



Photo by Martin Toombs

Quilt Gift

A Bicentennial quilt was made by Mrs. Larkin's fourth grade class at Corning Catholic School South last year. This year the class, now taught by Mrs. Clark, decided to donate it to the Thanksgiving Clothing Drive. Holding the quilt they and their classmates made are, from left, Pat Madden, Caye Frey, Carissa Puccio and Molly Nanning.

Chest Forms Housing Unit

Local experts in the areas of housing planning, neighborhood and community organization, banking and investment are among the members of the United Community Chest's recently formed housing advisory committee.

Chaired by Fred Buse, executive vice president, Security New York State Corporation, the 18-member committee will make recommendations to UCC policy committees for possible Chest action on housing issues.

Other functions will include assisting in the coordination of housing planning between the public and private housing planning bodies and providing information on housing concerns to the Chest, neighborhood groups and social agencies.

Committee members include:

Les Calder, Amalgamated Clothing Workers; John Casmano, Sybron Corporation; Donald Cohen, Rochester Housing Authority; Domingo Garcia, Ibero-American League; Joseph Hammel, Rochester Savings Bank; and Marilyn Hare.

Also on the committee are Neil Jaschik, Monroe County Planning Dept.; William Johnson, Urban League; Neslon Leenhouts, Home Leasing Corporation; Robert Macon, architect; Beatrice Montgomery, Monroe County Office of the Aging; and Robert Peterson, Wayne County Planning Board.

Also, Werner Spitz, Spitz Construction Co.; John Stanton, City of Rochester; Alan Taddiken, Center for Governmental Research; Thomas Toole, Harley School; and Victor Vinkey, Eastman Kodak Co.

'Rhythm' Is Obsolete, NFP Experts Declare

Washington, D.C. [RNS] — The directors of two research and educational programs on natural methods of fertility control agreed here that "rhythm," the calendar-based means of family planning, is obsolete and has been replaced by several other methods of natural family planning which are highly effective and safe.

Lawrence J. Kane, executive director of the Human Life Foundation of America, established in 1969 through a grant from the U.S. Catholic bishops, and Dr. William Lynch of Boston, chairman of the foundation's science committee, said that "no reputable physician or organization teaches calendar rhythm today."

Kane, tracing the development of Natural Family Planning (NFP) as the term for several approaches to natural fertility control to the late 1960s, contended that more couples today use natural methods than in 1968 when Pope Paul's birth control encyclical, *Humanae Vitae*, was published.

"By usage, I mean actually following prescribed methods in formal teaching programs," he said. NFP has proven to have "a high degree of effectiveness," he said. He observed that as early as 1970, Dr. Christopher Tietze of the Population Council, New York, told Planned Parenthood, Physicians of America that the strictest temperature form of the natural methods was as effective as the birth control pill and more effective than the IUD (intrauterine device).

He added that subsequent

research in the U.S., France, Canada, Colombia and Mauritius "has sustained this view."

Msgr. John Sell, executive director of the Natural Family Planning Federation of America, reported that his organization is in contact with NFP programs now evolving in almost all of the 50 states. His latest figures show diocesan-related programs in 92 U.S. dioceses.

Last year, he noted, the National Institute of Child Health and Human Development launched a \$1.4 million study of the two primary natural methods, one based on cervical mucus observations alone and the other based on mucus plus temperature variations. The same research plan, developed by the Human Life Foundation, was adopted by the World Health Organization for its current research on method effectiveness.

Within the last 18 months, the U.S. Congress has revised birth control legislation to require that all federal programs include NFP, and the term "rhythm" was removed from the legislation.

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ALL IN THE FAMILY

Sarah Child

Poor Sarah's Almanac

- The hardest thing about exercising is getting started.
- A completed main dish in the freezer all ready to thaw for supper is worth two sets of ingredients still in the cupboard.
- A son who combs his hair three times in the morning and washes more than the cocoa circle around his mouth obviously has discovered there is more to fourth grade than long division.
- A new cooking booklet uses the metric system exclusively. After following my gram's recipes for years (butter the size of a walnut, scant teaspoon of soda, pinch of salt) I realize there's a conspiracy

afoot to take the poetry out of cooking.

- Winter is fine if you're dressed for it. In this near arctic area, that means coat, hat, gloves, muffler AND thermal underwear.
- My neighbor, a versatile artist, says that any woman who follows the muse is not much of a housekeeper. I doubt the universality of the statement but the thought is comforting.
- Those who left minor painting chores and other outside jobs until Indian summer know we didn't get any this year. Well, there's always a January thaw to anticipate.
- Show me a house with four entrances (front, garage and two sliding glass in the rear) and I'll show you a house with four trails of mittens, boots, hats, etc.
- B. Franklin pointed out that "time is money." So is avoiding department stores.
- Experience may be the best teacher, but learning from somebody else's mistake is better yet.
- In a recent column on neighborhood names, omitted inadvertently were Becky, Beth and Cindy, more formally known as Rebecca, Elizabeth and Cynthia. Classical and lyrical.

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