

Math Got You Down? Behrend Offers Help

by Jennifer Flanagan
Collegian Staff Writer

There seems to be an increasing number of students who attempt to get through their entire college career without venturing beyond Math 005. The reason? Most think they aren't capable.

This feeling of mathematical inadequacy that causes students to avoid math altogether, essentially shuts off many career opportunities that might otherwise be available. Members of Behrend's math faculty think students are better off handling this math anxiety instead of ignoring it.

Behrend, for the first time has decided to address the problem with a workshop designed not to teach math - but to focus on the anxiety that surrounds the subject.

ask questions, or to enroll at 898-6349.

Obscene Phone Callers Are Reported

Behrend's department of Police and Safety reports in addition to being bogged down by the parking crisis, they have had to deal with a rash of obscene phone calls. This is expected at the beginning of each school year.

There were a number of books stolen from Niagra Hall and some garbage thrown into an open room window in Perry Hall also during the past week. No suspects have been identified in either incident.

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The International Youth Exchange.

The approaches taught in this crash course on anxiety reduction are ones which can carry over into other areas as well.

The program, which will be offered Saturday, Sept. 16th, will feature Dr. Robert P. Hostetter and Dr. Antonello Capillari. They say their intention is not to turn everyone into math majors, but rather to convince students that they are capable of doing math. The program is open to 25 people and if there is adequate interest, the workshop may be repeated.

The program will run from 9 am to 3 pm and there is an \$8 fee which covers both lunch and a r. vie. Participants can enroll by calling Continuing Education at 6103 or 6104. They are also welcome to call Dr. Cupillari to



Collegian File Photo

DIEHL SCHOOL - Once again this year Behrend will continue its association with Diehl Elementary School. Each year a variety of exchange programs are planned between Behrend and Diehl.

3 ways to keep from getting pregnant you can get at any drugstore.

If you have sex and don't use an effective method of birth control, you're going to get pregnant. It's that simple. How do people not get pregnant? Either they don't have sex, or they use simple birth control methods like these. So can you. You don't even need a prescription to buy them.

► **CONDOMS.** Condoms, also called rubbers or sheaths, are sold individually or in boxes. They cost as little as \$1 each and come in packs of four or more. Anyone of any age can buy them, no questions asked.

Condoms are 90% effective in preventing pregnancy—even more effective when used with a contraceptive sponge or foam.

Thin as they feel, condoms are strongly made. Condoms fit tightly over the erect penis: one size fits all. They work by preventing semen from entering the vagina.

Just make sure not to let the condom slip off during withdrawal, as the penis gets soft again.

► **FOAMS, CREAMS, JELLIES, ETC.** Vaginal contraceptives come in several forms, including foams, creams, jellies, suppositories and film. They're sold to anyone of any age. A foam kit with an applicator is small enough to carry in your pocket or bag and costs about \$10. Refills are less. Suppositories cost about \$3 a dozen. Other forms of vaginal contraceptives cost about the same as foam.

Inserted as directed inside the vagina just before intercourse, vaginal contraceptives act as a chemical and/or physical barrier between the vagina and the uterus—killing the sperm.

Used by itself, contraceptive foam is 82% effective in preventing pregnancy. Used with a condom, effectiveness is even greater.

Vaginal suppositories and film are both solid but dissolve after insertion. When using suppositories or film, you should wait fifteen minutes

**for more information call
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or so before intercourse to insure they're completely dissolved.

When you look for them in a drugstore, be careful not to confuse them with vaginal deodorants whose labels may hint at birth control powers. Make sure the label includes the word "contraceptive." And always follow

carefully the package instructions.

► **SPONGES.** Contraceptive sponges, like condoms, come in one size. A package of three costs from \$3 to \$5. Moistened with water to activate the spermicide, the sponge is easily inserted against the cervix and can be left in place for as long as 24 hours (at least 6 hours after intercourse) before it must be removed.

The sponge, used as the package instructions direct, is claimed to be about 90% effective. Used with a condom, it's even better.

Unlike foam, a sponge can be conveniently inserted hours before intercourse. But some women are allergic. And there might be a connection to rare Toxic Shock Syndrome, just as there may be with super-absorbent tampons left in place too long.

Millions of women and men use these simple, effective birth control methods. They're available to you at any drugstore or at a Planned Parenthood clinic.

If you're not sure which method or combination of methods would be best for you, we'll be glad to give you complete—and confidential—answers. To call us, look under "Planned Parenthood" in the phone book. You need to know. That's what we're here for.

