

Heading for a Wedding?

Compass College Ministries would like to invite all engaged couples and those just thinking about getting engaged to join us for a 6-week seminar on how to build a lasting marriage.

Tuesday evenings beginning April 2nd
Rudder Tower Room 301, 8:30 pm
Sign up by March 29th
\$75 per couple

For registration information please call 779-2434

Registration Includes:
Seminar Notebook • PREPARE Evaluation & Reading • Marriage Enrichment Material



TAMU Student Research Week

CYBERTERRORISM: IS IT A REAL THREAT TO THE AMERICAN DREAM?

WHEN: Wednesday, March 27, 2002
Noon to 1 pm (Pizza will be available)

WHERE: MSC Room 226

Can the United States be crippled by an on-line attack?
What research is going on to promote and advance the technology surrounding the need to combat cyberterrorism?
Which prevention strategies will work, which technologies are efficient, and which forecasting methods are the most accurate?

Come find the answers to these questions and more.



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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 once 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 get 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 become 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
Intrauterine devices (IUDs)	0.2*	0.2*
Female sterilization	0.2	0.4
Male sterilization	0.1	0.15
Oral contraceptive (pill)	0.1	3
Condoms	0.5	3
Progestogen only	0.5	3
IUD	0.5	3
Progesterone	2.0	3
Coitus interruptus	0.8	18
Condoms (without spermicide)	2	12
Diaphragm (with spermicide)	6	18
Cervical cap	6	18
Withdrawal	4	18
Periodic abstinence	1.9	20
Spermicide alone	3	21
Vaginal Sponges	6	18
Used before childbirth	6	18
Used after childbirth	9	28
No method	85	85

Source: Trussell et al. *Obstet Gynecol* 1990;76:558-567.
Who should not use DEPO-PROVERA Contraceptive Injection?
Do 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.

Birth control you think about just 4x a year.

- If you have had cancer of the breast.
- If you have had a stroke.
- If you have or have had blood clots (phlebitis) in your legs.
- If you have problems with your liver or liver disease.
- If you are allergic to DEPO-PROVERA (medroxyprogesterone acetate) or any of its other ingredients.

What other things should I consider before using DEPO-PROVERA Contraceptive Injection?
You will have a physical examination before your doctor prescribes DEPO-PROVERA. It is important to tell your health-care provider if you have any of the following:
• a family history of breast cancer
• a personal history of breast cancer (breast x-ray), fibrocystic breast disease, breast nodules or lumps, or bleeding from your nipples
• kidney disease
• irregular or scanty menstrual periods
• high blood pressure
• migraine headaches
• asthma
• epilepsy (convulsions or seizures)
• diabetes or a family history of diabetes
• a history of depression

This product is intended to prevent pregnancy. It does not protect against transmission of HIV (AIDS) and other sexually transmitted diseases such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.

What if I want to become pregnant after using DEPO-PROVERA Contraceptive Injection?
Because DEPO-PROVERA is a long-acting birth control method, it takes some time after your last injection for its effect to wear off. Based on the results from a large study done in the United States, for women who stop using DEPO-PROVERA in order to become pregnant, it is expected that about half of those who become pregnant will do so in about 10 months after their last injection. About two thirds of those who become pregnant will do so in about 12 months; about 83% of those who become pregnant will do so in about 15 months; and about 93% of those who become pregnant will do so in about 18 months after their last injection. The length of time you use DEPO-PROVERA has no effect on how long it takes you to become pregnant after you stop using it.

What are the risks of using DEPO-PROVERA Contraceptive Injection?
The side effect reported most frequently by women who use DEPO-PROVERA for contraception is a change in their normal menstrual cycle. During the first year of using DEPO-PROVERA, you might have one or more of the following changes: irregular or unpredictable bleeding or spotting; an increase or decrease in menstrual bleeding; or no bleeding at all. Unusually heavy or continuing bleeding, however, is not a usual effect of DEPO-PROVERA, and if it happens, you should see your health-care provider right away. With continued use of DEPO-PROVERA, bleeding usually decreases, and many women stop having periods completely after 2 years of use. The reason that your periods stop is because DEPO-PROVERA causes a resting state in your ovaries. When your ovaries do not release an egg monthly, the regular monthly growth of the lining of your uterus does not occur and, therefore, the bleeding that comes with your normal menstruation does not take place. When you stop using DEPO-PROVERA, your menstrual period will usually, in time, return to its normal cycle.

3. Contraceptive Effectiveness
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.

4. 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.

5. 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.

6. 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, pus, or bleeding at the injection site

What are the possible side effects of DEPO-PROVERA Contraceptive Injection?
1. Weight Gain
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 large study who used DEPO-PROVERA for 2 years gained an average total of 8.1 pounds over 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 cramps, dizziness, weakness or fatigue, decreased sexual desire, leg cramps, nausea, vaginal discharge or irritation, breast swelling and tenderness, bloating, swelling of the hands or feet, backache, depression, insomnia, acne, pelvic pain, no hair growth or excessive hair loss, rash, hot flashes, and joint pain. Other problems were reported by very few of the women in the clinical trials, 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.

