

In Southern Tier

NFP Classes Now Available

By **MARTIN TOOMBS**
Southern Tier Editor

Odessa—Natural Family Planning (NFP) instruction in the eastern Southern Tier is now available for the first time on a regular basis.

Beryl and Nick Iven, St. Benedict's parishioners, will begin offering classes to couples who wish to learn NFP in April, with the cooperation of St. Joseph's Hospital. Classes will be at the Elmira hospital.

The only other classes in the Southern Tier are taught by Kathy McManus of Hornell. The Ivens expect to draw couples from eastern Steuben County, as well as Chemung, Schuyler, Tioga and Tompkins counties.

The first of three instructional sessions needed will be offered on the first and third Wednesdays of each month, from 7:30 to 10 p.m. at St. Joseph's Hospital. Follow-up classes are then scheduled for other Wednesday evenings, the Ivens explained.

Further information can be obtained by attending an informational session at St. Joseph's Hospital Wednesday, April 12 at 7:30 p.m.

or by contacting Beryl or Nick Iven, 594-2380.

Classes will be limited to four couples at a time. Mrs. Iven pointed out, adding that arrangements can be made for couple-to-couple instruction as well. Instruction is available for engaged as well as married couples, she noted.

A major problem in disseminating information about NFP, the Ivens said, is that many people think NFP is a new name for the rhythm method, which it is not.

Rhythm was based on calendar calculations, and NFP is based on bodily changes. Mrs. Iven said, adding that for some reason many people "can't differentiate between the two."

An advantage of NFP is cost, they noted. After a fee for the instruction is paid, using the method costs nothing, and, Mrs. Iven noted, couples "just don't have to worry" about medical problems which sometimes result from artificial birth control methods.

NFP is a "program that

definitely needs follow up, and this hasn't been done in the past" in the Southern Tier, Mrs. Iven noted. Through the classes at St. Joseph's, she said, people will "know where we are and can locate us." They will know that they can receive further information or assistance after their training is complete.

The Ivens' introduction to the method is unusual in that they are self-taught, and have been using the system for five years, longer than classes have been available in the diocese.

Iven noted that an advantage in their teaching the classes is that "we have used it and are successful," noting that their two children also are signs of the method's success. Unlike any other birth control method, NFP can be used by a couple who wish to have a child.

Mrs. Iven noted that when they took the course to become instructors, three of the couples teaching it were pregnant. Participating couples also were bringing their children, she said, adding "we're not anti-children at all."

"NFP is more than a

method of birth control, and people should be aware of that," Mrs. Iven said, explaining that couples using NFP often find the practice becomes a positive factor in their relationship.

St. James Offers CPR Course

Hornell—Citizen Heart Saver courses designed to teach laypersons the fundamentals of Cardiopulmonary Resuscitation (CPR) to keep a person from dying until advanced aid arrives, will be offered by St. James Mercy Hospital, as a public service, it has been announced by Dr. Janis Conklin, director of educational services.

According to Dr. Conklin, program coordinator, courses of four hours each will be conducted Tuesday evenings from 6 to 10 p.m. in cooperation with the Southern Tier Heart Association. Twenty certified CPR instructors, members of the St. James staff, will donate their time to conduct the classes. Each class will have no more than seven participants.

Instructors will monitor those participating in the course as they practice on a training manikin. Participants will be tested on understanding and performance and will receive a certification card only when the instructor is satisfied that the student knows how to do CPR correctly, according to American Heart Association standards.

According to the association, learning CPR may mean the difference between life and death. Two-thirds of the 650,000 people who die of heart attack each year never reach the hospital alive, they say. Many die needlessly, usually within two hours of an attack. They ignore the signs and symptoms until it is too late, and too few people know how to help.

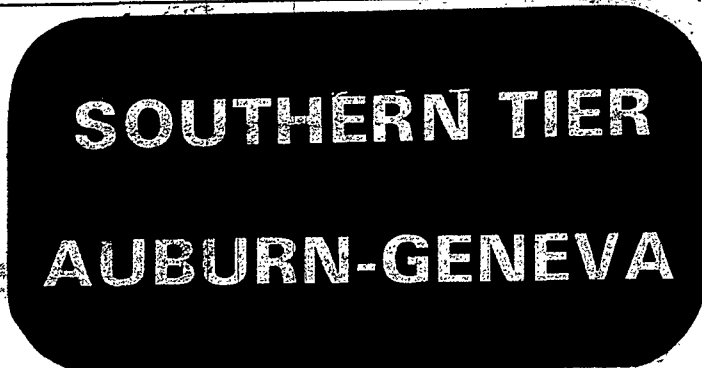
The Citizen Heart Saver

SOUTHERN TIER NEWS

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DeSales Teacher To Assist Board of Regents

Geneva — Mrs. Ann Smith Gobe has been selected by the State Education Department to assist in the writing of Questions to be used on future Regents examinations. Mrs. Gobe is a three year member of the DeSales High School Science Department.

these signs with prompt, accurate first aid.

Those interested in participating in the course are invited to contact Dr. Conklin at the hospital, 324-3900.

