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...The Fog Zone guides educators in helping teens and young adults prevent pregnancy.

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...Remembering our dedicated friend, Janet W. Richardson.

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...Lessons in Contraception examines access and barriers to birth control, yesterday and today.

CHOICE

Going Green at PPSFL

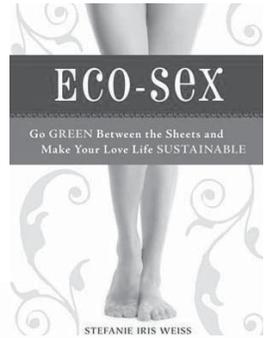
by Jenn Foy

Planned Parenthood is going green with individual efforts in many affiliates, and nationwide through PPFA's Green Choices campaign. Every day, we come into contact with countless chemicals that can affect our health. The Green Choices campaign gives us the information we need to make choices for better health and a greener environment. PPFA has even created patient information sheets detailing how to protect your health and the environment when making choices about fish, fruits and vegetables, lead, personal care products, pesticides, plastics, and tobacco smoke.

Green Choices also provides clinical information for our medical staff about the adverse effects that chemicals can have on reproductive health: alterations in sexual behavior, decreases in fertility, menstrual changes, changes in the onset of puberty, cancers of reproductive organs, miscarriage, and other health problems related to environmental toxins.

PPSFL's Education Department is doing its part by using more recycled and eco-friendly promotional materials. We've also just added a new book to our library called *Eco-Sex: Go Green Between the Sheets and Make Your Love Life Sustainable* by Stephanie Iris Weiss. And, we recently co-hosted a "How Green is Your Sex Life?" party with Sustainable Passion, Ithaca's newest women-centric positive sexuality retail store.

Also, since the redesign in 2009, the CHOICE newsletter is printed on paper containing 30 percent post-consumer waste using soy-based inks.



There's much more to be done, and that is why PPSFL has joined the Just Green Partnership (JGP), coordinated by Clean New York and WEACT for Environmental Justice. The Partnership seeks "to build a healthy economy that provides good jobs producing clean products and services, in which our workplaces, schools, homes, communities, and bodies are free of toxic chemicals." The many organizational partners work together to help drive legislation to restrict the use of dangerous chemicals. JGP's coordinating staff work tirelessly to educate women, families, and communities about making safer choices for their bodies and for their homes.

JGP states "Safeguarding the natural environment can't be separated from promoting social justice." We couldn't have said it better ourselves!

LETTER FROM JOE SAMMONS, CEO

Dear Friend –

Sometimes it is important to take a few steps back and celebrate your unique impact on the world – and when it comes to sustainability and the environment, it is just as important to take steps to reduce your impact on the world. In this edition of our newsletter, we're going to do both.

There is much to celebrate when it comes to Planned Parenthood's impact on our community and our patients: the compassion and expertise of our providers, our incredible commitment to sexual health and reproductive freedom. As much as anything else, our work in the area of sex education symbolizes our powerful, lasting, unique impact on the lives of thousands in the Finger Lakes region. In this newsletter, we wanted to take a look back at the very beginnings of our sex ed program in this area, and share some of the latest developments and efforts.

As the sun warms the earth in this beautiful region we live in, we also want to reaffirm and re-imagine our agency's commitment to a sustainable environment – our cover story tells about steps we are taking to do just that, offering green products and educating our patients on the choices they have.

We are halfway through 2010, and continue to face great challenges and uncertainty – what will the impact of New York State's budget crisis mean for our programs and health services? How will we find a way to invest in our facilities, our staff, and computer systems so the agency can grow and increase the quality and efficiency of our work? And while we don't have all the answers yet, we have faith – backed by commitment – that we will advance our mission in times of great adversity, and we will look to each other for the strength, spirit, and wisdom that will lead us forward.

It is a spirit that was captured best by our PPFA President and CEO Cecile Richards, who joined us for our 40th Anniversary celebration in October, 2008 – and I am so pleased to announce that Cecile will be joining us again this fall for our Annual Event on September 23, 2010, to present the Margerat Sanger Katherine Houghton Hepburn award to Maisie and Jamie Houghton, and the Constance E. Cook Award to Tibby McLafferty. I look forward to seeing you there!