Should any precautions be followed during use of DEPO-PROVERA Contraceptive Injection?

1. Missed Period
During the time you are using DEPO-PROVERA for contraception, you may stop a period, or your periods may stop completely. If you have been receiving your DEPO-PROVERA injections that you may be pregnant. See your health-care provider.

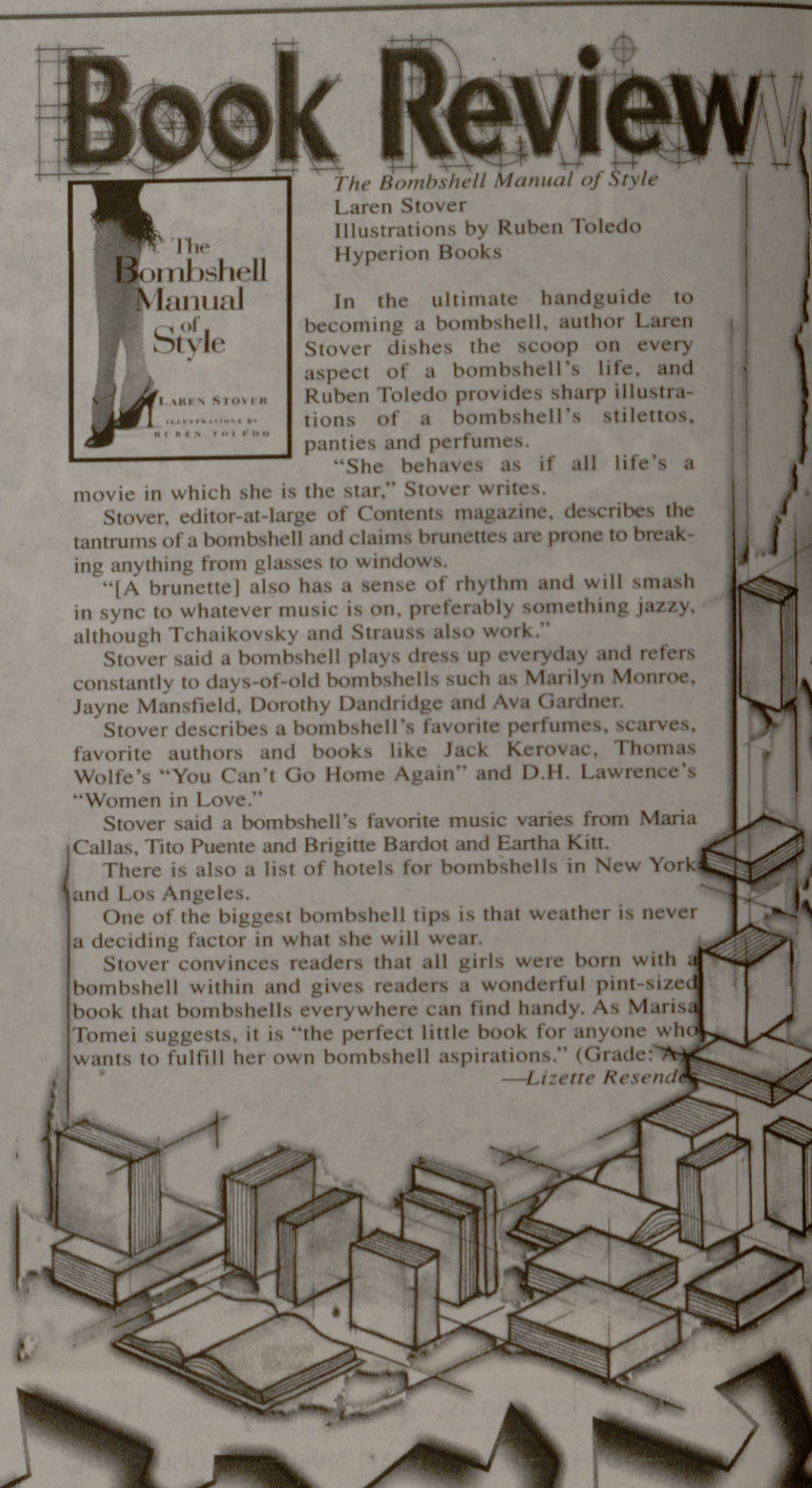
2. Laboratory Test Interactions
If you are scheduled for any laboratory tests, tell your health-care provider that you are using DEPO-PROVERA for contraception. Certain blood tests are affected by hormones such as DEPO-PROVERA.

3. Breast-feeding
Cytadren (aminoglutethimide) is an anticancer drug that may significantly decrease the effectiveness of DEPO-PROVERA if the two drugs are given during the same time.

