

Birth control pills

Getting there from here

by Celia Dixon
Features Writer

Editor's note: This article is meant to inform students of the procedure involved in obtaining birth control pills through the Student Health Service. It is not meant to exhaustively explore all contraceptive options available to students and it is not intended as an endorsement of oral contraception as a method of birth control. Students desiring more information are encouraged to attend the birth control lecture given through the Student Health Service.

"Prescriptions may be obtained at Student Health Services located in Clark Hall Infirmary." So reads page four of the little red and white booklet officially entitled "Attitudes and Actions" but better known among N.C. State students as "The Sex Book." The sentence refers to birth control pills.

The publication almost makes "the Pill" seem as accessible to students as cough drops and Corcidin. Though the university infirmary does do a brisk birth control business, getting a prescription involves more than the simple showing of an ID and registration. Modicon 21's are definitely not available at the self-diagnosis table.

The first step in obtaining oral contraceptives is education in the form of a birth control lecture. The lecture is videotaped and is given in Room 200 of the Clark Infirmary on Wednesdays and Thursdays at 3:30 p.m. The Thursday showing is intended for women only; Wednesday's is for couples.

Dr. Nina M. Page of Student Health Services explained that the separate presentations are designed to accommodate "men and women who freely admit that they would prefer to ask questions about this sensitive subject and would feel more at ease with only members of the same sex present."

Though primarily designed to inform students of all forms of contraception and to help a woman decide on the form best suited for her needs, the lecture contains quick lessons in physiology and quaint lessons in the whole business of love. Any

film presentation of this type, as most students may recall from junior high hygiene, has a lot of potential for being too simplistic, too totally technical, or in some vague way inadequate. The infirmary's videotape, however, apparently handles the subject rather well.

"It approached the topic maturely," one student said. "It didn't sermonize and it didn't try to be cute about it. The film was complete. Everybody ought to go see it."

A question and answer session is held following the lecture. The women are instructed when to return to the infirmary if they wish to use oral contraceptives. (In addition to oral contraceptives, prescriptions for diaphragms may also be obtained through Student Health Services.)

A woman desiring oral contraceptives returns to the infirmary and signs in at the main desk. The only difference between this procedure and that followed for any medical problem is what the student writes on the white sign-in sheet.

"I was pretty nervous the first time I went. I was afraid the receptionist would take one look at the sign-in sheet, yell my name across the crowded waiting room, and say, 'You want WHAT?'" a student recalled of her experience. But she didn't. It was all pretty routine to them."

Obtaining the first packet of pills involves having a blood pressure check and answering questions establishing that the patient has a sound medical background compatible with pill use.

The first packet of pills is provided to students free of charge solely through the drug companies that manufacture oral contraceptives. A prescription for subsequent use, however, must be filled at a commercial pharmacy. Dr. Page explained that Student Health Services lacks the monetary resources to provide the pills free. The infirmary pharmacy does not dispense birth control pills because their sale by a university is prohibited by state law.

During this initial visit, the patient is given oral and written instructions on how to take the pills. Any questions she may have are answered. After receiving these instructions, the patient makes an appointment for a Pap smear.

A Pap smear is a test to detect abnormal cells and is necessary before a prescription is issued to the patient. However, Dr. Page emphasized that a Pap smear is not simply a necessary prelude to receiving a prescription for birth control pills. Every woman of college age should have an annual Pap smear, and it is in no way only necessary for sexually active women. Dr. Page said. She encouraged all female students to take advantage of the infirmary's services by having a Pap smear.

"If a woman wants a Pap smear she makes an appointment with Nurse Hedrick," Dr. Page said. "When she comes in, a nurse explains the whole procedure, answers any questions she might have, and helps her get over any fears she may have."

Clinics are scheduled on Tuesday, Wednesday, and Thursday mornings and Friday afternoons with 15 minutes normally allotted to each patient. Early last semester, the infirmary was already solidly booked through December with Pap smear appointments. Dr. Page said that with the additional clinics being offered this semester, she hopes to avoid this problem. Students desiring appointments should call the infirmary early, and students who discover they can't keep appointments should call and cancel so another student can be accommodated. Dr. Page said.

