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Dating, Sex, Love & You – How to survive and find true Love!

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EXCLUSIVE INTERVIEW

Find out why supermodel
Kim Alexis says,
"Say NO to sex
before marriage"

PLUS

Abortion

13 women and 4 men
share their stories

Condoms and the Pill

Dangers you need to know

Pregnant?

FREE pregnancy test and
help for you on page 26

Sex before marriage?

Men and women speak about
different decisions

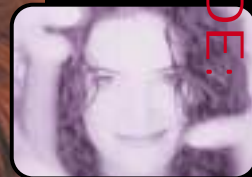
Pressured to have sex?

How to say "NO" without
saying "Good-bye"

Take Dr. Laura's "Is it Love?" test

It's revealing and fun

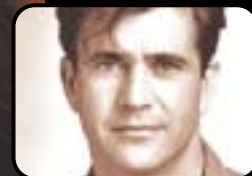
INSIDE:



Grammy Winner
Rebecca St. James
says, "True Love Waits"



Kathy Ireland says,
"I used to be pro-choice."



Mel Gibson on
God and children



A.C. Green
NBA Lakers Champ:
"Proud to be a virgin"

Discover how you can have true love, a great relationship and a lasting marriage!

"I'm saving sex!"



"Many girls who are having pre-marital sex are looking for love in the wrong places."

"The best reasons for saving sex for marriage are to keep yourself pure for your husband and to live your life away from that sin."

- MARISOL GARCIA, 16, Wilmington, California

"I'm saving sex for marriage because I want my virginity to be a gift to my future wife."



"If a friend was afraid of losing her boyfriend because she wanted to say 'No' to sex, I would tell her to let the boy go. If he truly loves her, he won't make her do anything she's not comfortable with."

- JOSHUA HAMILTON, 20, Mount Juliet, Tennessee



"Think twice before giving away that special gift meant for your spouse. I'm a virgin and I've found that not having sex is one of the smartest things

I've done in life. When you prove to yourself that you can control one of the greatest feelings on earth within you, you'll find that all other tasks in life become easier"- EDDIE REAY, 20, Newbury Park, California

(You may read more comments received from other young men and women at www.lovematters.com)

What Part of "NO" Don't You Understand?

Remember, a come-on line demands a super comeback that can put an end to the pressure once and for all. Communicate with a strong "No," and the pressure will stop.

Great comebacks you can use today!

Come-on: "I do it with all my girlfriends."

Comeback: "Not this one. By the way, now I'm your ex-girlfriend."

Come-on: "OK, let's take off our clothes and just be together. We don't need to do anything."

Comeback: "Do I look that stupid to you?"

Come-on: "Don't you find me attractive?"

Comeback: "I find you very attractive. I like you a lot. That's why I don't want to wreck our relationship by getting too physical."

Come-on: "Don't worry. I'll use protection."

Comeback: "You're going to need protection if you don't leave me alone."

Come-on: "I'll stop whenever you say."

Comeback: "How about right now?"

Come-on: "I love you."

Comeback: "Then please prove it by respecting my values."

Come-on: "What are you waiting for?"

Comeback: "I'm waiting for the person I'll marry."

Come-on: "Sex isn't a big deal."

Comeback: "It's a big deal to me, a big deal to my future husband (wife), and a big deal to God. I'm committed to saving sex for marriage."

Come-on: "If you really loved me..."

Comeback: "If you really loved me, you wouldn't ask."

Come-on: "Everybody's doing it."

Comeback: "Then you shouldn't have any trouble finding somebody else."

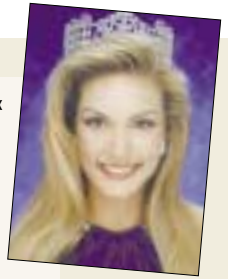
Seventeen's Sex Survey

After a surprising sex survey, *Seventeen* magazine revealed that 71 percent of teens who've had sex wish they had waited. *Seventeen* magazine called 500 girls and 500 guys across the nation for an interview about sex. They asked 13-21-year olds, "Have you had sex?" And if so, "Do you wish you had waited until you were older?" It was reported that 65% of the girls and 63% of the boys (ages 15 to 21) had sex at least once. Most who had sex wish they had waited.

**81 percent of girls wish they had waited.
61 percent of boys wish they had waited.**

Virginia, 15, one of those interviewed, says she's waiting to have sex: "I'm usually independent, like if some guy tries to tell me what to do or pressures me, I'm like, 'I don't think so.' I want to have love, not sex, and there's a big difference."

Source: *Seventeen* Magazine, May, 1996



AMANDA PENIX
Miss
Oklahoma
USA 2000

"I'm saving sex for marriage because I

want it to be something wonderfully special between my husband and myself. I don't want him to compare me to anyone else and I don't want to compare him. It's important to let others know about your decision to save sex for marriage — don't be embarrassed."



KIM HILL
Singer and
Songwriter

"The decision to have sex outside of marriage results in a slow, subtle kind of death. It's the death of

innocence and purity. The shattering of dreams. The numbing of a once vibrant, youthful spirit. The word abstinence implies denial and all sorts of negative restrictions. In truth, though, abstinence means wholeness and freedom and peace. A life of virtue can be a difficult road, but it's a road of promise and excellence, and one without regret."



KIRK CAMERON
Actor

"Sex within marriage is the only kind that's truly fun and exciting — the kind that lasts for a lifetime. I'm glad I waited."



