they should come in and have an evaluation because

sometimes it turns out to be other things," Smith said.

Kidney infection is one serious problem that is sometimes mistaken for a urinary tract infection, which is why it is important to be checked out, she said.

"Without the awareness, you risk much worse complications," she said.

Smith said ways to prevent urinary tract infections are to drink more fluids and avoid alcohol and caffeine, which can irritate the bladder.

Programs Financing

The ASUO Programs Finance Committee has committed \$2,134,274 so far for next year's program budget. That represents a 8.76 percent increase over last year's funding — slightly more than the PFC's 3 percent benchmark.

ORGANIZATION	2001-02	2000-01	% CHANGE FROM THIS YEAR	\$ CHANGE FROM THIS YEAR
Programs and Assessments	\$105,422	\$64,933	62.35%	\$40,489
Ecological Design Center	\$16,837	\$13,438	25.3%	\$3,399
Native American Student Union	\$20,151	\$17,043	18.2%	\$3,108
Designated Driver Shuttle	\$88,675	\$80,000	10.8%	\$8,675
Pit Crew	\$300	—	—	\$300
Black Women of Achievement	\$4,499	\$5,107	-11.9%	-\$608
Chess Club	\$0	\$300	-100%	-\$300
Permas	\$3,813	\$3,065	24.4%	\$748
Delta-Graduate Student Organization	\$723	\$903	-19.9%	-\$180
Total	\$240,420	\$184,789	30.1%	\$55,631

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PFC ends first round of hearings

■ The committee decreased the Black Women of Achievement's budget

By Emily Gust
Oregon Daily Emerald

While wrapping up its first round of budget hearings Tuesday, the ASUO Programs Finance Committee faced its most significant struggle when it cut the Black Women of Achievement's budget by 11.9 percent.

It was the first decrease of the night, and most of the decreases were in programming funds.

The BWA didn't spend a lot of its funds last year, and it transferred

much of its money out of one of its event accounts. No one, however, could explain where that money went and what it was for.

BWA co-director Etopi Fanta asked the PFC to reconsider the cut, explaining that the group was trying to get back on its feet. Fanta promised that the new staff would be more careful with spending habits, but it would need money to achieve its goals.

"How can we take the next step unless we're given some kind of leeway?" she said. "We know we're capable [of it], but unless we have the means to do it, there's no way we can."

PFC Vice Chair Randy Newnham argued that considering the BWA's rollovers and mysterious transfers, the PFC's cut was a fair decision.

"Based upon that, this really isn't a cut," he said.

On the other end of the scale, Programs and Assessments, which assists ASUO programs with equipment costs and budgetary procedures, received a sizable increase — 62 percent. Much of the increase will cover payroll expenses, such as a 30 percent pay increase for the ASUO accounting coordinator, who will be paid \$7,555 because of extra responsibilities associated with the position.

Disorderly conduct plagues hall

■ The University Housing staff is dealing with persistent conduct troubles in one of the residence halls

By Rebecca Newell
Oregon Daily Emerald

Continuing crime at Robbins Hall

A trend of disorderly conduct continued early Saturday morning at Robbins Hall, when two males were reported throwing bottles out a fourth-floor window at a person walking through the breezeway.

Although no one was injured, the incident is drawing more attention to the recent incidents in the hall.

"These are definitely the types of things that raise a red flag with the staff," said Michael Eyster, director of housing. "If I was aware of who threw

a bottle out the window at a resident, I would evict them immediately."

Further research into the Department of Safety's crime log showed that disorderly conduct and questionable activity in and around Robbins Hall are not new. In late January, several reports were filed, ranging from charges of residents possessing marijuana to noise complaints.

"This has pretty much been happening all year," said Kristin Brown, a freshman resident of Robbins Hall. "At the beginning of the year, there were people that wanted to cause trouble."

Vandalism and graffiti have been common, Brown said, adding that many residents have been scratching their names into the lounge walls or using felt markers to draw on the walls.

University Housing staff members are reviewing the events and are deal-

ing with the situation, Eyster said.

"There are at least two people who lived there that don't anymore, which was a recent event," Eyster said.

However, the problems haven't disappeared yet, despite hall meetings, e-mails and the removal of two problem students, Brown said.

"There were some people removed, but it wasn't only them," Brown said. "It's a hall thing."

Bullet hole proves to be a slight exaggeration

The Department of Public Safety reported that a bullet hole was discovered in a Walton Complex window on Monday, Jan. 29, at 2:52 p.m.

"We didn't have information about the bullet hole," Eyster said. "When we called DPS, they said it was caused by a BB gun or a rock thrown at the window."

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