



HIV disease doesn't discriminate

by Brian Stauffer

The Human Immune deficiency Virus (HIV) is made up of four stages.

During the first two stages of HIV disease, which can last as long as eight years, the individual may show no symptoms at all. Although the disease can be diagnosed between six weeks to six months after contact, it is usually only recognized by the individual, "during the third stage when they wake up in cold sweats and have diarrhea for six months straight," said Ray Rodriguez, health educator.

Acquired Immune Deficiency Syndrome (AIDS) is the fourth and final stage of the disease. It is usually characterized by a T4 count of below 200 cubic millimeters.

"The average person has between 8-1200 T4 cells," Rodriguez said.

"(There are) 808 men and women in Clark County who have tested positive for AIDS and nine pediatric cases," said Bill Hill of the

Nevada AIDS Hotline. "The breakdown is as follows; 578 are either homosexual or bisexual, 118 are intravenous drug users, 65 fall into both categories, 19 are heterosexual, 16 acquired it through a blood transfusion, 1 is a hemophiliac and 11

acquired it through other means."

"AIDS is a people disease," said Cliff Shwabb of Aid for AIDS of Nevada. This refutes the popular misconception that it only effects

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Quilt will visit Las Vegas in '92

In commemoration of those who have died from the disease the NAMES Project AIDS Memorial Quilt has been constructed.

"If laid out (it) stretches the length of 10 football fields and weighs 16 tons," said Jeff Smith, Co-Chairman of the Southern Nevada NAMES Project.

The quilt is comprised of 3-foot by 6-foot squares, which are constructed by friends and relatives of the deceased.

"Celebrities represented in the quilt are Washington Redskin Jerry Smith, actor Rock Hudson, choreographer Micheal Bennett and Liberace," Smith said.

The quilt, which represents less than one-fifth of the deaths in this country and less than 3 percent of the deaths nationwide, will be on display (two panels 12'x 12') at two Las Vegas churches to be named in 1992. Two panels of the quilt will be shown at Christ Episcopal Church on the Nov. 23, 24 and 25.