All my best,

Joe Sammons
President / CEO

Sexuality Educators



The Fog Zone: How Misperceptions, Magical Thinking, and Ambivalence Puts Young Adults at Risk for Unplanned Pregnancy underscores the need for comprehensive sex education and highlights the prevalence – and consequences – of some common myths about contraception and fertility. It's available as a free PDF from

the TheNationalCampaign.org and is worth a read for any educator, parent, or teen – or any sexually active person, for that matter.

Although research from *The Fog Zone* tells us that most twenty-somethings don't want to have a child at this time in their lives, they aren't doing much to prevent it. The result is that among unmarried women in their twenties, 7 out of 10 pregnancies are unplanned – that's 70 percent. Almost all of the 1,800 survey respondents between the ages of 18 and 29 have had sex; 92 percent have used a condom and almost 80 percent have used the pill, so they're no rookies. However, one of the many important take-away messages from this research is that young adults hold some serious myths and misconceptions about birth control, and their use of it is often erratic, misinformed, and sometimes careless.

"The Fog Zone" is aptly titled. This research describes in great detail the foggy terrain many young adults live in, and it gives us important glimpses into the 'whys' behind a 70 percent unplanned pregnancy rate. Nearly all of the survey respondents say that pregnancy should be planned. Nearly all say they want to avoid a

WORKING TO CLEAR THE FOG

by Maureen Kelly

When your beliefs don't match your behaviors, there's reason for concern. This is precisely the story told through a recent study of unmarried young adults, aged 18-29, from the National Campaign to Prevent Teen and Unplanned Pregnancy.

pregnancy at this time. Interestingly, only half are using contraception consistently, and 19 percent are taking a pass on contraception all together. Of those single adults who said it was very important to avoid pregnancy at this time, 34 percent said it was likely they will have unprotected sex in the near future.

As an educator, the rallying cry of this research is about how we have consistently and tragically failed young people, and how we need to share in the embarrassment that in the U.S., we still do not have a national public health policy that requires medically accurate, age appropriate sex education for our youth. And what has that lead to – beyond the highest unplanned pregnancy rates in the western world? Many young adults believe that they need to take a break from the pill every few years (not the case). They rely on the rhythm method or natural family planning, but don't know when in a woman's cycle she is most fertile (midway between periods, and sometimes it's even more complicated than that). And they think it is ok to use petroleum jelly as a lubricant for a latex condom (a definite no-no).

So, what can we do? At Planned Parenthood, we're fierce advocates for sex education through schools, in community groups, and through communities of faith. We also support and teach parents because they are truly the primary sex educators in their children's lives. We know many parents also never received the sex ed they deserved. We help by offering resources, booklets, workshops, and one-on-one phone support whenever they need assistance as they pave a new path toward sexual literacy for their kids. We train teachers, youth workers, health care providers, and concerned community members to be educated advocates and providers of accurate and age appropriate sex ed. Most importantly, we're honest and we tell young people the truth about sex. They deserve it. And, we can do better. Really, we can!

The Fog Zone also gives us some helpful ideas and plans! 1 in 5 unmarried young adults (22 percent) say they have never had sex education in school. Of those who had,

more than one quarter had sex before they were 15 years old. This, coupled with the high levels of confusion and misinformation that young adults have about fertility and contraception, suggests the need for organized, direct sex education targeted at this age group that meets the following guidelines.

- * Presents clear, balanced information about the basics—anatomy, reproduction, fertility, pregnancy, sexually transmitted infections, sexuality, and related issues.
- * Includes full and accurate information about contraception, including the types of methods available, how to use them correctly, and their benefits as well as their risks.
- * Counteracts and corrects specific myths and misinformation about contraception.
- * Directly addresses healthy and respectful relationships, the common desire of most young adults to have children, and the family structures that research suggests are best for children.

In fact, for many unmarried young adults, it might be best to speak less about preventing pregnancy and more about delaying pregnancy—that is, postponing pregnancy until, for example, adequate education has been secured to increase the chances of solid employment, until a stable committed relationship is in place, and until some economic security has been attained.

At Planned Parenthood, we are fortunate to have a strong team of dedicated educators working to clear the fog!

GET INFORMED

- » You can download a PDF of *The Fog Zone: How Misperceptions, Magical Thinking, and Ambivalence Puts Young Adults at Risk for Unplanned Pregnancy* at www.thenationalcampaign.org/fogzone.