The Pap smear is quick and painless. The entire procedure is explained beforehand by a nurse. The process includes a blood pressure test, a breast examination, a check of the vagina, cervix, and uterus, the collection of cells from the cervix for laboratory analysis, and the taking of a blood sample.

"The results of the test are mailed to the student, worded in a way she can understand," Dr. Page said.

After the Pap smear, the patient wishing to use oral contraceptives is given a refillable prescription for a six-month supply. If there is no problem with the results of the Pap smear, the patient's prescription may be updated at the end of six months for six more months. With her annual Pap smear, a patient may receive another prescription.



Neither rain nor sleet nor sheet of ice shall stop the true jogging enthusiast from the swift completion of his appointed rounds.

Staff photo by Chris Seward

CP&L: Nuclear power is a proven source of power for the mid-1980's

Today's story is the last in a series of features concerning Wake County's proposed Shearon Harris Nuclear Power Plant.

by David Berle
Features Writer

After presenting the anti-Shearon Harris story, it seemed logical that Carolina Power and Light's (CP&L) side of the nuclear power plant issue be reviewed. After all, Wake County's controversial Shearon Harris Nuclear Plant is their baby.

When asked about the problem of constructing the plant, Public Relations Official for CP&L Mac Harris said, "What problem? The proposed construction has been publically known since 1971. The Nuclear Resources Commission had held hearings all along the planning process."

"The Conservation Council officially intervened on the matter in the beginning, and they certainly represented the public," Harris added. "That's a fact of history."

Last week, CP & L was granted a permit allowing them to begin construction on the Shearon Harris Plant. This means that CP & L can carry on the work that began in 1974.

Under a limited work authorization,

CP & L was allowed to do preparatory work on the site, including excavation work and the stockpiling of materials needed for actual construction.

The construction company is now beginning to pour the concrete. The proposed completion date is sometime before 1984, the year the plant will be activated.

The question of possible danger from the plant, a strong issue with many, is firmly settled in Harris' mind. "In any endeavor such as this there is a potential danger, but as long as steps are taken to prevent this danger, the danger is greatly decreased," he said.

Harris pointed to the "remarkable safety record" of nuclear plants already in operation. "No one has ever been killed in an accident involving a nuclear power plant," he said.

One point of concern for many opponents of nuclear power is the problem of permanent storage of the nuclear waste.

"Permanent storage is a very real issue that must be resolved on a national level," Harris agreed. "Permanent storage of nuclear waste is a problem that has been around since the use of nuclear weapons began. Whether the Shearon Harris Plant is built or not, there is still a problem since

a vast majority of the waste is created from nuclear weapons."

Harris said that the technology was available to develop a permanent storage facility for nuclear waste but that it was a political issue.

Political issue or not, the problem exists and will probably be raised at the meeting of the Utilities Commission on February 7. At this meeting, Harris will probably restate CP & L's case in favor of the Shearon Harris construction.

"Of course the price of electricity will rise," Harris said. "Any type of plant we build from now on is going to make the price of power more expensive. With a nuclear plant, you have a higher capital cost but a lower operating cost."

As the CP & L figures show, the demand for electric power in the mid-1980's cannot be met without the construction of an additional power plant. This was a major factor in the initial approval of the building of the Shearon Harris Plant.

"Nuclear power is a proven source of power," Harris explained. "We don't claim nuclear power is the only possible energy supplier, but it is an answer to the immediate need for energy. CP&L has an obligation to provide for the power needs of this area and this is the best solution."