"True Love Waits"

A national abstinence movement is catching fire across the country. "True Love Waits" is a youth movement that's helping teenagers and college students save sex for marriage. Since its beginning in 1993, more than 2.4 million youth have pledged to save sex for marriage. This includes signing a statement which reads, "Believing that true love waits, I make a commitment to God, myself, my family, those I date, and my future mate to be sexually pure until the day I enter marriage." For more information, call 1-800-588-9248 or visit their very cool web site at:

www.LoveMatters.com

*True Love Waits Goes Campus:
Nearly 200 students signed "True Love Waits" pledge cards on this campus in Mount Juliet, Tennessee.*

Editor's Welcome...

Will your relationships bring you true love and lifelong happiness? Learn the secrets of success in today's dating jungle!

Dear Friend,

Hi! Have you found TRUE LOVE? Have you met the right person? Want to find an awesome, lifelong marriage partner – and avoid the emotional and medical nightmares that so many young lovers fall into today?

You can boost your chances of reaching those dreams tremendously if you read this newspaper filled with valuable tips on dating, sex, love and life. (You can find even more savvy tips and helpful information at our new Web site at LoveMatters.com)

When Hollywood movies, TV, magazines, pop music and friends say, "Just have sex and don't worry about the consequences," should we listen to them? We've all seen where that kind of gambling gets people: More pain than a skydiver without a parachute.

If you're in a relationship now, or you hope to be in one soon, you're going to love the real-world tips, insights and advice you'll find in this newspaper and on our Web site. They'll help you make the right decisions when you face questions like:

- Is he MR. RIGHT? Is she THE ONE?
- Should we keep dating?
- Should we get married?
- Should we start having sex?
- Are condoms safe?
- Will the Pill harm my health?
- Should I save sex for marriage? How?
- What if I become pregnant?
- What's abortion like? For me? For my baby?

Answering these questions will be much easier for you once you've read this newspaper. That's because we've included "the cream" of lifetimes of research by 29 experts on love, life and marriage.

You'll also find fascinating personal stories from people who've learned from their mistakes, stopped their destructive behavior and now live happy lives. Their courage and hard-won wisdom will help you do what's right.

I hope you'll read this newspaper and join the new millennium's "Save Sex" revolution. Lots of young people get into sex to try to be cool or "in," but more and more young people are saving sex for marriage. It's okay not to follow the pack! Just read what superstar celebrities say in this paper: they don't worry about what others think.

So if you want to find the love of your life, start getting ready today. It's only by making good decisions that you can have a clear conscience and be happy and confident. Best of all, you'll start experiencing the long-lasting, genuine peace and joy that TRUE LOVE brings.

If you want to enjoy a great relationship and be truly happy and free... if you want to protect your physical and emotional health... you need to learn the secrets of making smart decisions about dating, sex, love and life. Keep reading. You'll discover how saving sex for marriage will help you find happiness and avoid heartaches and diseases that nobody needs.

And let us know what you think! You can post a message on our bulletin boards at LoveMatters.com. Thank you!

For your happiness and health,

J.T. Finn
J. T. Finn
Editor-in-Chief

P.S. Get FREE GIFTS! See pages 22, 26 and 28.

P.P.S. WIN \$250! Win cash in our contest online at www.lovematters.com

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KIM ALEXIS**

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**GRAMMY WINNER
REBECCA ST. JAMES**

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DR. LAURA'S

"Is it Love?" Test.....page 7

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On God and Children.....page 15



MADONNA

stunned by her baby's ultrasound pictures.....page 14

True Love Waits



**KIMBERLY GLOUDEHANS,
Miss California Teen
USA 1997**

A Different Generation

"It's been echoed to teens over and over again – we are 'Generation X' – we have no morals, no dreams and no future. But I know I am not a part of that same generation. In fact, millions of teenagers are finding out the same thing about themselves. We decided to rise above the constant stereotyping. We have morals and are standing up for what we believe in. We are setting goals and we are achieving them.

I strongly believe we are 'Generation X-celence'.

"Because of that I am saving sex for marriage. I know God has great things destined for me and I don't want to let premarital sex, STDs or anything else stop me from reaching those great things. Virginity is a gift I can only give once. It can't be bought or earned. By saving this gift for marriage, I am saying, 'My whole life I have been committed to one. You are that one'."

A.C. GREEN,

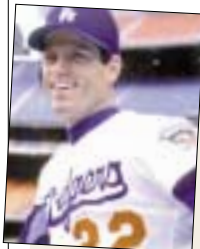
Basketball star on the Los Angeles Lakers' 2000 World Championship team

"I'm proud to say that I am a virgin, and I don't hide the strength God has given me. You have to learn to respect yourself before you can start respecting other people." – A.C. Green

Source: A.C. Green Youth Foundation, Inc., 1-800-AC-YOUTH, www.acgreen.com



**A.C. GREEN,
Lakers Star**



BRETT BUTLER

Brett recently retired from the Los Angeles Dodgers as one of the top 25 leadoff hitters in the history of professional baseball. In 1996, after 16 years of playing professionally, he was diagnosed with cancer. He was never expected to play again, but overcame the disease and continued to play successfully with the Dodgers.

"Making love is a wonderful thing between a husband and wife in marriage. God promises that He will bless that relationship. The marriage relationship will not be as fulfilling if you don't abstain from sex before marriage. There is a danger of bringing emotional scars into marriage if you have sex in relationships prior to marriage." – Brett Butler



Did you hear "Brick" by Ben Folds Five?

"Yeah, I'm kind of surprised it's on the radio." That's what Ben Folds said when his hit song, "Brick", raced up the charts. Why? Because the song's about abortion. But Ben says it's about more than that. He says it's about his own personal experience. "It's the story of my senior year of high school, basically. More so, it's about the fact that it happens and there are emotional byproducts. There's a reason why it's a big political issue – because it damages lives."

