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**Depo-Provera® Contraceptive Injection**  
medroxyprogesterone acetate injectable suspension

**DEPO-PROVERA®** Contraceptive Injection (medroxyprogesterone acetate injectable suspension, USP)  
This product is intended to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

**What is DEPO-PROVERA Contraceptive Injection?**  
DEPO-PROVERA Contraceptive Injection is a form of birth control that is given as an intramuscular injection (a shot) in the buttock or upper arm every 3 months (13 weeks). To continue your contraceptive protection, you must return for your next injection promptly at the end of 3 months (13 weeks). DEPO-PROVERA contains medroxyprogesterone acetate, a chemical similar to (but not the same as) the natural hormone progesterone, which is produced by your ovaries during the second half of your menstrual cycle. DEPO-PROVERA acts by preventing your egg cells from ripening. If an egg is not released from the ovaries during your menstrual cycle, it cannot become fertilized by sperm and result in pregnancy. DEPO-PROVERA also causes changes in the lining of your uterus that make it less likely for pregnancy to occur.

**How effective is DEPO-PROVERA Contraceptive Injection?**  
The efficacy of DEPO-PROVERA Contraceptive Injection depends on following the recommended dosage schedule exactly (see "How often do I get my shot of DEPO-PROVERA Contraceptive Injection?"). To make sure you are not pregnant when you first get DEPO-PROVERA Contraceptive Injection, your first injection must be given ONLY during the first 5 days of a normal menstrual period. ONLY within the first 5 days after childbirth if not breast-feeding and, if exclusively breast-feeding, ONLY at the sixth week after childbirth. It is a long-term, injectable contraceptive when administered at 3-month (13-week) intervals. DEPO-PROVERA Contraceptive Injection is over 99% effective, making it one of the most reliable methods of birth control available. This means that the average annual pregnancy rate is less than one for every 100 women who use DEPO-PROVERA. The effectiveness of most contraceptive methods depends in part on how reliably each woman uses the method. The effectiveness of DEPO-PROVERA depends only on the patient returning every 3 months (13 weeks) for her next injection. Your health-care provider will help you compare DEPO-PROVERA with other contraceptive methods and give you the information you need in order to decide which contraceptive method is the right choice for you.

The following table shows the percent of women who got pregnant while using different kinds of contraceptive methods. It gives both the lowest expected rate of pregnancy (the rate expected in women who use each method exactly as it should be used) and the typical rate of pregnancy (which includes women who became pregnant because they forgot to use their birth control or because they did not follow the directions exactly).

| Method                      | Lowest Expected | Typical |
|-----------------------------|-----------------|---------|
| DEPO-PROVERA                | 0.3             | 0.3     |
| Implants (Norplant)         | 0.2*            | 0.2*    |
| Female sterilization        | 0.2             | 0.4     |
| Male sterilization          | 0.1             | 0.15    |
| Oral contraceptive (pill)   |                 |         |
| Combined                    | 0.1             | 3       |
| Progestogen only            | 0.5             | 3       |
| IUD                         |                 |         |
| Progesterone                | 2.0             | 18      |
| Copper T 380A               | 0.8             | 18      |
| Condom (with spermicide)    | 2               | 12      |
| Diaphragm (with spermicide) | 6               | 18      |
| Condom cap                  | 6               | 18      |
| Withdrawal                  | 4               | 18      |
| Periodic abstinence         | 1.9             | 20      |
| Spermicide alone            | 3               | 21      |
| Vaginal sponge              |                 |         |
| used before childbirth      | 6               | 18      |
| used after childbirth       | 9               | 28      |
| Not used                    | 85              | 85      |

Source: Trussell et al. *Contraception* 1990;76:558-567  
\*From Norplant® package insert.  
Not all women should use DEPO-PROVERA. You should not use DEPO-PROVERA if you have any of the following conditions:  
• If you think you might be pregnant.  
• If you have any vaginal bleeding without a known reason.

**Grenade attack in Pakistan  
Protestant church kills five**

ISLAMABAD, Pakistan (AP) — A grenade attack on a Protestant church packed with Sunday worshippers killed five people — including an American woman and her daughter — in an assault clearly aimed at Pakistan's foreign community.

No group claimed responsibility for the attack, in which at least one young man in black — some witnesses said two — ran through the center of the church hurling grenades. But suspicion fell on Islamic extremists.

Ten Americans were among the 45 people injured, most of whom were foreigners, police and hospitals said. One body remained unidentified late Sunday, and officials said it may be the assailant.

President Bush condemned the attack on the Protestant International Church and called it an act of terrorism. He pledged to find those responsible and bring them to justice.

Britain's Foreign Secretary Jack Straw said the assault was aimed at undermining Pakistan's pro-U.S. president at a time when he is trying to quell Islamic fundamentalism following the Taliban's fall in neighboring Afghanistan.

The attack occurred at 10:50 a.m. during a sermon before 60 to 70 worshippers. Dozens of police and soldiers rushed to the scene.

