

By BRIAN K. LOWESS

Daily Collegian Staff Writer. The most popular method of birth control at the University is finding and the most revolutionary...

The withdrawal method of birth control is about 75 percent effective. This M. Jorgensen said yesterday...

However, she said, when the method is used, there is a 99 percent chance of not becoming pregnant.

Jorgensen said about half of the pregnancy tests done at Rite-Aid are positive.

When we asked if any other women whose tests were positive were using a method of birth control, about half were no, she said.

Half of the rest said they thought they were in the infertile part of their menstrual cycle when they had a child.

The rhythm method, the method of birth control where fertility is determined by the woman's menstrual cycle, is a very difficult method to use properly, she said. It is only about 75 percent effective.

The egg is fertile for only about 24 hours after ovulation. But sperm can live for as long as five days in the vaginal environment, she said.

When someone wants to use a natural method, she should be a trained individual for connecting between the ovulation and the menstrual cycle.

Jorgensen also said there are many pregnancies handled by Rite-Aid caused by women restricting to use their diaphragm before sexual intercourse.

"If you are shaky at all on birth control, don't use a method that requires a consistent every time you use it, like the diaphragm," she said.

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Health Expo schedule

TODAY: Aerobic Eye Opener - 9:30 to 10:30 a.m., HUB Lawn. Come dressed for exercise. CPR Marathon - 10 a.m. to 7 p.m., HUB Fishbowl. Rape Prevention - 10 to 11 a.m., 225 HUB.

2:30 to 3:30 p.m., 227 HUB. Deciding About Being Sexually Active - 4 to 5 p.m., 227 HUB. Discussion: Personal values toward safe and legal abortions...

police log Scott Berglund, 662 E. Prospect Ave., told State College Police on Sunday that various tapes were missing from his car.

Lemont Baskett, 478 E. Beaver Ave., told State College police on Sunday that his bicycle was missing from his home. The bicycle was valued at about \$135, police said.

Robert Siegfried, 478 E. Beaver Ave., told State College police on Sunday that his bicycle was missing from his home. The bicycle was valued at about \$100, police said.

William D. Heindl, instructor of Health Education at State College, was participating in a CPR and Advanced First Aid, Kramer said.

Heindl said the marathon will help promote CPR, but he doesn't expect miracles. "I don't have my head up in the clouds. I think that it will help to at least let people know there are places to go for certification..."

The participants will perform CPR for half an hour straight with fifteen minute breaks. Films, slides, and a video cassette will be shown during the half hour.

Members of Gamma Sigma Sigma, the national service sorority, will be running the slide and movie projectors, handing out literature, and answering questions, Kramer, also a sorority representative, said.

Heindl is a graduate of the University of Pennsylvania with a BS in Health Education and a master's degree in health education. He is currently employed by the State College Police Department as a health education officer.

Heindl said he has been teaching CPR for about five years. "I've taught CPR to a wide variety of groups, including firefighters, police officers, and the general public."

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Clinic director calls anti-abortion bills 'harassment'

By MEG WIEDMANN Daily Collegian Staff Writer. Abortion legislation and the rights of women to safe and legal abortions were topics of a speech at Health Expo '81 yesterday.

"It's never an easy decision to make," Plant said. She said abortion is a problem that will always be present whether it is illegal or not.

The clinic will not do abortions after the 12th week but may refer the patient to the Hershey Medical Center where abortions are sometimes performed up until the 18th week.

After the group session each woman has a private counseling session in which all her available options are presented.

CPR techniques demonstrated at marathon promote understanding

By PATRICIA HUNTERFORD Daily Collegian Staff Writer. An elderly man grabs his chest and falls to the ground. Your roommate starts choking at dinner. A child falls in a pool and drowns...

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Safety of fad diets discussed

By JOSEPH KAYS Daily Collegian Staff Writer. Atkins, Scarsdale and Beverly Hills are just a few of the many fad diets now on the market.

Deborah Holderness (graduate-nutritionist), who works with the Penn State Nutrition Education Program, said a person could easily be on a different fad diet every week of the year.

Holderness does not agree with many of the methods these diets use for fast weight loss. They are just quick, easy solutions without long-term results, she said, and much of the initial weight loss is water which is regained in a very short amount of time.

Holderness said there are five basic kinds of diets: Formula or one-food diets. High protein, high fat and low carbohydrate diets. Gimmick diets.

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CLASSIFIED ADS

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TUESDAY BEER BLAST AT THE GAFF. FEATURING RAINBOW CITY ROCK BAND. THE SHANDYGAFF'S FIRST NUTS & BOLTS NIGHT. LIVE ENTERTAINMENT ROCK CRUSADERS.