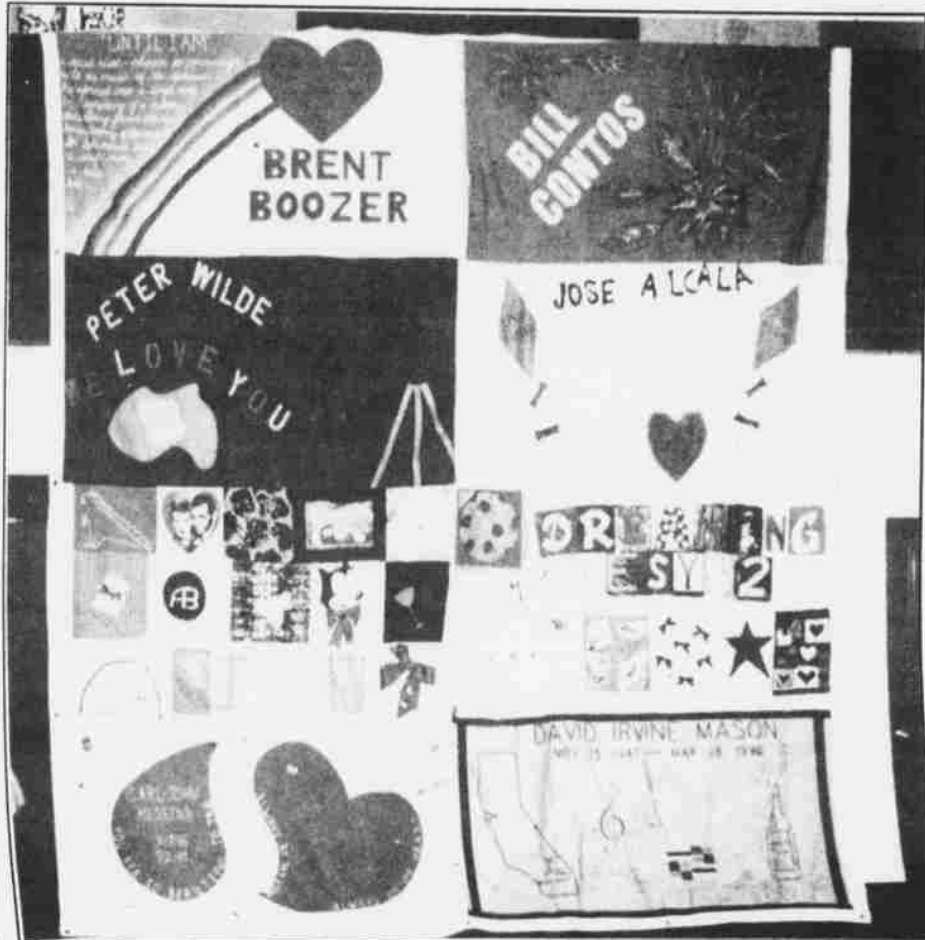


photo by Wray Halterman

The AIDS Quilt hangs in memory of those who died.

Stimulants are often part of student survival exam kit

by Christopher Ward

With each passing day, finals come closer but the chore of studying becomes impossible when you can't stay awake. Thanks to modern medicine a simple trip to the drugstore can keep you going for hours. Stimulant capsules are sold over the counter in most stores under many eye opening titles such as Vivarin, No-Doze and Pep-Back.

Stimulant capsules are a simple drug in composition. Typically, each capsule contains 100 milligrams of caffeine as its sole active ingredient which is equal to one cup of coffee. Vivarin contains a patented ingredient called Stimucin which they advertise is twice as potent as other capsules.

Caffeine metabolizes completely in about five minutes, reaching its stimulating peak 20 to 30 minutes later. A normal dose should last about four to five hours.

Physicians have only been able to theorize how caffeine works. The most widely accepted theory states that caffeine blocks the adenosine receptor sites in cells. Ad-

enosine is a depressant chemical the body produces to control neural activity.

However, caffeine is an ineffective substitute for sleep. It causes fatigue and boredom, which lowers performance level. It seems to increase intellectual speed, but at the same time limits power. It can help you study at longer intervals, but less efficiently than normal.

According to Corby Kummer, an author on stimulant drugs, caffeine may be more of a mental boost than a chemical boost. Recent studies indicate that people respond to caffeine more in relation to how much they think they have consumed, rather than how much they actually have. One recent study found that people given doses of caffeine varying from none to high who were allowed to drink their normal amount of coffee had no idea how much additional caffeine they received, if any at all.

Although no physical side effects have been reported from caffeine use, finals week is not the time to get carried away.

Many methods of birth control are available at Student Health Center

by Tamia Dow

There are many birth control methods available to students today.

Most can be obtained at the Student Health Center on campus for little or no charge.

The most common is known as "the pill" and is actually several pills which contain one or two synthetic compounds similar to hormones that regulate the menstrual cycle. When taken as directed the pill helps prevent pregnancy primarily by blocking egg production by the ovaries.

The pill's advantages include easy use and uninterrupted sex. Menstrual periods may be less painful and more regular. The chances of getting an ovarian cyst are reduced as are the chances of

cancer of the ovaries and uterus and noncancerous breast tumors and anemia. However, the pill does not protect against Sexually Transmitted Diseases (STDs), including AIDS, and may make the user more susceptible to chlamydia. A prescription for the pill is available at the Student Health Center for five dollars.

A diaphragm is a flexible rubber barrier between the sperm and the uterus. It is inserted before intercourse and used with spermicidal cream or jelly.

Diaphragms usually don't have serious side effects or impact on future ability to bear children. They offer some protection against STDs when used with contraceptive creams and jellies. Diaphragms require a medical exam, periodic professional refitting and profes-

sional instructions about insertion and removal. Users are susceptible to allergic reactions and urinary tract infections. They are available at SHC for \$5.

Today's contraceptive sponge is a soft, synthetic round device that fits over the cervix. It kills sperm and protects against some STDs because it contains the spermicide nonoxynol-9. It's easy to insert and does not require a separate application of spermicide. It cannot be reused after removal, may cause irritation or vaginal discharge and, in rare cases, toxic shock syndrome. Ten sponges cost one dollar at SHC.

Condoms are a pro-

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