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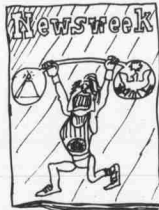
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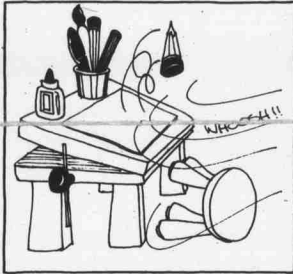
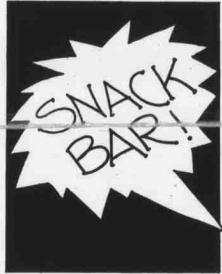
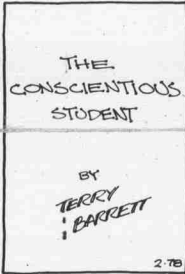
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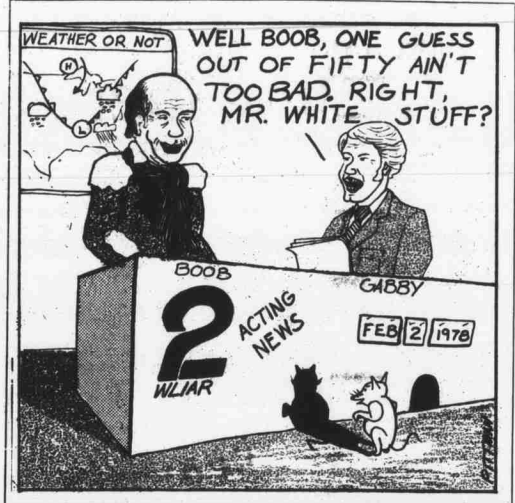
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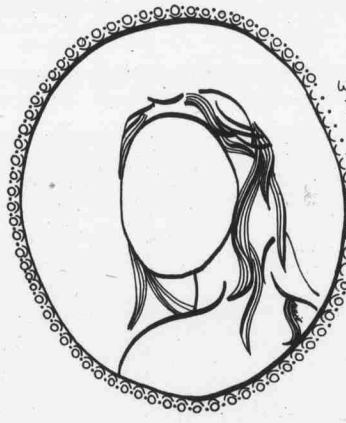
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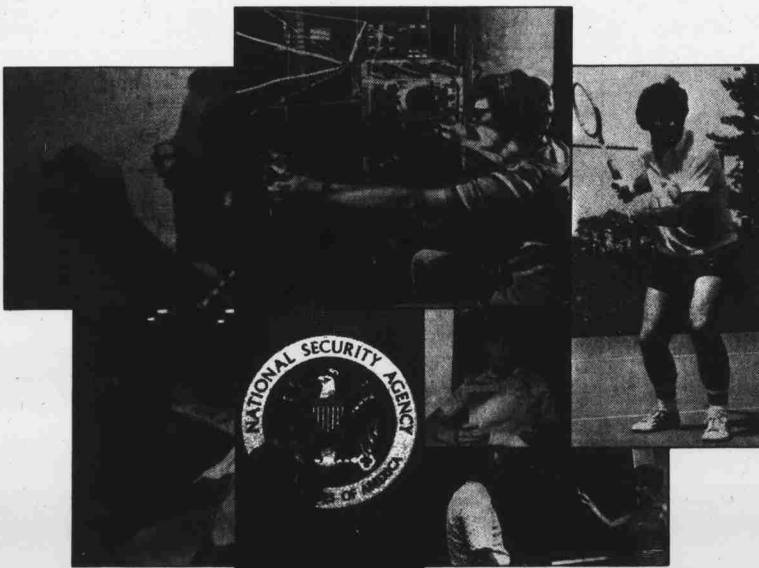
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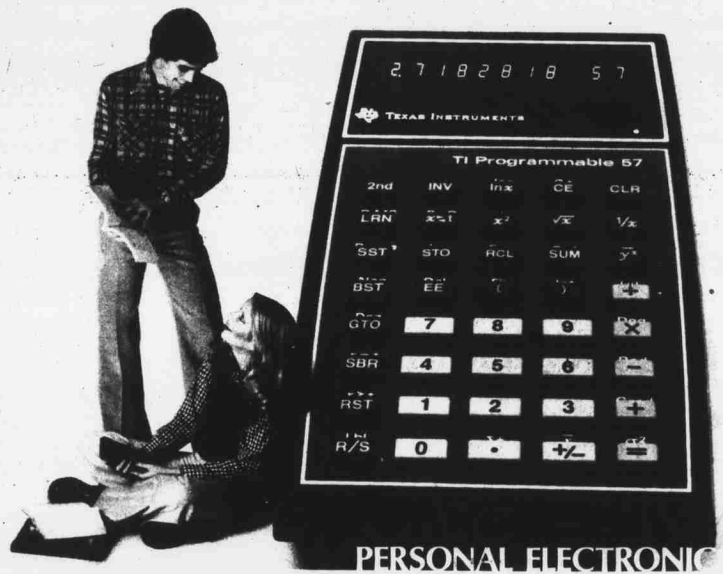
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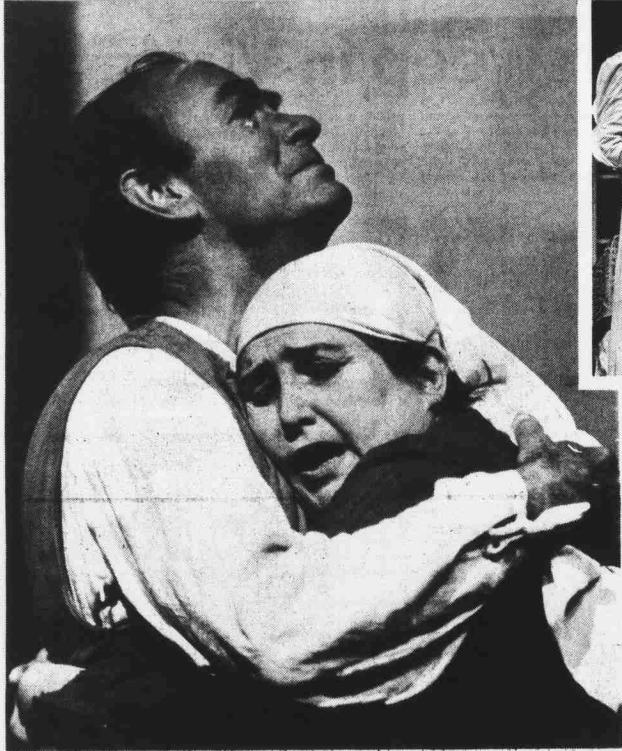
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-Helen Tart



