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harmful to your health. Some of these are nausea, weight gain, acne and depression. These do not occur in all women, or with all types of birth control pills.

In other words, for young

healthy women who do not smoke, the pill is considered quite safe. If you have other risks for taking the pill, only a medical practitioner can advise you about these. For more information, consult a doctor or nurse practitioner at the Student

Health Center or another medical facility of your choice.

Karl Harden and Lisa Mohn are employees of the USC Open Door at the Thomson Student Health Center.

Disorder Continued from page 5

Susan said keeping control of life and eating is especially hard in difficult emotional situations. "When I get in a bad place, like I have a fight with my boyfriend or a problem at work, I feel like I'm ready to go back, but it's then that I have to plug into my higher power and get through it," she said.

Admitting that they have a problem with food and that they are powerless over it is the first of OA's 12 step plan for dealing with the eating diseases. Other steps include making a moral inventory and making amends to people that have been harmed by the problem.

Though the OA meetings are not advertised, they are held every night except Saturdays. A wide range of men and women go to the meetings, such as doctors, lawyers and students.

There are no presidents or offic-

ers in the group, but there is a rotating moderator at each meeting. For the most part, everyone meets on equal footing and is allowed and encouraged to recover at his or her own pace.

"Meetings are real non-threatening. And no one is going to try to convert you," Nancy said.

Susan said the meetings helped her know she was not alone. "One of the most amazing things about the meetings is realizing that there are other people out there that have the same problem. It was like coming home," she said.

Joanne said no unusual crisis made her turn to OA. "I want people to know that nothing dramatic happened to me to make me join OA. Just realizing my own pain was enough to cause me to seek help," she said.

Now, with the help of OA, these people are able to put food back in

a proper perspective. "I'm always one bite away, but once you're free of your daily obsession, eating can go back into its proper place," Joanne said.

Nancy said she finally has some peace. "I now have a peace of mind, a freedom I never thought I'd have. We're like alcoholics, although I think eating disorders are worse because you have to face your addiction three times a day when you eat. We'll never be over it, but each day we get a daily reprieve. That's an important concept," she said.

Overeaters Anonymous has a hot line at 736-9878. They will give numbers and first names of people to call for support and information on meetings. If you suspect someone you know has a problem, Susan said, "Confronting them may be the only answer."

Blood, sweat and tears



Julie Bouchillon/The Gamecock



First year broadcasting major Amanda Gillstrap (upper picture) gets blood taken by Neva Harris of the Red Cross. Senior journalism major and President of the Sorority Council Christine Vasco and marine biology senior and President of Fraternity Council Vic Pyle (bottom picture from right) look on as Lieutenant Governor Nick Theodore cuts the ribbon at the Clemson/Carolina Blood Drive. The event will run today and Thursday and is sponsored by the USC Fraternity and Sorority Council Community Service and the American Red Cross. The goal this year is 2001 pints of blood.

Julie Bouchillon/The Gamecock

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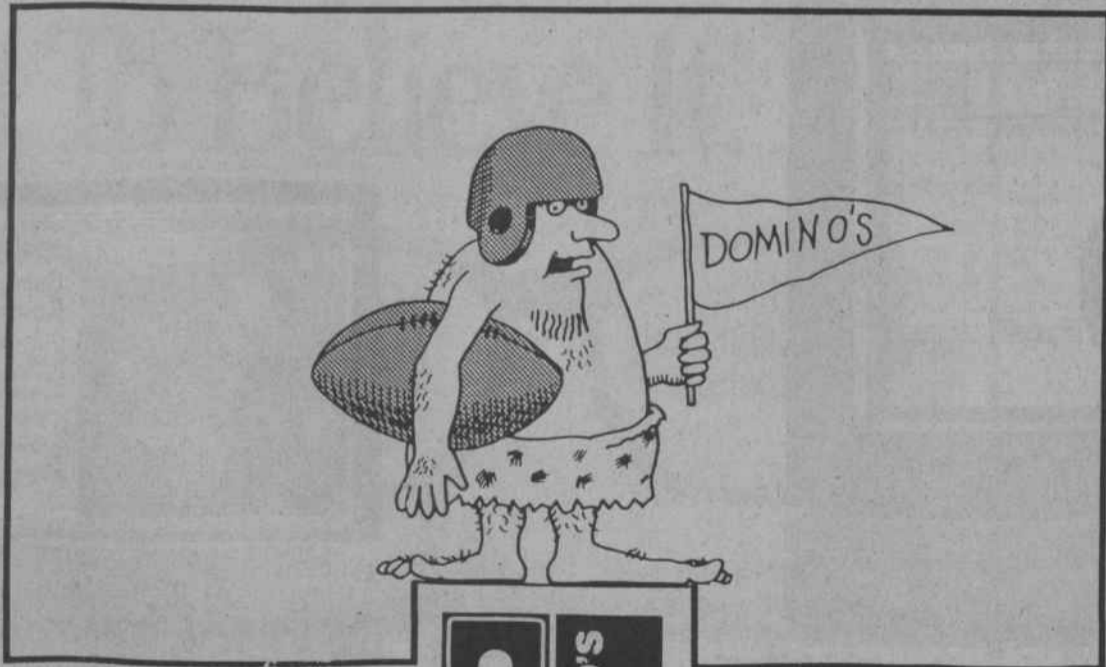
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