

UPEI SOCCER TEAMS SEND MESSAGE



by Lorne Caborn

"Not on our turf!" may be the warning other AUAA soccer teams may want to heed as the men's and women's teams finished a combined 2-0-1 after games played on the 14th and 15th of this month. While bumping their home field record to 4-1-3, the Panthers added Moncton and UNB to their growing list of victims. On the men's side, Moncton was first up on Saturday and the Panthers showed them no mercy, pouncing on them early for a final of 3-0. Bodie McMurrer, Chris Diamond and Terry Campbell scored for the home team while the visitors were unable to score against a tough defense and the sure hands of keeper Robbie Mosher. Sunday, the Panthers continued their winning ways, knocking off previously unbeaten UNB 2-1 as they continued their torrid pace toward

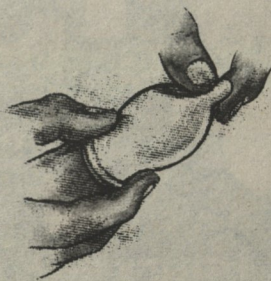
the playoffs. Dion Johnston and Terry Campbell capped off the perfect weekend with goals as the Panthers moved a point ahead of Mt. Allison and Moncton to remain alone at fifth place in the standings.

The women's team were idle Saturday, but Sunday saw them back in full force to face UNB. Intense from the opening whistle, the teams traded goals in the first half with Sephanie MacEachern scoring the equalizer late in the half. She struck again late in the second half as UPEI had fallen behind 2-1 as the two teams finished tied 2-2. With a 3-3-2 record the women's team also sits in fifth place sharing the spot with St. Mary's.

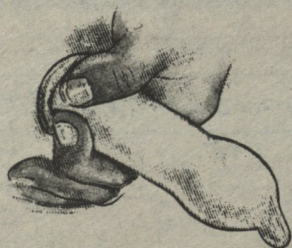
With just two weeks remaining in the regular season, both teams will be looking to secure a spot among the six teams in each division that compete in the playoffs.

1. Squeeze air out of the tip of the condom.

2. Hold the tip while unrolling the condom all the way down the hard penis.



3. Hold onto the rim of the condom while pulling out after sex.



..... ► ALWAYS REMEMBER
TO USE A CONDOM
BEFORE ANY TYPE OF SEXUAL
CONTACT. AND NEVER
REUSE A CONDOM!

Sexuality & More

by Jennifer Caseley
& Steve Ellis

STDs are like computer viruses -- the more computers you stick your disk into, the greater your likelihood of catching a virus. The only way to protect yourself from computer viruses is to use a protective program and see your computer consultant on a regular basis.

The three most common STDs at UPEI are genital warts, chlamydia, and herpes. STDs are, of course, sexually transmitted diseases. They are passed from person to person in male semen or female vaginal fluids during acts of vaginal, anal, or oral sex. Most STDs can be cured or at least controlled. AIDS, however, has no known cure yet and is always fatal.

Protecting yourself from STDs is easy: if you are participating in any sexual activities please, and I cannot stress this enough, PLEASE USE a LATEX CONDOM.

We will not get into the viruses that cause STDs, all we want to accomplish in this article is to inform people of what the symptoms of these STDs look like, how to treat them, and how to prevent them.

Genital warts vary in size, shape, and quantity. They are fleshy growths that appear on or around the genital and anal areas. On moist genital areas the warts are soft pink fleshy mounds that often clump together and have a cauliflower-like appearance. On males the warts are most often found on the penis, and in women they usually appear on the vulva, but can appear internally on the vaginal walls and cervix. They may appear in the anal area of both sexes.

Genital warts may be spread during sexual contact, and may appear on other areas of the body where intimate contact has occurred. Warts can be treated by your doctor either with a special solution or cream, or by burning them off with liquid nitrogen. Genital warts can be cured, but they may re-occur later on in life.

Chlamydia is the most common STD in Canada and a very common STD here on campus. In women the usual symptom is a watery or thick yellow vaginal discharge. Often there are no symptoms at all, but the infection can still be passed on to their partner. In men there is usually a watery or

thick discharge from the penis and a burning sensation when urinating. The symptoms in men usually appear within 5 to 10 days of sexual contact with an infected person.

If you think you might have chlamydia please see your doctor to be tested. If you have chlamydia you can be treated with and cured by antibiotics.

Herpes Simplex Type 2 is the sexually transmitted strain of herpes. Simplex 1 causes cold sores or blisters on the face or around the mouth. There is no treatment that will cure herpes, so your best defence is to protect yourself. Small, red painful blisters or sores will appear within 2 to 12 days after sexual contact with an affected person. In men the sores appear on the penis and the genital area. In women sores may appear in or around the vaginal area, or on the cervix.

Again, if you think you might have herpes it is very important to see a doctor. If you are diagnosed with herpes your doctor will give you information on how to decrease the discomfort and lower the frequency of herpes outbreaks.

HIV is the only sexually transmitted disease that can be detected by using a blood test. All other STDs need physical examinations by a doctor and may require a swab. If you have ever had unprotected sex please go see a doctor and be tested. It is better to be sure that you do not have an STD than to find out later in life that you can no longer have children because of an STD. Yes, STDs can cause sterility if not treated.

If you are sexually active, or if you are thinking about becoming sexually active PLEASE use a condom. One or two hours of fun is not worth the rest of your life. Ladies, if the guy you are with refuses to use a condom, don't have sex with him. There are many different brands of condoms on the market, some are lubricated, some have spermicides, and some are flavoured. All packages of condoms come with instructions, please read these instructions over carefully

Special thanks to Sharon Zimmerman over at the Health Centre for all her information and advice. Next weeks' column begins our look at sexual preferences.