IN MEMORY OF JANET W. RICHARDSON, DEDICATED FRIEND



Janet W. Richardson was a longtime Planned Parenthood supporter; she served as secretary of the Planned Parenthood of the Southern Tier (PPST) Board, and in 2001 received PPST's prestigious Margaret Sanger-Katharine Houghton Hepburn Award. She believed, like Margaret Sanger, that women will not be free and equal until they fully control their bodies and their reproduction. Her commitment to Planned Parenthood was largely rooted in her passion for education and her dedication to offering opportunity and hope to the young people of our communities. We were deeply saddened when Janet passed away, at age 89, this February.

Janet led a long and generous life dedicated to service to her community. She was president of the Corning-Painted Post School Board for fourteen of the seventeen years she served on the board. Under her leadership, the district built two high schools, implemented their Head Start program, and founded Corning Community College. She also served as president of the New York State School Boards Association and received the Everett R. Dyer Award for Distinguished School Board Service, its highest honor.

She was a woman of remarkable grace, intelligence, and vision – a natural leader who shared her gifts with many community organizations, including the Salvation Army, Seven Lakes Girl Scout Council, the Southern Tier Association for the Blind, the Memorial Society of the Greater Corning Area, Serenity Farms, Church Women United, and the Steuben County Office for the Aging. She was vice president and campaign co-chair for the United Way and received the esteemed Errol Shand Award for Volunteer Service. She also served as chief registrar for professional racing at Watkins Glen for 32 years. A road at Watkins Glen International is named for her.

Her honorary and lifetime memberships illustrate the diversity of her interests. Among them are the Future Farmers of America, the Polish Racing Drivers Association, the Glen Region Sports Car Club of America, the American Association of University Women (AAUW), and Delta Kappa Gamma, a national sorority of outstanding women educators. She was the first non-native to be inducted into the Steuben County Hall of Fame, the Steuben County Academic All-Stars large schools trophy is named for her, and she received the AAUW Excellence and Equity in Education Award.

Janet was delighted by many of the changes she saw in her lifetime. She recalled how, as a young bride during World War II, she visited a pharmacy seeking a diaphragm. She was taken into the back room of the pharmacy and made to feel “like a criminal.” Later, while she was school board president, the location of meetings with Corning Glass Works officials had to be moved from their Executive Club where women were not allowed. The strides women soon made in access to birth control and in the corporate boardroom were satisfying indeed. However, she was also dismayed by conservative attacks on reproductive rights and science. She was incredulous that there are schools in our country that refuse to teach evolution. She believed in the science of evolution and had a vivid memory of the monkey on display at the historic “Scopes Monkey Trial,” which she visited at age five.

Janet Richardson was known for her patience, her compassion, her ability to make things happen, and her radiant smile. She was a role model and mentor to many, a champion for all that Planned Parenthood stands for, and a wonderful friend. Janet left the world a better place. We will miss her.



Janet Richardson with Cecile Richards at the 2009 Annual Celebration

We offer our deep appreciation to Louise Richardson for assisting us with this piece in memory of her mother.

Lessons in Contraception

by Jenn Foy

This May marked the 50th anniversary of the birth control pill. The pill changed everything for women; with control over their fertility, women could more easily pursue higher education, forge new paths in the work force, and plan if and when to have children. However, even after the pill was made available to the public, those who needed it most often did not have access.

In 1969, the pill was on the market, and “feminism was in the air” says Rosalind Kenworthy, former counselor for Gannett and Planned Parenthood of Tompkins County (PPTC). Still, there was only one doctor in the area who reliably provided contraception to unmarried women, and abortion was illegal. This was the year that Kenworthy and a handful of colleagues were inspired by a Cornell University (CU) symposium on women’s issues, to work towards legalizing abortion. They started by talking with the lone sympathetic doctor, gynecologist Dr. Flacco. Flacco told the group that he estimated 1 in 7 college-aged women seeking birth control at his practice were already pregnant. This realization changed the group’s focus; their new priority became preventing unwanted pregnancy at the college.