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Rick Rodriguez, shown here giving a Lehigh foe last year, is a hopeful starter against ECU.

Auburn swamps Pack

by Tom Reimers
Sports Writer

You've got to win the close ones.

State's eleventh-ranked men's swimmers found this out Saturday afternoon, when Auburn won 10 of 13 events en route to a 69-44 triumph. The War Eagles, which finished fifth nationally last year, broke State pool records in the first three events despite excellent performances by the Pack, and the resulting lead was too much for State to overcome.

As expected, the 400 medley relay started the swimming events off in barnburning fashion. This race featured the number one and three ranked medley relays in the nation (Auburn is first, the Pack third). Though State would have broken its own pool record in the race, the 3:22.91 showing by the team of Phil Nenon, Scott Spann, Bill Forrester, and Rowdy Gaines beat the Pack's time by a little over a second. Jim Umdbenstock and Duncan Goodhew swam extremely good splits for State.

Weldon improved

In the second event, the 1,000 freestyle, as well as in the 500 free, Rick Morley took first place over the Wolfpack's Kevin Weldon. State coach Don Easterling was, however, quite pleased with Weldon's effort, noting that he is improved over last year due to the fact that he has matured quite a bit.

The 500 free provided a break from the record-breaking scene, but Auburn's Dave McCagg nevertheless won the event with an impressive time of 20:83. Umdbenstock and Al Stevens finished 2-3 for the Pack. McCagg's win comes as no great surprise, since he is currently ranked number six in the nation. He also added a first in the 100 free over Eddy Houchin of State.

Scott Spann came into the meet as the American record holder in the 200 Individual Medley, and backed up that title



State's Jim Umdbenstock stretches out.