Source: Ben Folds in a CMJ New Music interview with David Daley

What do you think about "Brick?" You can let us know on our bulletin boards at LoveMatters.com

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Sex is great! It's more wonderful than words can describe. Sex can be one of the most beautiful things you'll ever share with another person. But sex before marriage has emotional consequences that can bring lifelong pain. Some of these dangers are camouflaged. Many are like quicksand, hard to see until it's too late. Sex isn't awesome with any of these nine emotional disasters. Why not save sex for your honeymoon with the love of your life?

SEX is Awesome!

(Unless you are...)

1 WORRYING YOU'RE PREGNANT

Worrying about conceiving a baby before marriage is a major emotional stress. "It's a relief to be a virgin," says Nicole, 16.

2 INFECTED WITH VD (VENEREAL DISEASE) OR AIDS

Two VDs – human papilloma virus (the main cause of cervical cancer) and chlamydia (the leading cause of infertility) – are carried by at least one of every three teenage girls who have sex. VD and AIDS don't always show symptoms, so many people don't even know they have them.

3 REGRETTING YOUR PAST

Many people experience deep remorse after having sex before marriage. There is often the feeling of being used. A feeling that you've given up something precious, and all for nothing. Premarital sex often produces regret and remorse which lasts for years. Here's the testimony of a psychiatrist, now in her 30s:

"From 17 to 18, I was very promiscuous. That sick, used feeling of having given a precious part of myself – my soul – to so many and for nothing, still aches. I never imagined I'd pay so dearly and for so long."

And one young husband says, "I would do anything, ANYTHING, to forget the sexual experiences I had before I met my wife. . . the pictures of the past and the other women go through my head, and it's killing any intimacy. The truth is, I've been married to this wonderful woman for eight years and I have never been 'alone' in the bedroom with her."

4 FEELING YOU'RE GUILTY

There's also guilt, which is a form of regret that tells you you've done something morally wrong. It's not some unhealthy feeling your parents or your religion gave you. It's a normal response, a sign that your conscience is working.

Deon says, "It's not something you want on your conscience, that you've caused a girl to have deep emotional problems."

Jim says, "The thing I regret most of all about high school is the time I single-handedly destroyed a girl."

Ruben, 16, says he stopped having sex when he felt guilty about the pain he was causing: "You see them crying and confused. They say they love you, and you know you don't love them."

5 LOSING YOUR SELF-RESPECT

Be honest! Don't you believe in your heart that it's best to wait for marriage? So why violate your instincts? That lowers self-respect. Catching a VD will also lower your self-respect. So will giving a VD to someone. Promiscuity (having partner after partner) also destroys your self-respect. So does conceiving a baby outside of marriage and then paying to have him or her aborted. People are not things. Uncommitted sex treats them as if they are. It hurts them, and wrecks their self-respect – as well as your own.

6 CORRUPTING YOUR CHARACTER

If you treat others as sex objects and you exploit them for pleasure, you'll corrupt your character and degrade your own sexuality. Good character includes honesty, fairness, decency, caring, self-control, etc. If you start messing with sex before marriage, your self-control will suffer, and sex can almost take over your whole life. Sexual addictions are out of control today. Promiscuity, rape, incest, adultery, pornography use (magazines, videos, Internet), masturbation, molestation, sexual harassment and prostitution are rampant. Committing these acts poisons good character.

7 LOSING TRUST AND FEARING COMMITMENT

When sexual relationships end, there's often a broken heart. This deep pain makes it hard to trust again. Once a person's heart is broken, they fear another broken commitment in the future. Many, once they've been burned, just give up hope. People who have been used sexually are likely to have low self-respect and they often seek any kind of attention, even if it's in other demeaning sexual relationships.

8 DEPRESSED AND THINKING OF SUICIDE

Sex can make you feel like you're experiencing true love. That makes a breakup very painful, which can lead to deep depression, hopelessness, and even suicide. And breaking up is only one cause of sex-related depression. The consequences of losing your virginity, getting AIDS, getting a VD, conceiving a baby outside of marriage, killing that baby, hurting your reputation, ruining someone else's reputation, and disappointing those who trusted you can all lead to depression, and worse.

(Family counselor Clayton Barbeau's study of suicidal teens found that in almost every case, sexual issues were a major cause of their anxiety, despair and self-hatred. Suicide counselors can help you at 1-800-999-9999.)

9 RUINING A GOOD RELATIONSHIP

Sex before marriage can also turn a good relationship bad. It can easily take over your relationship and stop other very important dimensions of the relationship from developing – leaving a one-track relationship with no solid foundation.

Why take risks that can cause you grief the rest of your life? Your future marriage will be much happier if you don't have to worry about – or recover from – the negative emotional consequences of sex before marriage. Without sex, your relationship can still be great fun as you grow together, develop your own identities, chart your exciting future, hone your skills, pursue your interests, make more friends and nurture your spirit. Waiting will help each of you develop discipline and great respect for each other. It also makes for an awesome honeymoon!

Adapted from *Sex, Love & You* by Tom Lickona, Ph.D.

If you've already had sex, read the tips about "Secondary Virginity" and "Starting Over" on pages 7 and 12.

How would you define Love?

It's not just affection. The great thinker Thomas Aquinas said that to love is to know, to will and to do the good of another.



Mother Teresa on Love

"A joyful heart is the normal result of a heart burning with love."

"We must know that we have been created for greater things, not just to be a number in the world, not just to go for diplomas and degrees, this work and that work. We have been created in order to love and to be loved."

"Each time anyone comes into contact with us, they must become different and better people because of having met us. We must radiate God's love."

"Intense love does not measure. . . it just gives."

"To be true, love has to hurt . . . Jesus said, 'Love one another as I have loved you.' He loved until it hurt."