While CU’s health center stated they had no policy against birth control, women without written permission from their parents were refused. Kenworthy recalls, “If a woman asked for a contraceptive prescription, she’d more or less get patted on the head and be told to go back to the library; that’s what she’d come to Cornell for.” The group held panel discussions, wrote to newspapers, and talked

to anyone who would listen. One person who did listen was Mark Barlow, Vice President for Student Affairs.

Barlow contacted PPTC which was then located in a small room at the local Presbyterian Church and consisted of two part-time staff with two desks, two filing cabinets, and a phone. The staff carted medical equipment from the tiny office to a location where they could offer clinical services to their patients just a few times each month. They had more requests for services than they could manage, many from CU students. Soon, an agreement with the university placed PPTC in Sage House, where they would offer services to students and the community of Tompkins County until 1979, at which time the Ithaca health center opened at its current location on State Street.

Kenworthy worked as a counselor with both the university’s health services and Planned Parenthood during the decade of clinic service in Sage House. She remembers how patients were astonished to find that there was finally someone to give them information and talk to them, without any judgment, and they were grateful. The increased access to contraception significantly expanded access to

many of life’s opportunities that were just not possible before women could take charge of their fertility.

Tammy Miller, Director of Education, says “When I think about taking contraception back even further than the advent of the pill, I look at how my family would have been very different had there been some more options... What opportunities were lost to our family because there wasn’t the ability to make decisions regarding your own fertility? How many kids do you want to have and when do you want to have them? That’s a very fundamental question.” Thankfully, women can now make these decisions with the aid of many contraceptive options and emergency contraception as a back-up.

Kenworthy feels that “It’s a fantastic change, a social revolution really. There are still people who are unhappy about it, but it certainly doesn’t seem to have slowed the revolution down.”

Today, PPSFL’s sexuality educators inform and educate students on all of the options available, where to get them, and how to use them correctly. Armed with this knowledge, youth have many more opportunities than they may have had 30 or 40 years ago. And,



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Hornell	324-1124
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Ithaca	273-1526
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Sexuality Education & Outreach

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Chemung County	734-3313
Chemung County	962-4686

Rape Crisis of the Southern Tier
 888-810-0093

TRIBUTES

Mar. 19, 2010 - Jun. 23, 2010

IN HONOR OF

A new baby

Anonymous

Jerry Dietz

Ms. Elizabeth Bixler and Ms. Betsy East

Dr. Harry S. Jonas

Harry and Bev Jonas

Maureen Kelly

Maggi Ruth P. Boyer

Suzanne and Jud Kilgore

Margaret Munchmeyer

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Louise Richardson

Kate D. Potteiger and Stephen E. Goggin

Those that provide reproductive health services to women

Christine Olson and Dennis Miller

IN MEMORY OF

Marjorie Rivard Adams

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Alan Berkman, M.D.

Jens L. Wennberg and Nancy L. Miller

David Light

Laverne Light

Mother

Anonymous

Connie Saltonstall

S. Keast

J.D. Steel

Christa Perz

SAVE THE DATE!

PPSFL's Annual Celebration
 September 23, 2010
 with special guests
 Cecile Richards
 and Michelle Goldberg

GIVING THROUGH UNITED WAY

Workplace United Way campaigns are right around the corner!

If your employer participates in a United Way giving campaign, it's easy to designate PPSFL as your recipient organization of choice!

While PPSFL is not a community partner of the United Way, the United Way honors all donor designations to eligible 501(c)(3) organizations, including PPSFL!

Here are a couple of tips to make sure you get the recognition you deserve for your generous gift:

1. Fill in all the essential information on the pledge form and specify that you would like your gift to be directed to Planned Parenthood of the Southern Finger Lakes.
2. In order to receive recognition from us, be sure to check the box allowing the United Way to let us know that you have designated a gift to PPSFL.

We appreciate your support!

CORRECTION:

Our Spring 2010 CHOICE newsletter indicated a gift had been made in memory of Maralyn Fleming by Katherine P. Funk. This gift was reported in the wrong column and should have indicated that a gift had been made in *honor of* Maralyn, who is alive and well. Our apologies to Maralyn and Katherine!

VOLUNTEERS NEEDED

OUR VOLUNTEERS

Rape Crisis of the Southern Tier (RCST) provides comprehensive, free, and confidential services 24/7 to individuals who have been affected by sexual violence in Chemung, Steuben, and Schuyler counties. RCST staff are able to provide these services with the support of a unique volunteer component. Currently, the program has twelve active volunteers who assist with coverage of the 24-hour RCST hotline and provide accompaniments for victims of sexual violence at local emergency rooms and law enforcement agencies.

