

PREGNANCY PLANNING

AND HEALTH

by
Mrs. Gloria Riggsbee



Dear Gloria:
I attend a nearby college and have at last found my everlasting love. That probable sounds sick, but it's true. I'm a senior and have dated many boys.

I have been going steady with this boy for about a year and a half and we're very serious and much in love with each other. When we're together we both get very sexually aroused. I have had sex many times with him. He protected me by wearing a rubber. There still was a possibility that I could have gotten pregnant—right? We can't take these small chances of my getting pregnant. If I took the birth control pills and he also used rubbers, could there be any possible way of my getting pregnant.

Curious

Dear Curious:

If you take birth control pills and take them correctly, there would be no need for your boyfriend to use condoms (rubbers). Birth control pills—used correctly—are so close to 100% effective as any birth control method on the market today.

You are right about condoms. While they are one of the best methods you can buy a doctor's prescription, they are not as effective as birth control pills or the IUD in preventing pregnancy. Statistics indicate that if 100 couples engage in regular intercourse for a year and use only condoms for protection, by the end of the year about 10 of women will be pregnant.

Dear Mrs. Riggsbee:

I am 18 years old and had my first baby five months ago. After the baby was born I started taking birth control pills, but this past week I changed and got an IUD (loop). Now I want to know how long to wait before I can have sex

again. How long do you have to have the loop in before you are safe from pregnancy? Please answer soon.

Wondering

Dear Wondering:

The loop is effective as soon as it is placed in your womb. There is no waiting period before it prevents pregnancy. All you have to remember to do now is check the strings the way your doctor showed you. As long as the loop is in your womb you are well protected from pregnancy.

Dear Mrs. Riggsbee:

My mother tells me I should douche after every menstrual period. None of my friends do this and it seems like a lot of trouble to me. What do you think?

Miss L.

Dear Miss L.:

Douching is not necessary unless specifically recommended by a doctor. In fact, many doctors feel that frequent douching—by altering the normal acidity and protective environment of the vagina—may actually encourage infections.

Of course, and occasional douche with a mild vinegar and water solution (1-2 tablespoons white distilled vinegar to a quart warm water) is safe and provides the "clean feeling" after menstrual periods that some women prefer. Commercially prepared solutions are definitely not necessary.

Unfortunately, some women still think that douching is a dependable method of birth control. It is not. Also, it is not a method of preventing venereal disease either.

Address letters and requests for a free booklet on birth control to: Mrs. Gloria Riggsbee, 214 W. Cameron Avenue, Chapel Hill, North Carolina 27514.



THAT'S HOME! smiles Gene Gibbs, 25-year-old Bahamian who has been appointed area manager of the Boston office Bahama Islands Tourist Office. The first Bahamian to be as-

signed this distinction, he will move into quarters at 1027 Statler Office Building, Boston replacing David Shaffer, who resigned to join Northwest Air-

lines. Gibbs and his family will move to Boston effective February 5 from Washington, where he has been the senior representative of the B.I.T.O.

Gibbs First Area Manager For Bahamian

MIAMI, FL. — A 25-year-old Bahamian from Nassau, Harold Eugene "Gene" Gibbs, has been named area manager of the Bahama Islands Tourist Office at Boston. His appointment, announced here today by General Sales Manager John A. Struney, makes Gibbs the first Bahamian to be appointed to the position of area manager within the B.I.T.O. in the United States.

As such, Gene will be in charge of tourism sales in the New England territory, north

of Hartford, Conn. and portions of upstate New York. Mr. Struney pointed out. His offices will be at 1027 Statler Office Building, Boston. He replaces David Shaffer, who resigned his B.I.T.O. post to accept a position in Minneapolis, Minn., with Northwest Airlines, where he will be Manager, Military and Interline Sales.

For the past several months, Gibbs has been senior representative of the B.I.T.O. in Washington, D.C., working un-

der area manager Richard L. Malcolm.