SINGER Jessica Simpson says, "I promised God, my father and my future husband that I would remain a virgin until I got married. I just always knew it was something I wanted to do."

EXCLUSIVE INTERVIEW

Supermodel Kim Alexis Shares Her Insights on Self-Respect, Sex, Life and Marriage



Kim's personal message to LoveMatters.com — and to you!

Kim Alexis has graced the cover of more than 500 magazines around the world as one of America's leading supermodels.

She was the Fashion Editor of "Good Morning America" for three years and hosted two of her own cable shows — "Healthy Kids" on the Family Channel and "Ticket to Adventure with Kim Alexis" on the Travel Channel. Kim also has her own radio spot called "Bet You Didn't Know That."

She has appeared as a guest star on the ABC television series, "The Commish," was in the final episode of "Cheers," and filmed a movie of the week for NBC, "Perry Mason: The Case of the Wicked Wives." She also guest-starred in the hit television show, "Hope and Gloria."

In her latest book, *A Model for a Better Future*, Kim shares her convictions and thoughts about how to combat the moral pollution that threatens families, communities and the nation.

Kim and her husband Ron Duguay, a former NHL player, live in Florida with their five children.



Photo credits: Charles William Bush

Kim on respecting yourself and saving sex:

When we are young, one of our most fragile emotions is self-respect. Remember that others treat you as they sense you treat yourself — meaning, if you feel really good about you, then others will naturally treat you with that same respect. There are many ways that we try to gain self-respect or even hold on to what we have. By having sex before marriage we lose that self-respect. God gave us certain rules to live by so that we can be happy. Having sex before marriage causes pain and consequences ALWAYS. Young people need to realize that they should say "NO" to sex before marriage because it is wrong and causes serious consequences. One of these can be an unplanned pregnancy, and unfortunately, many women then make the wrong decision to have an abortion.

In the Bible it says when two people are joined in marriage they become one. Part of the reason that they become one is the union of their bodies. Sharing your body with someone you don't know well — or even with someone that you love very much, but are not married to — is wrong because God says we should save the sex act for marriage. We all need to have a fear of doing wrong, a fear of God Almighty.

Kim on the value of life:

I think that our whole country needs to have more love and compassion for all children. All life is valuable and a gift from God. Pregnancy is not something that "just happens." Pregnancy is a gift from God. I think it is God telling us "OK, you are responsible enough to raise this new young life that I, God, am going to give you." And for people who can't conceive children, God may be asking you for an even more generous response — to adopt and raise a child.



Kim with her baby Noah.

Kim on the "M" word — Marriage:

I realize that my marriage to my husband is precious and needs to be maintained. I have no desire to be unfaithful because I know that would be wrong, and that by being faithful, I stay away from a lot of pain and suffering. My strong marriage, and my walk with the Lord, are the basis for my happiness. When I work on my marriage by giving my time and conversation to my husband, I find I am much happier and that this joy overflows into other relationships. It also enables me to have great relationships with my children and people at work.

My husband has the qualities from Galatians 5:22: kindness, goodness, gentleness, self-control, and faithfulness. He also has a real love for children and strives for the truth in all situations. A healthy marriage needs God right in the center. Husbands, love your wives as you love yourselves, and wives, submit to your husbands.

My roles of wife and mother are way more important than my career. They come first. I think of them before I accept any job.



Kim enjoys time with her family.

Losing My Virginity

Dear Friend,

My story is painful to share, but I want you to know what happened so you won't get hurt like I did.

I was 23 and I had always planned on being a virgin when I got married. I dreamed of walking up the church aisle wearing a white wedding dress as a sign of my purity and the gift I would give to my husband. This was very important to me and it helped me stay strong for a long time. If only I had persevered! Ultimately, I gave in to pressure and found myself single, pregnant and worried to death.

Telling my parents. . .

I'll never forget the sick panic that overcame me. I was afraid, ashamed and worried about my future. How could I tell my parents? What would my relatives, friends and people at church think?

While I was growing up, my parents did a good job teaching me about the benefits of waiting and the risks of premarital sex. But I allowed myself to get into a situation where a young man continued to pressure me to have sex.

After saying "no" for so long, I let my willpower get worn down and I gave in to pressures and emotions. The worst part of all was that I knew it was wrong. Still, I gave up my virginity – and three weeks later I discovered I was pregnant.

And I'm not the only one. Dozens of girls I know from school, work and church have also had sex before marriage. Many got pregnant. Some became infected with venereal diseases. Others have had abortions. I've seen it all first-hand. Almost everyone I know who's had premarital sex has a tragic story. That's because sex before marriage is full of ugly surprises, heavy price tags and life-long scars.

What about you?

Are you dating someone and wondering if you should have sex? Take my advice, don't do it! Wait till you get married. Otherwise you'll end up like me and my friends saying, "If I had only known."

And waiting's not so bad anyway. You can still have an exciting life with great relationships, fun times and real love – all without sex before marriage. That's why we've published this newspaper. We want you to have the facts so you can make the best decisions possible for yourself regarding sex, love and life.

True love waits

You see, love is about a lot more than sex, and sex is about more than pleasure and physical desires. Sex is about totally committed love. It's about bonding for life. It's about babies and more. That's why you should save sex for the committed love of marriage. Many kids realize this and they're happy to be waiting.

Why are they waiting?

They're saving sex as a wedding gift for that meaningful, emotionally fulfilling – in essence, the ultimate – lifetime sexual partner that they marry. Controversial? Yes, but you'll find that waiting for marriage is the best way to go. Read on and you'll find numerous testimonies from experts, celebrities and peers to prove it. Plus, studies show that saving sex for marriage builds self-respect, willpower, trust, strong communication skills and true love – essential ingredients if you want to build a solid foundation for a life-long marriage.