Despite our substantial recruitment efforts, RCST has seen a drop in the number of incoming volunteer applications as the weakened economy has forced many people to take second and third jobs, leaving them with less time to volunteer. To maintain hotline coverage and the availability of advocates for accompaniments, RCST must triple the current active volunteer count.

If you are 18 or older, and have access to reliable transportation and a telephone line, you can make a difference by volunteering as an advocate or a recruitment assistant. Contact Kelly Longwell, Community Affairs Coordinator at 1.888.810.0093 or download the volunteer application at RCST.ORG.

The next RCST volunteer training begins on August 9, 2010. Successful completion of training leads to certification as a rape crisis counselor/advocate. Please join us; make a difference with RCST.

LESSONS IN CONTRACEPTION

continued from page 5

our educators are finding that, in general, youth are becoming more comfortable talking to their peers, parents, and other trusted adults about sexuality. That trust doesn't always come easily, but our staff pull out all the stops to gain the confidence of youth we serve so we can help them determine what they need to be safe and happy.

One of the biggest challenges in teaching sexuality education, according to Miller, is fear – fear of parents finding out, fear of being judged by a clinician, fear of the physical exam. But because we provide confidential services without judgment, and because most women can get birth control without a pelvic exam, Miller is able to put many students' minds at ease and encourage them to get the services they need. She also uses humor to get students to relax, laugh, and learn. "I mean, let's be honest – I'm a mom... I have to make sure that within the first

few minutes, they aren't looking at me as "mom" anymore; I'm now Crazy Aunt Tammy – and you can tell Crazy Aunt Tammy anything!"

Miller informs students of the many ways technology can help them use their contraception. "You can sign up with certain manufacturers and get an e-mail or text message reminder to take your pill, change your ring, or change your patch. Technology has really come right in there and youth are so technology based."

She is also teaching students about a very different barrier to accessing contraception that has only recently been getting more attention in the field. Though it was most assuredly an issue as long as contraception has been available, it's hasn't often been discussed. In PPSFL's new Safe Dates program, our sexuality educators explain how some

people may try to control their partners by not allowing them to protect themselves from unplanned pregnancy or an STD. The program encourages young people to develop safe and healthy relationships, and empowers them with effective communication and decision making exercises.

PPSFL is providing today's teens with access, information, and support to help them navigate the world of contraception, sexuality, and relationships. Miller says she thinks that "their ability to be open about the whole topic of sexuality will cause a shift as they get older and they become voters, and they're out in society and they're working. I would like to think that my son's generation is going to take all of the hard work that's been done the last 50 years and what I'm doing now, and just run away with it – I think they will."

OUT & ABOUT WITH PPSFL

Have you seen PPSFL popping up in some new places lately?

Batter Up

Planned Parenthood is sponsoring a local softball team. Staff member Hanna Weiss plays on the team and says “It’s a lot of fun. It’s great to be part of a team that is sponsored by such an amazing organization – I get to show my PPSFL pride while I play!” Come on out and support our team! Games are on Tuesday and Thursday nights at Union Fields, across from Cass Park on Route 89 in Ithaca. Check for times and more information at www.ithacawomensoftball.com.

That’s How We Roll

PPSFL also sponsors the SufferJets roller derby team. Get to the derby and cheer for Pl-Anne B! Derby girls do it with protection, so she’s always prepared!

Go to www.ithacarollerderby.com to check out upcoming bouts and events.

Drama Queens

Spot us in the Kitchen Theatre and Hangar Theatre playbills for the summer season.

PPSFL APPRECIATIONS

We would like to extend our deepest gratitude to those Board members who recently rotated off our Board: Margot Bliven, Patricia Johnson, Barry Linchuck, Kate Potteiger, Jessica Traynor, and Penny Whitford. Your insights, guidance, and support have been invaluable to us. Thank you!

We would also like to welcome the individuals who recently joined the Board of Directors: Shewanee Howard, Anne Kenlon, Sharla Lefkowitz-Brown, Wendy Robertson, and Carmen Strong. We are looking forward to working with you!



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