The church, about 400 yards

from the U.S. Embassy, is located in the guarded diplomatic quarter in the heart of Pakistan's capital and primarily serves the foreign community. The overwhelming majority of Pakistanis are Muslim and few Pakistani Christians live in Islamabad.

Survivors spoke of deafening blasts, choking smoke and pandemonium. They said terrified parents screamed for their children and stunned worshippers dived beneath chairs and behind cement pillars as bits of flesh were hurled through the air.

Parishioners sobbed and called out "Brother! Brother!" as they tried to find friends and family amid the chaos.

**"It was horrific. There was a horrible smell and we could barely breathe"**

— Elisabeth Mundhenk, victim

Parents groped to find their way downstairs, where their children were attending Sunday School. Other parishioners feared touching the wounded, because unexploded grenades

lay near their bodies. Witnesses gave conflicting reports on the number of attackers. Late Sunday, senior police superintendent Nasir Khan Durrani said authorities believed only one attacker was involved.

Durrani said the assailant may have died in the attack. "There was blood, blood, blood, intestines lying on the floor," said Elisabeth Mundhenk, 54, of Hamburg, Germany as she awaited treatment for shrapnel wounds at a hospital. "It was horrific. There was a horrible smell and we could barely breathe."

Mark Robinson of San Clemente, Calif., who was being treated at a clinic for a minor leg injury, described "total pandemonium."

"Everyone panicked," Robinson said. "I saw one woman on the steps with a piece of shrapnel in her carotid artery. She bled to death right there."

The U.S. Embassy identified the dead Americans as Barbara Green and her daughter Kristen Wormsley, a senior at the American School in Islamabad.

Green and her husband, Milton Green, worked at the U.S. Embassy — she in administration and he in the computer division. Milton Green and the couple's young son were also injured but not seriously, according to police.

The other dead included one

**Church attack**

Grenades were thrown at Protestant church in Islamabad on Sunday, killing five people and injuring 45.



SOURCES: Associated Press

Afghan, one Pakistani one unidentified, officials said.

In addition to Americans, 12 Pakistani, one Iranian, one Ethiopian and one were injured, police said. The government said the also included an Afghan, one Pakistani, one Iranian, one Ethiopian and one were injured, police said.

Six or seven were in condition, District Judge Mehmooh Khan said.

British aid worker Parham, 36, told British Association news agency that an attacker ran through the church, hurling explosives.

**Religious police allegedly block rescue**

DUBAI, United Arab Emirates (AP) — Government-run newspapers in Saudi Arabia have accused the country's religious police of preventing the rescue of girls trapped in a school fire because they were not wearing the long dresses and head coverings required in public.

Fourteen girls died in the catastrophe last Monday at the 31st Girls Middle School in Mecca, some 470 miles southeast of Riyadh. Fifty others were injured, while hundreds of others escaped.

The religious police, which have offices in every city, are routinely criticized privately in Saudi society, but this was believed to be the first time that newspapers in the kingdom have come out with harsh words against them.

The newspapers accused members of the religious police — the Committee for the Propagation of Virtue and the Prevention of Vice — of blocking rescue attempts by male firefighters and paramedics because some of the girls were not wearing the mandatory Islamic dress, which covers the entire body and hair.

"They forced the girls to remain inside the school and didn't allow them to leave, saying that their hair wasn't covered and they weren't wearing the abaya (long robe)," the Al-Eqtisadiyah newspaper said, citing firefighters and police.

The government-run Saudi Gazette said 835 students and 55 teachers were in the building at the time of the fire, which broke out a half-hour after classes started. The Saudi Press Agency said

students started screaming, setting off a stampede for the exits. Initial reports said some gates were locked because the girls who had the key was away. But Al-Eqtisadiyah quoted a fire-fied civil police officers as saying that religious police blocked the gate and refused to move even after rescuers threatened to force their way in.

According to the newspaper reports, most of the girls either suffocated, fell from the windows of the four-story building or were trampled to death.

The head of Mecca's police, Brig. Mohammed al-Harthi, told The Associated Press on Sunday that he arrived at the school to find a member of the religious police "trying to prevent rescuers from entering the school," al-Harthi said. "I immediately instructed him to leave and he did."

The director of the religious police, Sheik Jaber al-Jaber, denied his people prevented rescuers from entering the school. "There are some who are trying to pin the death of the girls on the committee," he said.

The fire has led to a domestic debate and an international outcry, with Amnesty International demanding a public investigation. "If these reports are true, this is a tragic illustration of gender discrimination that can have lethal consequences," Amnesty International said in a written statement.

**Student Health Services**

at A.P. Beutler Health Center  
will not be open  
Wednesday  
March 20, 2002

The staff will be participating in an in-service workshop with Student Counselor Services.

Dial-A-Nurse will resume at 3:30 PM, March 21.

EMS/Ambulance Service will be available (9-911).

Student Health Services will re-open Thursday, 8:00 AM, March 21.

**Other Risks**  
Women who use hormone-based contraceptives may have an increased risk of blood clots or stroke. Also, if a contraceptive method fails, there is a possibility that the fertilized egg will begin to develop outside of the uterus (ectopic pregnancy). While these events are rare, you should tell your health-care provider if you have any of the problems listed in the next section.