SUE CYR
LoveMatters' Editor

Broken hearts, diseases, abortion

"But what if I don't want to wait?" you might ask. Stop and think about the risks. Are you ready to live with the pain of a broken heart, venereal diseases (STDs), or an unplanned pregnancy? Are you ready to be a single parent, to get married, to place your child for adoption or to live life knowing you aborted your tiny baby?

Heavy decisions, I know. My baby's father and I were not right for each other, so marriage was out, and that was difficult. Abortion was also out. It was never an option I would consider. My baby was alive in my womb and she deserved a birthday. In the end I decided it would be best for my child to grow up in a home with two parents, so I placed my baby for adoption with a loving family. It was a tough decision and it's still painful, but I know in my heart it was the right choice for my precious daughter. I'm so glad she's alive today!

Pregnant? Need help?

If you're single and pregnant, let me make three suggestions: 1. Take your time. Don't rush or give in to pressure. Learn about all your options. 2. Call the toll-free counseling numbers on page 26. Caring help is available right now.

3. Read the stories in this paper about women who've had abortions. Most women regret abortions. In fact, when Dr. David Reardon, Ph.D., surveyed 260 women who'd had abortions, he found that:

- 94 percent had regrets about their abortion
- 28 percent attempted suicide
- 58 percent lost pleasure from intercourse
- 63 percent had flashbacks of their abortion

(You can see the complete survey at: www.LoveMatters.com)

Women (and men) have been hurt by abortion all across the country. Many have written us and asked us to print their personal stories. We've included them on the pages that follow – along with shocking confessions from former abortionists. Until you've read about the emotional pain, the spiritual torment and the physical injuries, it's hard to understand just how devastating abortion really is.

And finally, we want to help you. If you want to find true love and save sex for marriage, if you're pregnant and need help, or if you're suffering after an abortion, we've included excellent resources, toll-free counseling numbers and web sites just for you. LoveMatters.com wants you to have all the support, facts and tools you need to make the best possible decisions in life.

I hope you enjoy reading our paper. Please share it with your friends.

Thank you!

Sincerely yours,

Sue Cyr
Sue Cyr
Editor

P.S. If you're pregnant and need help, Care Net has wonderful counselors to help you at the toll-free number below.

Pregnant?
Free pregnancy tests.
Caring and confidential.
CARE NET 1-800-395-HELP

Teens Talk About Having Sex

What were your feelings after having sex for the first time?

I felt strange and, in a sense, used. It was like we were both caring for the same person – him. I felt left out of it. — *Elizabeth, 15*

I felt angry. I had promised myself I would wait till I was married, but I did it anyway. Now it was too late. I had lost my virginity. — *Alice, 15*

The only reason I went out with her was for sex. Once I got it, I was satisfied and I didn't want to be around her. — *Bobby, 17*

I felt shy and I didn't want to see her again or to look at her when we passed in the hall.
— *Louis, 15*

How did sex affect your relationship?

You have special ties – a bond. You've given yourself to him completely, shared your body with him, satisfied his needs. You think there will always be a commitment from him and are angry and hurt when you see there is none.
— *Melissa, 17*

He told me he loved me and he would never leave me. When we broke up, I was going to commit suicide. I thought no other guy would ever go with me.
— *Shannon, 17*

You get bored. It's like a kid with a toy. When he first gets it, he spends all day with it. Then after he breaks it in, it's not fun anymore, so he finds another toy.
— *Reggie, 16*

At first I really liked her, but after I had sex with her, I saw she wasn't all I thought she was.
— *Antonio, 17*

I felt real easy and cheap, even though I'm really not. I just needed to be loved. — *Coco, 17*

Do you think you have to keep having sex once you've started?

No. Maybe the one you did it with was a mistake and now you've learned a lesson. Why make the same mistake twice? — *Randie, 16*

No. As a matter of fact, I think you can wait until you're married, and then you will feel like a virgin, even if you're not one.
— *Dana, 16*

What advice would you give a teenager who is not sexually active?

Wait until you're married. Then when you have sex, it will mean something – that you're in love with your husband and want him to be the first.
— *Raquel, 17*

Wait until you're married. Young men today are looking for young women who have not been used, abused, and accused. — *Robert, 18*

If I was a girl, I would not give it up until I got married. You just can't trust these guys.
— *Jeremy, 16*

Wait until you're married. Most guys out there are users and you'll end up getting hurt, having a bad reputation, and more than likely, in the long run, being alone. Don't do it to make your boyfriend happy.
— *Hamilton, 18*

Source: *Boyfriends: Getting Them, Keeping Them, Living Without Them* by Joyce L. Vedral, Ph.D. New York: Ballantine Books, 1990



DR. LAURA SCHLESSINGER
The top female radio personality in America, and a licensed marriage, family and child counselor. Dr. Laura's internationally syndicated radio show airs on more than 450 stations in the U.S. and is heard by 18 million listeners each week.

Take Dr. Laura's "Is It Love?" Test

Are you ready to take Dr. Laura's "Is it Love?" test? After taking this test, you'll quickly know whether your relationship has a good chance of growing into a long-lasting one, and maybe even marriage. Answer each question with "yes" or "no" and then check your score in the categories below. Afterwards, have your boyfriend/girlfriend take the test to see how you compare. Most importantly, be honest! Your future happiness depends on it.