Joe Rhyne, who is ranked number one in the ACC in that event, came up against some stiff competition from Olympic bronze medalist Bill Forrester. Though Forrester swam a pool record 1:49.80, Rhyne brought in a second place for the Pack. The freshman swam the 1,000 free and 500 free as well, and drew good words from Easterling despite swimming below his best times.

"He didn't do as well as he had been doing, but it's a heck of a thing to ask of a freshman to do a triple like that. He didn't swim as well as I hoped he would...but he came a long way today."

Goodhew wins

Aside from the diving, the only individual win for State came in the 200 breaststroke, where the Pack's Duncan Goodhew touched out Spann of Auburn with a 2:05.45 time. Spann finished second in the nation last year and Goodhew was leading the field this year, likewise the confrontation was one of the highlights of the meet Saturday.

One factor that was going against the Pack was the sickness that has troubled the team. David Benjamin did not even suit up for State, and John Grzeszczak was able to practice only five times in the last two weeks, which accounts for his sub par performance. Easterling feels that Grzeszczak "is gonna be a heck of a swimmer," if he can keep well.

Assessing the overall performance, Easterling said that State "lost to an awfully fine swimming team." He pointed to the close races as the key to the final margin, but added, "great teams don't say 'if afterwards.'" The loss leaves State with a 7-2 record going into next week's battle with Carolina. Both Pack defeats have been to top five teams.

Matmen host ECU tonight

by Denny Jacobs
Ast. Sports Editor

When the State and ECU wrestling teams line up across the mat from one another before tonight's 7:30 p.m. match in Reynolds Coliseum, there will be significantly more at stake than the Wolfpack's five match winning streak. When the two teams met in Greenville a week and a half ago, the Pack grapplers escaped with a 19-18 victory but the Pirates though they were had by other factors.

Close bouts were the order of that night and tonight's rematch figures to be no different. ECU was also the first team in North Carolina to get serious about its wrestling. Add to that the rapidly growing rivalry between the two schools and the friction promises to set the sparks a-flying.

"A lot of the matches we won or lost were very close the first time and they could go either way this time around. I know our kids are really looking forward to it and I expect a very competitive, tight match," said head coach Bob Guzzo whose team now boasts an 8-4 record, 4-0 in the conference.

"They've got a first class program there's no doubt about that and anytime you go against them you want to win. It's been good to be winning lately but everyone knows that you have to go out and do it every time. The kids realize that and they'll be ready."

need to be ready if they want to keep their winning streak alive. The middle weights could prove to be the determining factor in the outcome and going on the last meeting the easiest way to predict those matches would be to flip a coin. Starting with Dave Poiniselli at 184 up to Terry Reese at 158, Jimmy "the Greek" Snyder would not risk setting a betting line.

In the first meeting of the two teams, Frosmanin took back in the third period of his bout to earn a draw with Pirate hot shot Paul Osman. At that time, Poiniselli warned, "I'm going to get that guy next time. Wait 'til I get him on a bigger mat." No matter what size the mat, this shapes up as being one of the top bouts of the evening.

Butto hot

Joe Butto, who has been as hot as a freshly fired pistol lately, will be trying to duplicate his win over Pirate Scott Eaton at 142 and Mike Koob will be in for a tough night's work against Frank Schaefer.

In their first encounter, Koob won a 12-10 decision over his counterpart but he had to score four points in the waning seconds to pull it out. The sophomore from Endicott, N.Y.

found himself on his back in the closing minute but he scored a reversal and a near fall to win.

Reese will be seeking revenge when he squares off against Steve Goode. And after his 12-3 thumping of Maryland's Brian Statum he looks to be ready. He confessed to having some trouble getting mad in his mid mids season slump, but he shouldn't have any trouble getting fired up for ECU. Reese trailed Goode 5-1 entering the final period but lost the bout 6-5 by virtue of Goode's riding time.