Born in Nassau, educated at St. Anne's School and the St. John's College in the capital city of the Bahama Islands, Harold Eugene Gibbs is the son of Nassau taxi driver Harold Gibbs, employed by Play-tours, and Mrs. Veronica Gibbs,

a telephone operator for the Bahamas Telecommunications Company.

Perhaps because of his humble beginnings, Gene Gibbs knows precisely what he wants for himself, his wife, Donna, and his 11-month-old daughter, Gena (who currently live at 2800 Ontario Rd., N.W., Washington until Gene finds a proper apartment in Boston): "some day," he smiles wistfully, "I want to return to the Bahamas as the manager of a major hotel."

Knowing his determination and his willingness to work long and hard, most people who know him predict that Gene Gibbs will do precisely that.

"But I'm far from being ready yet," the young Bahamian says. "I have a need for knowledge, and the desire to become more well-rounded in the tourism hospitality industry."

His most recent B.I.T.O. Washington assignment, which put him in constant daily contact with travel agents from Wilmington, Delaware through Maryland and into such Virginia border communities as Arlington and Alexandria, was certainly a collection of experiences in learning the travel business.

"Gene simply delights in his job, is enthusiastic in everything he tries to do for the Bahamas, and is a real fanatic about getting the right kind of experience," says Richard L. Malcolm area manager of B.I.T.O./Washington, himself a veteran

of many years' residence in the Bahamas.

The young, self-made Gene Gibbs worked his way through Howard University as a major in marketing, graduating from that institution in 1971. To help himself through school, Gene worked part-time at the Bahama Islands Tourist Office as a trainee. On his graduation he began work fulltime in the Washington office.

When his main Boston responsibilities will call for working with travel agents in his territory, he will also devote a great deal of time with airline and cruise ship personnel — "anyone who deals with the Bahamas hospitality industry," as he describes his job.

Among his greatest pleasures is working for the Ministry of

Tourism have been the travel agent familiarization tours he has made to the Bahamas. There have been four of these, so far, and he looks forward to many more in the months to come.

"It's of particular interest," the smiling Bahamian says, "to visit the Out Island — because that's my wife's background as well as my own. Her relatives from Eleuthera and mine from Bimini, both remote from Nassau. Indeed, until I came to work in the B.I.T.O., she knew more about our Out Islands than I did!"

He expects that his Boston appointment, which became effective as of February 5, will make additional trips to the Bahamas mandatory.

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Banana Hamburger Teriyaki — New Way to Eat Old Favorites



Japanese cookery in restaurants and home recipes has become so popular that it's even gotten to hamburger! Hamburger Teriyaki served with luscious, golden broiled bananas is a dish to make you forget you're eating economical ground beef. For that matter, you're also eating one of the most economical fruits. The banana, according to the Banana Bunch, industry-sponsored center for consumer information, is still selling at prices as low as twenty years ago, and few foods can make that statement. Enjoy ground beef this delicious way, and savor the contrast of the orientally-seasoned meat with the mellow bananas.

BANANA HAMBURGER TERIYAKI

- | | |
|----------------------------------|---------------------------------|
| 1 pound ground beef | 2 tablespoons chopped scallions |
| 2 tablespoons soy sauce, divided | 1/2 teaspoon salt |
| 2 tablespoons sherry, divided | 1/4 teaspoon sugar |
| 1/4 clove garlic, minced | 4 firm bananas |

In large bowl, mix ground beef, 1 tablespoon soy sauce, 1 tablespoon sherry, garlic, scallions and salt. Shape into 4 patties. In small bowl, combine remaining 1 tablespoon soy sauce, 1 tablespoon sherry and sugar. Place hamburgers on broiler rack set 4 or 5 inches from heat. Broil 3 minutes, basting with soy sauce mixture. Turn and broil 2 minutes. Peel bananas and place on broiler rack with hamburgers. Baste hamburgers and bananas with remaining soy sauce mixture. Broil 2 minutes longer or until hamburgers are desired degree of doneness and bananas are just tender.

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What They Wore... by PHYLLIS JOYCE

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