- 1 _____ Can you say there's no jealousy in your relationship?
- 2 _____ Is your relationship free of drug and alcohol abuse?
- 3 _____ Can you say you're never asked to compromise your moral values?
- 4 _____ Do you appreciate and enjoy each other's family and friends?
- 5 _____ Have you discussed your long-term goals for faith, family and career in detail?
- 6 _____ Do you have complete confidence in each other?
- 7 _____ Has experience shown him/her to always be truthful and open with you?
- 8 _____ Does he/she always follow through on promises and commitments?
- 9 _____ Do you talk openly and easily with each other about everything? (Including this test?)
- 10 _____ Do you both listen carefully to one another and try to understand each other's point of view?
- 11 _____ Do you practice the same faith by praying and going to church together regularly?
- 12 _____ Do you both agree that marriage is forever?
- 13 _____ Do you refrain from using manipulation or blackmail to get your own way?
- 14 _____ Do you like spending time together doing different activities? (Not just watching TV, mall shopping or talking on the phone together. I recommend volunteering for church, charity and civic projects – or joining school clubs, bands, debate teams or sports programs.)
- 15 _____ When you have a disagreement or the going gets tough, do both of you respond respectfully with patience and understanding?
- 16 _____ Have your family and friends told you they approve of your relationship – that they feel it's making you a better person?
- 17 _____ Do you limit your physical relationship to holding hands and simple kisses?
- 18 _____ Have you seen each other during good times and bad? (Virtues shine during adversity. Never rush to marriage – you'll miss critical signs of good or bad character traits.)
- 19 _____ Do you both stay away from pornographic magazines, videos, Internet, etc.?
- 20 _____ If your future spouse had a serious accident that maimed or disfigured him/her for life, would your love remain strong? Could your love survive without physical expression?
- 21 _____ Do each of you dress, speak and act modestly?
- 22 _____ Can you admit your own shortcomings and discuss them openly?
- 23 _____ Are you both generous in making sacrifices for others?
- 24 _____ Does your sweetheart already have the qualities needed to be a super spouse and a wonderful parent for your children?
- 25 _____ Are you willing to give up power and let your loved one control some of the important decisions and circumstances? (True love means frequently surrendering your will to meet your loved one's needs and wishes without violating your moral values.)

SCORING: Give yourself one point for each "yes" answer. (Her score? _____ His Score? _____)

22 to 25 pts. "Solid as a Rock!" . . . It's True Love! Congratulations on a very strong relationship.

19 to 21 pts. "Looking Good!" . . . You're relationship has good potential. With a little work, you can become "Solid as a Rock."

15 to 18 pts. "Warning Signals!" . . . It might be "Infatuation." Work on the "No's." Take the test again in six months and again in 12 months. Hopefully your scores will improve and your relationship will grow. If your relationship doesn't greatly improve within a year, you should consider ending it.

Below 15 pts. "Red Alert!" . . . Sorry, this may be painful to hear, but it's probably time to say "goodbye." It's either blind infatuation or there are other serious problems. (If you're married and you scored below 15 points, don't give up – get some good marriage counseling ASAP.)

**** Bonus Question:** Are both of you committed to saving sex for marriage? If yes, add two points to your score.

An Important Tip from Dr. Laura. . . . "It's difficult to get an accurate reading from my 'Is it Love?' test if you're sexually active. Sex is so powerful that it's often blinding before marriage. That's one of the reasons I say 'Don't shack up!' If you're sexually active, my first recommendation is to stop having sex immediately. With sex out of the picture, it will be easier to see how each of you responds in the critical areas that build strong, healthy, lasting relationships. It's definitely challenging to save sex for marriage – but it's worth the wait and it helps assure a happier marriage. Go ahead and make the commitment. You'll be glad you waited!"

Dr. Laura's Hard-Won Wisdom Helps Her Callers

On November 3, 1998, Dr. Laura told her radio listeners:

"I have undergone profound changes over the course of my life – most important of which is my journey from basically an atheist, to an observant Jew. In my 20s, I was my own moral authority. The inadequacy of that way of life is painfully obvious today. At the same time, my early experiences have taught me how much better it is to live by an objective and absolute standard of right and wrong, preferably a standard set by God. And that is the hard-won wisdom I try to pass along to others. . . every day on this program."

How to Start Over If You've Lost Your Virginity

Secondary virginity is a decision to abstain from sexual activity, starting with today and continuing until the day you get married. It's an opportunity to start over. Your physical virginity may be lost, but virginity is more than just a physical state. It's an attitude, a frame of mind. It's manifested in the way you look at yourself and others.

Secondary virginity is a time to change bad habits and heal past wounds. It allows you to clean and renew yourself prior to marriage.

Why do people choose Secondary Virginity? Young adults say...

"I didn't like being used."

"We were so much into sex that we never became friends."

"Just because I made a mistake doesn't mean I have to keep on making the same mistakes."

"I'm going to wait because I have hurt a lot of people as well as myself and I want to change my life for the best, for me and for my future children."

Five Steps to Becoming a Secondary Virgin

1 Make a firm commitment to save yourself for marriage from now on, and believe you can do it. (Because you can!)

2 Get away from people, places, things and situations that weaken your self-control. Sometimes the healthiest thing we can do is avoid people who tempt us.

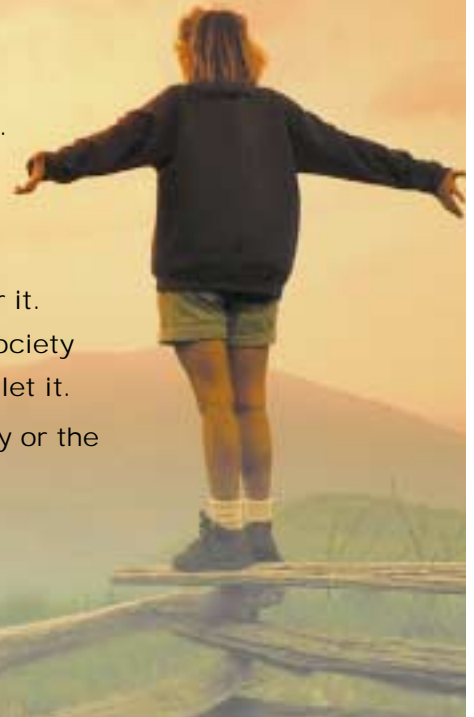
3 Avoid intense hugging, passionate kissing and anything else that leads to lustful thoughts and behavior. Anything beyond a brief, simple kiss can quickly become dangerous.