ECU features two nationally ranked wrestlers in Butch Revis at 167 and D.T. Joyner at heavy weight and Pirate Jay Dever handed 190 pounder Joe Lidowski a loss that he wants badly to atone for. Lidowski has himself suffered through a brief lull in the past few matches after streaking to a 16-1 record and Guzzo is looking for his sophomore to snap out of it.

"This happened to Joe at about this time last year and he came back to win the ACC's so I'm not too worried about it," said Guzzo.

To listen to Lidowski, it would be wise for Dever to give it some thought. Perhaps the highlight of the match though will be the battle of the heavyweights. Joyner is

ranked fifth in the nation and although Morris would not say that makes any difference, it is easy to recognize that this will be a big one for him.

Morris low key

Earlier in the year, Morris lost a 2-0 decision to fourth ranked John Selter of Princeton in a bout coach Guzzo thought the Wolfpack grappler could just as easily have won. But Morris takes a low key approach to all his matches.

"He's good and he must have improved a lot to get his ranking," said Morris who beat Joyner 3-2 last year, before having to forfeit to him earlier this year because of a neck injury. "Some of the other factors might come into effect after the match but before it really doesn't make much difference before it. You just have to go out there and wrestle. I take them as they come."

ECU will definitely be coming after the Pack for this one and it will take all the intensity and desire that has led State to its winning streak to keep it alive tonight. As Pirate Coach Bill Hill says, "it will be anybody's match." But the feeling around State's wrestlers is contrary to that.

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Technician Opinion

UNC vs. HEW: Court battle?

Basically, the recent fights between the University of North Carolina system and the Department of Health, Education, and Welfare over desegregation efforts in the system boils down to one decision UNC officials will ultimately have to make. UNC officials must eventually decide whether the \$100 million they are receiving annually from federal grants is worth having HEW tell them how to run the UNC system.

The showdown was set last Thursday when Secretary of HEW Joseph A. Califano Jr. announced in Washington that the university's revised desegregation plan was insufficient and set in motion administrative proceedings that could curtail federal aid to the system.

Califano's announcement represents months of controversy between the UNC system and HEW. Originally, HEW demanded that UNC officials implement a desegregation plan that would guarantee a 150 per cent increase in minority enrollments over the next five years in the 16-campus system, but UNC officials said that

a goal of 32 per cent would be more realistic. But after talks between UNC officials and HEW officials, UNC agreed to a "good faith" effort to achieve the desired integration within the system.

But Thursday, after UNC officials apparently felt HEW was willing to go along with this compromise, HEW told UNC that it must eliminate duplication of academic programs that exist on predominantly white and predominantly black campuses, consolidating some and moving others in order to draw more white students to black campuses and black students to white campuses. So now, UNC officials have been taken by surprise by a HEW reversal, and the uncertain, inconsistent, and interfering ways of HEW become more apparent as time goes on.

Why HEW officials do not feel UNC is committed to quality education for all students, black or white, in a system that is racially non-discriminatory, is a mystery. UNC officials have indicated a commitment to racial fairness in the UNC system. Obviously, being familiar with the past history of the system and of the administra-

tion officials, faculty, and students of each of the 16 campuses in the system, it would seem that the UNC Board of Governors would know the most about how to remedy the desegregation problem that the system faces. But apparently HEW thinks otherwise.

UNC President William C. Friday, UNC board chairman William A. Johnson, and Gov. James B. Hunt Jr. have indicated that if a reasonable compromise cannot be reached with HEW, the matter should be taken to court. We agree with this assessment. Reasonableness should be a key word in the mind of UNC officials, but the same rules of the game should apply likewise to HEW.

But after everything is ultimately tallied in the UNC-HEW battle, it will boil down to whether federal financial support to the UNC system is worth federal control of North Carolina higher education. We believe that the judgment of President Friday and the UNC Board of Governors should be the primary factor in deciding how desegregation is to be achieved in North Carolina.

Letters

Fun, fun

To the Editor:

The recent snow storm really focused our attention to some very narrow-minded persons on campus. While commuters turned off Pullen Road toward the commuter deck, some crazy students threw hard, ice-packed snowballs at passing automobiles.

