

A gynecologist writes birth control guide

By LORAIN McCLISH

For women of child-bearing age who must face the decision of which contraceptive is best for them, Dr. Howard Shapiro has compiled "The Birth Control Book." It is a compactly written encyclopedia covering each method of birth control and its advantages and disadvantages, both medical and psychological.

"It is a sad joke that any gynecologist who is seeking immortality has had an IUD named after him," said the author.

"And we've had the pill for 17 years now and each month we get new and frightening statistics on that. No wonder women are disenchanted with us."

The book covers a range of subjects ranging from the differences among the myriad brands of pills to whether a husband can legally prevent his wife from having an abortion, and whether vasectomies diminish sexual drive.

In theory, the doctor says, that every practicing gynecologist should be able and willing to provide simple informative answers, but in truth the medical reserve and patient unawareness often combine to leave those questions unanswered or unasked.

"It leaves the patient at the mercy of idle gossip and hearsay," Shapiro said.

SHAPIRO is an attending physician at Norwalk Hospital in Connecticut and at the Yale-New Haven Medical Center Outpatient Department, in practice for seven years. During the past several years he has written and lectured extensively on behalf of women's rights and serves as medical advisor to chapters of Planned Parenthood and NOW (National Organization for Women).

He thinks of his book as one that should be in the consumer advocacy category.

"It is for anyone who has felt frustrated at having to make major choices about birth control based on minimal information; for anyone interested in what today's laboratories are planning for tomorrow's contraception; for anyone who wants to be totally informed," he said.

He gives an example. "If a woman has acne, small breasts and facial hair, she can check the book and find out if the pill she is using is helping or hindering those particular problems," he said.

The book has been out on the market for about a year, but feedback has sent him off on another tour of mostly television and radio interviews, with one stop in the Detroit area.

He is pleased to find, he said, that women across the country are taking the buyer-beware message a little more seriously these days "probably based on their skepticism of us. If they are reading at all they know what havoc the pill has caused."

FINDINGS have attributed some heart troubles, gall bladder troubles, stroke, liver diseases and tumors to the pill.

"Now, we hear that the pituitary gland might be affected," he said.

Overall, the doctor warns, "If your gynecologist dresses well, tells a good joke and takes a father-knows-best attitude, don't use this as a criteria for a good doctor. Find someone who will take the time, will give you the time to find what's right, what's best, for you."

"The Birth Control Book: A Complete Guide for Men and Women" is published by Avon. The comprehensive candid handbook has been selected by the Woman Today Book Club and the Young Parents Book Club.



DR. HOWARD SHAPIRO

'Running and Fitness' is topic for lecture

"Running and Fitness" is the specialty of Dr. Richard Mach, who comes to Farmington Hills Community Library to talk about developing an individualized fitness program at 7 p.m. Thursday, Oct. 26.

Participants at the free lecture will be invited to a "fun-run" beginning at 10 a.m. Saturday, Oct. 28.

Dr. Mach is director of Physical Fitness Consultants, and has a long background in sports and sports science. He has worked with NASA (Aeronautics and Space Administration) and the U.S. Navy on biomedical research projects. He has also been a long distance runner for 26 years and still competes regularly.

Some of his other activities include coaching, organizing lectures and lec-

ture series on fitness, organizing an upcoming cross-country footrace, and directing the Institute of Science and Sport.

Dr. Mach has recently founded Physical Fitness Consultants, which offers individualized counseling for developing a personalized fitness program to fit a person's own unique needs and goals.

AFTER HELPING participants learn to develop their own fitness program, Dr. Mach will tell how one can best continue it through the winter months, and he will speculate on why running has become so popular.

His lecture is geared for the beginners, or those who want to be begin-

ners as well as experienced athletes.

The "fun-run" on Saturday will present another opportunity for persons to

pursue Dr. Mach's Thursday discussion. All levels of runners are invited.

Seitz-Moore

Melissa Jean Moore and James Paul Seitz were wed in ceremonies conducted by Rev. Lloyd Lorenson, in Christ the King Lutheran Church, Dodge City, Kan. She is the daughter of Mr. and Mrs. Bob Moore, of Dodge City, and he is the son of Mr. and Mrs. Carl E. Seitz of Farmington Hills.

The bride wore her mother's wedding gown of ivory brocade satin. The dress style gown featured self-covered buttons from neckline to hem, a bustle back and astle-wide train.

She was attended by Rita Northern, Pam Presta, Carolyn Bernal, Mrs. Gary Hare and Carl Johnson.

Pat Brandon served as best man with groomsmen Jerry Timmis, Matt Gully, Bill Phillips and Dave Hayes. The candle lighter was Janice Seitz, sister of the groom, and ring bearer was John Seitz, brother of the groom.

The bride graduated from Dodge City Senior High School and is employed by O'Neil Corporation, in Ann Arbor. The groom is a graduate of Harrison High School, where he was a member of the wrestling and baseball teams, and is now a senior chemical engineering student at University of Michigan.

After a wedding trip to Los Angeles, Calif., the couple will make their home in Ann Arbor.



Eckerman-Baker

Mr. and Mrs. W. Ray Eckerman, of Farmington, announce the engagement of their daughter, Terry Louise,

to Scott Baker, son of Mr. and Mrs. Stewart C. Baker of Dearborn. A wedding is planned for May, 1979.

Franz-Ruppel

Duane and Norma Franz of Heritage Lane, Farmington Hills, formerly of Redford Township, announce the engagement of their daughter Janet Lyn to Mark Christian Ruppel of Farmington Hills, son of William and Barbara

Ruppel of Flushing. The bride-elect graduated from Thurston High School in 1972 and from Michigan State University in 1977. She is employed as a dietitian by St. Joseph Mercy Hospital in Detroit. Her fiancé, a 1969 graduate

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m.m.memos

"We don't seem to have cookies around here any more," said the man of our house with just a tinge of plainness in his voice as he peered into cupboards.

He was right, of course. In these days of dwindling numbers of daughters in residence, dieting and increased hours at the office, baking had become something that was done when there was an occasion.

Several things had happened since the days when I could keep cookie jars full with the best of them.

First, the girls started learning to cook. I never was one to discourage kitchen participation, and what they usually wanted to make was cookies. I started getting out of the habit.

Then our oldest had a few years of being a truly expert producer of baked goods. I was demoted, sort of, and I didn't mind a bit.

She moved on, but the others started developing kitchen expertise. Their father also enjoyed turning chef, though usually not with the cookie tins.

Then, in the last year or so, it seemed that whenever baked goods were produced our youngest daughter and I did most of the consuming. Neither of us needed it on our lips. By tacit agreement, we cut the production level, unless there was an organizational bake sale, and it seemed those

By MARGARET
MILLER



came less and less frequently.

But a husband who would like an occasional cookie after work at night wasn't to be ignored.

I hunted

ingredients list I used to know by heart and turned out a batch of chocolate chippers.

"Who are these for?" asked our youngest as she beheld stacks of goodies. "Where's the bake sale?"

I assured her they were for home consumption, but would be rationed. I put a few in the cookie jar and the rest in the freezer. I couldn't believe it, but they lasted two weeks and drew favorable comment nearly every day.

With that level of appreciation, I dug out the oatmeal cookie recipe to move forward and upward. Maybe with a little practice, I'll turn into a cookie expert again. Even without the bake sales.

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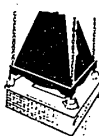
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