

Condom usage increases but needs to be widespread

Tom Koenig
Staff Reporter

Condom usage has increased among University of Nebraska-Lincoln students, said James Oehm, chief pharmacist at the University Health Center.

Oehm said he feels that there should be more access to condoms.

"We need more sources near if not on campus," Oehm said. "They need to be widely available."

Condoms are available on the pharmacy counter at the health center 24 hours a day at a cost of 10 cents each.

The health center has set up an honor system when students purchase condoms, Oehm said. Most students come in and pay for them but there are those who take some and leave without paying. This stems from the problem that some people are afraid to confront the issues of sex maturely.

Douglas Zatechka, director of University Housing, said that to his knowledge condoms are not available in residence halls.

"I am aware that other campuses have condom dispensers but I feel that condoms shouldn't be so accessible that people won't discuss their sexuality with doctors first."

Donna Goldoni, a pharmacist at Planned Parenthood, disagreed. She said that there should be easy accessibility to condoms by way of machines or by other means.

"There is an allusion that AIDS isn't a problem here in the Midwest but people should be more aware of sexually transmitted diseases," Goldoni said.

People should be sexually conscious and Planned Parenthood will do anything possible to help them, Goldoni said.

Goldoni said there is more to sex than getting pregnant, but people have to be aware of the sexually transmitted diseases being passed.

Goldoni said that she isn't advocating free sex. She said that if stu-

dents decide to be sexually active they should be responsible and protect themselves.

Birth control methods vary for women

By Chris Allerheiligen
Staff Reporter

Besides condoms, voluntary sterilization is the only contraceptive that a man can actively use.

There are more contraceptive options for a woman.

• Birth control pills are a very popular choice among women. The pills work on a 28 day cycle in which the woman takes a pill for each day. The side effects for birth control pills can be very slight, such as weight loss or gain, lighter menstrual flow, break through bleeding and nausea.

The serious side effects include blood clots, high blood pressure which could in turn cause strokes or heart attacks, and birth defects if taken while pregnant. Women who are heavy smokers are not advised to use birth control pills because the risks of strokes and heart attacks dramatically increase than for those who do not smoke. Medical supervision is required in order for a woman to be on birth control pills. This includes a yearly examination.

Because the birth control pill is fairly new, the long term side effects are still being studied.

• The diaphragm is a rubber barrier which is used with contraceptive jelly. The diaphragm covers the cervix thus preventing the sperm from entering the uterus. The jelly kills any sperm that may have passed by the diaphragm. The diaphragm is inserted by the woman before intercourse and is left in the

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Birth Control methods available at the University Health Center.