4 Find non-physical ways to show your love and appreciation.

5 Remember that anyone can start over. Including you! When you focus on commitment and self-discipline, you can control your impulses.

You're Priceless

You were born with dignity and worth that no one can take from you. Not even you can take it from yourself!
 You are a precious and unique gift.
 There has never been nor will there ever be anyone exactly like you.
 Life does have meaning and it is your task and challenge to discover it.
 You have an irreplaceable contribution to make to your family and society that no one can make for you; your life can make a difference if you let it.
 Don't let concerns about physical attractiveness, intelligence, money or the growth and changes you are going through get you down.
 The key to overcoming the ups and downs of these feelings is to be yourself and not pretend or strive to be someone else.



Nine Tips to Feeling Great about Yourself

YOUR SELF-WORTH NEVER CHANGES. Every human being is born with innate, God-given dignity and value. Having a strong sense of your inherent worth can help you when others don't affirm or value you as they should.

YOU ARE NOT ALONE! Look around you and you'll see that everyone has times when they're shy, sad, nervous, quiet, angry, silly, afraid to participate or embarrassed. People often act these ways when they're feeling inferior. Everyone has times like this, but you can overcome them.

DON'T COMPARE YOURSELF TO OTHERS. This is at the root of all inferiority. It's deadly because people tend to compare their greatest weakness to another person's greatest strength. There will always be people who are better and worse at something. When people accept who they are, they don't have to compare themselves to others. Compensate instead of comparing. That is, make the most of what you have by concentrating on strength. Strengthen what skills you have and develop new ones. If you respect yourself, others will too.

ESTABLISH GENUINE FRIENDSHIPS. The best way to have good friends is to be a good friend.

BE YOUR OWN PERSON. This requires knowing your values and being faithful to them. If you don't know what you want, or you don't have a plan for getting it, you'll be tossed around and pulled by every attraction that comes along.

PAY ATTENTION TO PRAYER AND SPIRITUAL GROWTH. Pray every day. Study what really matters in life. Take care of your spiritual needs in order to keep your whole self healthy.

STAY IN TOUCH AND COMMUNICATE WITH YOUR PARENTS. Generally parents are constant and faithful friends who are interested in the well-being and happiness of their children. Most parents have lots of wisdom and love and they can be your strongest support in times of difficulty. Talk about your problems with them. Seek their advice and pray for them.

FACE YOUR PROBLEMS. Ignoring problems does not make them go away; instead, it tends to lower a person's feelings of self-worth. Solving problems, on the other hand, enhances your self-worth.

BE HAPPY AND SHOW IT WHEN OTHERS HAVE SUCCESS. Self-respect grows when we appreciate others' blessings.

Adapted from *Love and Family* by Mercedes Arzu Willson

"Prove You Love Me"

Self-respect feels good

As two people grow in love, it's natural to want to express that love physically.

Hundreds of thousands of men and women are committed to saving sex for marriage, but challenges can be very difficult if the boy or girl pressures the other to "prove" their love.

One panicky girl wrote: "I'm 19 and am going with a guy who's the same age. I'm in another country right now and the distance has brought us closer. He says that he loves me, and I love him, too. In one of his letters he wrote, 'I believe that you can write 'I love you,' but what I'd like to see is proof of it when you get back.'"

This guy used the oldest line in the book: "Prove your love by going to bed with me." And she was scared to death! Why? Because she didn't want to lose his love. She was terrified of his demand, but she couldn't imagine how she'd survive if he didn't like her response.

She needs self-respect – enough so she'll demand respect from others. She needs enough confidence to gladly tell such a guy to get lost. What makes him so wonderful that she should have to "prove her love" to him? **Let him prove his love by showing respect to her.**

There's no store where you can buy self-respect. You can't order it from a catalog. No magic formula will give it to you. You give it to yourself. You do that because you know you deserve it, because God made you and loves you and intends to give you more goodness than you can handle!

Famed Sex Prof Alfred Kinsey Exposed as a Fraud – and Worse

Kinsey's famous research sparked the sex revolution and sex ed. But Dr. Judith Reisman's investigations have proven his "findings" were a scientific fraud based in part on unbelievable crimes against children. Read her earth-shaking articles via Lovematters.com

Tell us your thoughts. . .

Dear LoveMatters.com,

"A friend of mine is only 17 and has had sex with over 50 men. Over 50!

I want people like her to know it's not too late to turn their life around. I want her to know that she is still special. I want to give them their self-respect back and stop them from spiraling down, down, down. I want them to know that whatever they have done in the past does not make them a bad person. I want to give them hope."

– From a 16-year-old girl in California

What do you think?

Join the discussion on-line! Post your thoughts on our Bulletin Boards at Lovematters.com

We Waited – and so can you!

By KEITH KISER

Amazing as this may sound, Tami and I were both virgins when we got married. It wasn't easy – let me tell you – but we're glad we waited!

We started dating in the ninth grade and dated for seven years before we were married. As our love and commitment grew, sexual temptations became a real struggle. We were both practicing Christians who wanted to please God. But, even though God said "No," our bodies were shouting "Yes!" And it seemed our bodies were screaming louder!