**What symptoms may signal problems while using DEPO-PROVERA Contraceptive Injection?**  
Call your health-care provider immediately if any of these problems occur following an injection of DEPO-PROVERA:  
• sharp chest pain, coughing up of blood, or sudden shortness of breath (indicating a possible clot in the lung)  
• sudden severe headache or vomiting, dizziness or fainting, problems with your eyesight or speech, weakness, or numbness in an arm or leg (indicating a possible stroke)  
• severe pain or swelling in the calf (indicating a possible clot in the leg)  
• unusually heavy vaginal bleeding  
• severe pain or tenderness in the lower abdominal area  
• persistent pain, pain or bleeding at the injection site

**What are the possible side effects of DEPO-PROVERA Contraceptive Injection?**  
You may experience a weight gain while you are using DEPO-PROVERA. About two thirds of the women who used DEPO-PROVERA in clinical trials reported a weight gain of about 5 pounds during the first year of use. You may continue to gain weight after the first year. Women in one of those 2 years, or approximately 4 pounds per year. Women who continued for 4 years gained an average total of 13.8 pounds over those 4 years, or approximately 3.5 pounds per year. Women who continued for 6 years gained an average total of 16.5 pounds over those 6 years, or approximately 2.75 pounds per year.

**2. Other Side Effects**  
In a clinical study of over 3,900 women who used DEPO-PROVERA for up to 7 years, some women reported the following effects that may or may not have been related to their use of DEPO-PROVERA: irregular menstrual bleeding, amenorrhea, headache, nervousness, abdominal discharge or irritation, breast swelling and tenderness, bloating, swelling of the hands or feet, fatigue, joint pain. Other problems were reported by very few of the women in the clinical study, but some of these could be serious. These include convulsions, jaundice, urinary tract infections, allergic reactions, fainting, paralysis, osteoporosis, lack of return to fertility, deep vein thrombosis, pulmonary embolism, breast cancer, or cervical cancer. If these or any other problems occur during your use of DEPO-PROVERA, discuss them with your health-care provider.

**3. What precautions should be followed during use of DEPO-PROVERA Contraceptive Injection?**  
A. Missed Injections  
During the time you are using DEPO-PROVERA for contraception, you may skip a period, or your periods may stop completely. If you have been receiving your DEPO-PROVERA injections regularly every 3 months (13 weeks), then you are probably not pregnant. However, if you think that you may be pregnant, see your health-care provider.

B. Laboratory Test Interference  
If you are scheduled for any laboratory tests, tell your health-care provider that you are using DEPO-PROVERA for contraception. Certain blood tests are affected by hormones such as DEPO-PROVERA.

C. Drug Interactions  
Cytarabine (aminoglutethimide) is an anticancer drug that may significantly decrease the effectiveness of DEPO-PROVERA if the two drugs are given during the same time.

D. Nursing Mothers  
Although DEPO-PROVERA can be passed to the nursing infant in the breast milk, no harmful effects have been found in these children. DEPO-PROVERA does not prevent the breasts from producing milk, so it can be used by nursing mothers. However, to minimize the amount of DEPO-PROVERA that is passed to the infant in the first weeks after birth, you should wait until 6 weeks after childbirth before you start using DEPO-PROVERA for contraception.

E. The recommended dose of DEPO-PROVERA Contraceptive Injection?  
A single intramuscular injection in the buttock or upper arm. To make sure that you are not pregnant in a 5-day period, you should see your health-care provider right away. With continued use of DEPO-PROVERA, your menstrual period will usually return to its normal cycle.

F. Bone Mineral Changes  
Use of DEPO-PROVERA may be associated with a decrease in the amount of mineral stored in your bones. This could increase your risk of developing bone fractures. The rate of bone mineral loss is greatest in the early years of DEPO-PROVERA use, but after that, it begins to resemble the normal rate of age-related bone mineral loss.

G. Cancer  
Studies of women who have used different forms of contraception found that women who used DEPO-PROVERA for contraception had no increased overall risk of developing cancer of the breast, ovary, uterus, cervix, or liver. However, women under 35 years of age whose first exposure to DEPO-PROVERA was within the previous 4 to 5 years may have a slightly increased risk of developing breast cancer similar to that seen with oral contraceptives. You should discuss this with your health-care provider.

H. Unintended Pregnancy  
Because DEPO-PROVERA is such an effective contraceptive method, the risk of accidental pregnancy for women who get their shots regularly (every 3 months [13 weeks]) is very low. While there have been reports of an increased risk of low birth weight and neonatal infant death or other health problems in infants conceived close to the time of injection, such pregnancies are uncommon. If you think you may have become pregnant while using DEPO-PROVERA for contraception, see your health-care provider as soon as possible.

I. Allergic Reactions  
Some women using DEPO-PROVERA Contraceptive Injection have reported severe and potentially life-threatening allergic reactions known as anaphylaxis and anaphylactoid reactions. Symptoms include the sudden onset of hives or swelling and itching of the skin, breathing difficulties, and a drop in blood pressure.

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