4. 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.

How often do I get my shot of DEPO-PROVERA Contraceptive Injection?
The recommended dose of DEPO-PROVERA is 150 mg every 3 months (13 weeks) given in a single intramuscular injection in the buttock or upper arm. To make sure that you are not pregnant at the time of the first injection, it is essential that the injection be given ONLY during the first 5 days of a normal menstrual period. If used following the delivery of a child, the first injection of DEPO-PROVERA MUST be given within 5 days after childbirth if you are not breast-feeding or (13 weeks) between injections, or longer than 6 weeks after delivery, your health-care provider should determine that you are not pregnant before giving you your injection of DEPO-PROVERA.

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LOOK REVIEW



The Bombshell Manual of Style
Lauren Stover
Illustrations by Ruben Toledo
Hyperion Books

In the ultimate handguide to becoming a bombshell, author Lauren Stover dishes the scoop on every aspect of a bombshell's life, and Ruben Toledo provides sharp illustrations of a bombshell's stilettoes, panties and perfumes.

"She behaves as if all life's a movie in which she is the star," Stover writes.

Stover, editor-at-large of Contents magazine, describes the tantrums of a bombshell and claims brunettes are prone to breaking anything from glasses to windows.

"[A brunette] also has a sense of rhythm and will smash in sync to whatever music is on, preferably something jazzy, although Tchaikovsky and Strauss also work."

Stover said a bombshell plays dress up everyday and refers constantly to days-of-old bombshells such as Marilyn Monroe, Jayne Mansfield, Dorothy Dandridge and Ava Gardner.

Stover describes a bombshell's favorite perfumes, scarves, favorite authors and books like Jack Kerouac, Thomas Wolfe's "You Can't Go Home Again" and D.H. Lawrence's "Women in Love."

Stover said a bombshell's favorite music varies from Maria Callas, Tito Puente and Brigitte Bardot and Eartha Kitt.

There is also a list of hotels for bombshells in New York and Los Angeles.

One of the biggest bombshell tips is that weather is never a deciding factor in what she will wear.

Stover convinces readers that all girls were born with a bombshell within and gives readers a wonderful pint-sized book that bombshells everywhere can find handy. As Marisa Tomei suggests, it is "the perfect little book for anyone who wants to fulfill her own bombshell aspirations." (Grade: A)

—Lizette Resende

PEOPLE IN THE NEWS

Hare Krishnas plan garden to honor George Harrison

CALCUTTA, India (AP) — Hare Krishnas are planning a garden in eastern India in the memory of former Beatle George Harrison, a longtime devotee of Hinduism who died last year. "We are going to set up the George Harrison Garden at Mayapur to commemorate his contribution in spreading the messages of Lord Krishna through his music," Dayaram Das, head of the Calcutta chapter of the International Society of Krishna Consciousness, said Monday.

Mayapur is about 60 miles north of Calcutta. Harrison, known as the "quiet Beatle," had a long, intensely intimate relationship with Indian mysticism, music and Hinduism. The Hare Krishna follower was beloved by Indians who appreciated his respect for their culture and religion. In one of Harrison's most popular songs, "My Sweet Lord," he chants "Hare Krishna, Hare Krishna, Hare Krishna, Hare Krishna, Hare Krishna." Harrison died of cancer on Nov. 29 at age 58.

Boi

SAN ANTONIO (AP) — Somewhere in the city, and it was the 2-year-old of the fit methodically, to the next without detecting Richard O. trace her step.

NEWS

Remnant comes o

HOUSTON (AP) — The Houston Astros are coming down to earth before the 2002 season. The same installed 10-furlong ballpark's returned to have three decades planned. "Whenever we install it to years," said Joe Lane, Astros general manager. "I never going to see Enron." On Feb. 27 the Astros named Enron's naming right. Enron Company suite for 35 years. The buyout all negotiating parties interested. Astros Lane hoped April. Companies th interest in nam Enron Co., C Corp. and Lanc based in Hou

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DALLAS (AP) — A study shows that some aspirin to ward off heart disease. The study in 1 Journal Circulation many as 75 p showed some r blood-thinning ef aspirin works b reduction of thro chemical in the platelets sticky food clotting. I caused by clots. The study fo aspirin did not thromboxane in making them 3 likely to die of a those in whom a

Sign up fo

list ends t

AUSTIN (AP) —

Want to be an eventer have t Wednesday for a that blocks comp customers at hor More than 50, washed to add th that over the past the total to 3; said Public U booksperson Te "We were told states' experien large response I heard. "We're n need to sig saying that this available — if y you need to sign Wednesday's d donors attempti list. Subseq updated every th telemarketers purchase the PU their records wi days of the state Companies th law are subject t \$1,000 per vic Charities, non-I debt collectors a the law, wh approved last ye Companies wit relationships wit may continue t marketers who f es, such as in real estate agen ters, can call. complete transa to-face meetings