This caused drivers to be distracted, hit the brakes, and in some cases, nearly slide into other vehicles.

Shouldn't persons who are supposedly intelligent enough to attend NCSU have enough common sense to avoid such childish, ignorant acts?

Snowballs are fun; but when one has already fought his way 30 miles in hazardous driving conditions to attend class, he feels that others should be courteous enough to keep snowballs away from cars.

By the way, if the person that aimed at us, had thrown his snowball three inches closer to the left, he would have successfully shattered our car window.

Lot of fun, right???

T. Craig Strickland Fr. LUE Carol W. Strickland Fr. PSY

Small crowd

To the Editor:

I am an alumni that can't get tickets for the State basketball games. I feel that I can get four of my alumni friends and give the team more support than the entire student body section.

The TV announcers during the Clemson game Tuesday night could not say enough about the poor crowd and how the students would not come out and support the team.

How many student tickets were left for the game Monday? I think around 1,500. Why don't some of you bookworms get out of the dorms, call a friend and walk a block to support the basketball team?

The reason can't be that it will cost you anything extra. You've already paid. The announcers went on to say that the emotion of

the crowd was poor and it was a big factor in helping Clemson stay in the baigame.

Apparently the students don't see that the Virginia crowd beat State last Saturday, 8,000 people at Carolina helped the UNC-CH team beat Clemson by 30 points, the Clemson students have the most spirit in the ACC and usually have a losing team, the Wake Forest and Duke crowds helped their teams pull victories over UNC-CH.

I guess Coach Sloan will have to start scheduling the games in Charlotte, Greensboro, High Point, or Alaska (where we open next year) to get a crowd that can give the support throughout the season.

The crowd I saw that were leaning on their hands or had their arms crossed will be the people that help State lose games, lose good recruits and lose their prestige of the ACC basketball program.

Don't you wonder what the team thinks when they hear about the great ACC games and compare our crowd with other coliseums that earn reputations for their crowd support? What's going on?

Bryan Benton

Uncalled for

To the Editor:

I have read your newspaper everyday this school year. I am usually not compelled to write about the Technician's Opinions. Your opinion entitled "Investigation" (Friday, Feb. 3) was grossly uncalled for. Every year you urge the students to get out and vote (even endorsing candidates). Then for a solid year you bitch about the Student Government's actions. You act as though you are elected by the Student Body. Maybe if you were, we could get rid of some undue prejudice which you display.

If the students believe what they read, no wonder they are apathetic towards their Government. Maybe if Student Government had a newspaper they could be as powerful as you.

I am thankful (the students should be, too) for Kevin Beasley (Student Senate President) and the Senate Committee which is working on the campus mail system. You have passed judgment before their work is actually completed.

If these two individuals (Kevin Beasley and Nick Stratas) were so ignorant of the facts and the

Technician so exact in their reporting, why did the Technician have to print a correction in the same issue regarding the mail system. I suggest the Technician evaluate their own efficiency before they criticize others.

Patrick Mulkey Student Senator Jr. RPA



Periodicals: Great companions

by David Armstrong Contributing Writer

American Journal

An encyclopedic roundup of news clippings and cultural and spiritual matters affecting Native Americans and their friends. A single issue can take you from an account of eco-rape in the Amazon, through the apocalyptic prophecies of the Hopis and into a consideration of natural healing with herbal medicine. With numerous graphics, letters and poetry, Notes provides its own antidote to reporting that is necessarily serious, even scary (Published five times yearly/subscription by donation, 50 cents an issue/Mohawk Nation, via Roosevelttown, N.Y. 13683).

CoEvolution Quarterly, edited by Whole Earth Catalog braintruster Stewart Brand, is the WEC in grownup's clothes. They're not as funky as the old ones, but they won't get you tossed out of a New Age hoedown either. CQ features how-to-do-it listings, leavened with lengthy roundtable raps on solar energy and global planning with the likes of California Gov. Jerry Brown, essays on ecology, space colonies and concepts like "voluntary simplicity" and the always perceptive (and hilarious) cartoon commentary of R. Crumb (Quarterly/\$8 a year, \$2.50 an issue/Box 428, Sausalito, Calif. 94965).