DeSales Teacher To Assist Board of Regents

Mrs. Gobe will also team-teach a course on insect collection at the Rochester Museum and Science Center. The course, geared for ages 10-11, will be on six consecutive Saturday mornings beginning April 15. The course is designed to cultivate "knowledge and interest in collecting bugs."

Legislature Okays Death Bill Override in Question

Albany (RNS)—The State Assembly has endorsed a death penalty bill but its 94-51 vote was six short of the two-thirds majority needed to override Gov. Hugh Carey's expected veto.

consideration of "mitigating" circumstances.

Earlier, the Senate approved the bill, 39-19, one short of the required majority to override a veto.

Many Catholic, Protestant and Jewish agencies in the state are united in opposition to capital punishment on moral and humanitarian grounds. But opinion polls reveal that the public is overwhelmingly in favor of restoring the death penalty.

The bill would authorize the death penalty for a wide range of "intentional murders" including murder of a police officer, contract killing, murder committed during a robbery, burglary or rape. The bill provides for

In the emotional six-hour debate before the Assembly's vote, many legislators on both sides of the issue used the Bible to defend their viewpoints.

Legion of Mary Dedication April 2

Waverly—The annual dedication ceremony of the Southern Tier Curia Legion of Mary will be Sunday, April 2 at 4 p.m. This ceremony, known as the Acies, will take place in St. James Church.

Owego, will be the speaker for the event. Refreshments will be served following the church services.

All spiritual directors, active and auxiliary members of the Legion of Mary will take part in the dedication. Members' friends also are invited to attend.

Anyone needing transportation from Elmira to Waverly is asked to go to the parking lot of St. Patrick's School, Elmira, at 3 p.m., when rides will be available.

The Southern Tier Curia Legion of Mary is made up of Praesidia in Hornell, Corning, Elmira, Waverly, Athens and Owego.

Father Thomas Watts, co-pastor of St. Patrick's,

Reed Receives Oppy Award

Elmira—John J. Reed, St. Joseph's Hospital associate administrator, was named recipient of the Oppy Award in ceremonies at the hospital March 20. Sister Martha Gersbach presented Reed with a plaque and pin following the announcement of his selection by the hospital's Operation People Committee.

The Gallitzin, Pa., native is a graduate of Duquesne University School of Pharmacy and received his Masters degree with a concentration in hospital administration from Xavier University, Cincinnati, Ohio in 1975.

He resides at 108 Orchard St., Horseheads; members of his family attended the award ceremony. Arthur Kendall of the Community Relations Committee of the hospital's Development Council assisted in the program.

Nominations for the Oppy Award, given semi-annually, are based on outstanding service to the hospital and patients, above and beyond expectations, by fellow employees, patients or visitors.

Suggestions Rewarded

Elmira—Three St. Joseph's Hospital employees were presented with cash awards for suggestions submitted through the "Ideas Unlimited" program at the hospital.

of announcing an emergency message to areas away from the central public address system.

Sister Martha Gersbach, hospital administrator, presented the checks at hospital ceremonies March 20.

"Jay Reed," Sister Martha stated, "has certainly distinguished himself in the criteria established for the award during his 16 years of service to St. Joseph's, its staff, its patients and its community."

Sharing in the \$125 made possible through the James and Alberta Swartwood Fund established for recognition of employee activities were three nursing service employees, John Hardman, 380 West Fourth St., Elmira, Jean Strobridge RN, Columbia Cross Roads, Pa., and Laurie Sweeney RN, 309 High St., Elmira.

Their awards were for ideas that provide better handling of hot foods, inclusion of an item in the safety manual and a method

NFP CLASS

Elmira — Next Wednesday, April 5, Natural Family Planning of Rochester has slated a limited-registration class in NFP methods at St. Joseph's Hospital. The class begins at 7:30 p.m. and costs \$20. Pre-registration is necessary and may be made by calling the instructors Nick and Beryl Iven at (607) 594-2380.



Easter Baskets

Eighth graders at St. Mary's School, Auburn, decorated Easter food baskets for senior citizens of the parish. The fourth grade contributed the food. Shown above are Jeff Brown, Miss Helen Delaney, eighth grade teacher, Liz Iverson, Charles Dickinson, Sister Dorothy Quinn, pastoral assistant at St. Mary's and Mrs. Kathryn Redmond, a parishioner.

Transportation Requests Due

Auburn — Parents of parochial and private school pupils seeking transportation to the nearest available school for 1978-79 should request that transportation before April 17.

be provided for pupils in grades 6, 7 and 8 who reside within the City of Auburn and live more than one and one half miles from the nearest available private or parochial school.

tents of a mile from the nearest available parochial or private school.

Requests are necessary for children entering a parochial or private school for the first time and for children attending a school different from the one they attended in 1977-78.

Transportation will be provided for those pupils in kindergarten through the eighth grade who reside within the Auburn Enlarged City School District, but outside the city limits at a distance of more than six

Transportation request forms are available at each school. Completed forms should be forwarded to the director of transportation at 130 South St. before April 17.

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