Dollars and Sense is the first periodical about economics I've ever been able to read. It explains in clear lay language mysteries such as the GNP, the economics of Carter's energy package and the whys and wherefores of inflation. Articles are well researched, footnoted and written from a nonsectarian leftist point of view (Monthly/\$5 a year, 50 cents an issue/324 Somerville Ave., Somerville, Mass. 02143).

East West Journal is a handsome magazine devoted to macrobiotic diet and nutrition, but you needn't be a devotee to find nourishment there. In addition to bountiful recipes and personal spiritual travogues, EWJ has recently offered in-depth pieces on the politics of cancer, the demographics of world hunger and a challenging essay on disturbing parallels between the American counter-culture and the back-to-nature romanticism of Nazi youth (Monthly/\$10 a year, \$1 an issue/P.O. Box 305, Dover, N.J. 07801).

The Guardian is the best-known, established leftist newspaper in America. Frequently criticized for subtly pushing its own line by its allies on the left, the Guardian is valuable nevertheless for its comprehensiveness—its labor reportage, analysis of domestic political issues and dispatches from socialist and third world countries, particularly those of Wilfred Burchett, one of the world's pre-eminent foreign correspondents (Weekly/\$17 a year, 50 cents an issue/W. 17th St., N.Y., N.Y. 10011).

A nonsectarian leftist review of film, Jumpcut is equally at home dissecting Hollywood properties and providing a critical overview of socialist cinema. Literate consideration of the American radical documentary tradition, early Soviet cinema and the ideological underpinnings of Jaws has anchored recent issues, and the use of film as a consciousness-raising and organizing tool is an on-going concern (Quarterly/\$4 for six issues, 75 cents an issue/P.O. Box 865, Berkeley, Calif. 94701).

Majority Report is a feminist paper with a sense of humor that doesn't become coy or forced or compromise the essential seriousness of its material. Recent issues have focused on the dangers of the DES pill, tracked the FBI's surveillance of the women's movement and included reviews of films and books of interest to feminists (Biweekly/\$5 a year, 50 cents an issue/74 Grove St., N.Y., N.Y. 10014).

As its name implies, Science for the People seeks to "demystify" supposedly value-free science and technology by exposing its corporate sponsors and advocating ways science can better serve the public interest. One recent issue explored the ties that bind the AMA to the giants of the pharmaceutical industry, while another outlined the control of America's food supply by agribusiness (Bimonthly/Subs according to income, \$1 an issue/897 Main St., Cambridge, Mass. 02139).

A magazine of encyclopedic scope and appreciable depth, Southern Exposure takes as its subject matter all aspects of Southern culture, past and present. In beautifully realized book-length treatments of music, labor, religion, patterns of land use and ownership and the roles of women in the South, SE comes as close as a publication can to mapping the elusive inner workings of cultural life. Its blend of photography, poetry, bibliographies, investigative reporting and oral history makes this a regional publication of national interest (Quarterly/\$8 a year, \$2.50 an issue/P.O. Box 230, Chapel Hill, N.C. 27514).

Y'Bird is the new magazine anthology of multicultural writing from Ishmael Reed and Al Young's small press of the same name. Mixing poems and graphics, essays and stories, new writers with pros, Y'Bird has a many-sided immediacy that's hard to match. Issue one (October) features work by poet Ntozake Shange, Frank Chin and others. Playwright Amiri Baraka and poet Diane DiPrima are among those besting up (Three times yearly/\$4.95 an issue/2140 Shattuck Ave., Rm. 311, Berkeley, Calif. 94704).

Footnote: A brand new publication called The New Periodicals Index provides valuable subject-author indexing to nearly 70 alternative periodicals, including several of the above, twice a year. A bit steep at \$25 a year for individuals, it makes a useful addition to libraries. From Mediaworks, P.O. Box 4494, Boulder, Colo. 80306.



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