Resisting Sexual Temptations

Hormones were racing! We wanted to wait, but our flesh was saying "go for it." TV, movies and music made matters worse. Their messages encouraged "sex, sex and more sex." Our conviction to wait was weakening. Sexual impurity, leading toward intercourse, was destroying our relationship. Pain, sin, guilt, and confusion were breaking us apart.

On the brink of disaster, we made a commitment to save sex for marriage and to pray together regularly. We reinforced our decision by reading a book together about maintaining sexual purity in a dating relationship. Committed to chastity, we helped each other fight sexual temptations. It was hard at times, but we developed great discipline and respect for each other. A new openness and trust grew in our relationship and our love flourished and deepened.

Now we can gratefully say that when we finally got married, we were both virgins. We can't tell you how great our honeymoon was – and we won't! Let's just say it was worth the wait. We had struggled, but we won the battles and we're both happier, stronger and more in love because we waited.

"One Flesh" – What's That Like?

Tami and I share everything – our worldly possessions, our thoughts, our dreams, our emotions, our fears, our pains, our prayers, our entire selves. Sharing our bodies is the physical expression of our total giving to each other. Sex is not only a sign of our love, it also unites and bonds us like a human super-glue, giving us grace and strength to overcome adversity.

When a couple becomes "one flesh," it's the most intimate "knowing" possible. Not only do you bare your body, but you also bare your emotions and your soul. This giving of your most private self, and the receiving of your spouse's most private self, are magnificent privileges. But if either partner can "walk away," the gift and privilege are misused and cheapened. Love means wanting the very best for a person forever. To have sex without the committed love of marriage hurts and usually destroys the entire relationship.

Sex also brings forth babies as a sign of the love between a husband and wife. Isn't it incredible that a spiritual and physical union of love can create new life? Imagine that – two people so in love that their gift to each other creates a new child – a new person – a son or daughter like you and me with a soul that will live forever. (Pretty cool! Co-creators with God!)



Keith and Tami Kiser were both virgins when they married.

And babies need strong families with loving mothers and fathers. That's the ideal situation and that's one reason God designed sex specifically for married couples. Sex is for bonding and babies, and before marriage, these both have painfully grave consequences.

What Should you do if You've Already Started?

We realize that you may already be having sex and you're wondering why after giving so much of yourself, your relationship is still floundering. Just because you're having sex, it doesn't mean you're giving your "all" or receiving their "all." Even if two people say they love each other, they're not really giving their all if they haven't publicly vowed to commit their entire lives to each other, "Until death do us part."

Outside of marriage, sexual intimacy usually indicates that at least one party is acting without self-control in a selfish or dishonest manner. This destroys the relationship by becoming a wedge and a stumbling block to the development of mature love. Premarital sex guarantees you that sooner or later, you'll have a major communication breakdown.

To resuscitate your current relationship and to protect your future marriage, you need to stop all sexual activity immediately, including all foreplay. Give your love a fighting chance to deepen and flourish. It may seem impossible at first, but you can do it! You and your current flame (and your future spouse and your children) will be very grateful that today you made a commitment to save sex for marriage. And if you've already made this commitment – congratulations!

Source: *The Incredible Gift! The Truth about Love and Sex*, by Keith and Tami Kiser, Our Sunday Visitor Publishing Division, Inc., 1996.

"I'm Saving Sex for Marriage Because..."



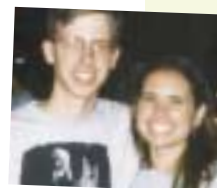
"I know it's true love when I care more about someone else's happiness than my own. I avoid pressures to have sex by not even getting close to it. My boyfriend and I have decided to respect each other's bodies. As long as private parts remain private, it's easier to avoid sex until you're married. I do not wear revealing clothes because it encourages guys to lust. (Face the facts, girls!) I also like knowing that my husband is the only man who'll see so much of my body."

RACHEL SHEPARD, 17
Mt. Juliet, Tennessee



"I don't want to share the physical intimacy of sex with anyone other than my husband primarily because without the spiritual intimacy one cannot experience the fullness or joy of sex. In other words, premarital sex is cheating and it robs you of self-respect. I avoid pressures to have sex by dating guys of like mind and beliefs. That means guys who don't just 'understand' your beliefs but who accept and profess them."

KATHARINE BYRNE, 21
Dublin, Ireland



David Shipps with his girlfriend Leigh-Ann

"My virginity is the one gift that I have never given anyone, and on my honeymoon night I can give my gift to the one person I will be with forever. I avoid pressures to have sex by dating a Godly woman who does a wonderful job of not tempting me. We also stay out of environments in which it would be difficult to stay controlled."

DAVID SHIPPS, 21
Denton, Texas

Pregnant? Considering abortion?

Read what women, doctors and men say about abortion on pages 14 to 23.

"Sexy" Fashions...? What Do Men Think?



BY MIKE MATHEWS

How do women's "sexy" clothes really affect men? As a man, I'd like to explain. So often, I see women in tight jeans, form-fitting dresses and mini-skirts. Some are wearing "painted-on" pants, low-cut blouses and tight sweaters, while others show parts of their bras here or there. Women are wearing "sexy" fashions just about everywhere – to school, work, even church.

Are these women striving to be honored and respected by men? Sometimes I wonder what their motives are deep down inside. Are they trying to be attractive and fashionable – or are they seeking something more? Do they know what signals they're sending men? Are they looking for attention – or are they trying to find a good husband and permanent love? Are they trying to attract a date – or trying to boost self-confidence?

It may be these reasons or others, but the bottom line is that dressing in "sexy" clothes will not cause men to honor or respect women. In fact, it's actually guaranteed to cause men to dishonor and disrespect them. If you want a man to respect you, and perhaps eventually fall in love with you, then you must show him that you respect yourself and that you recognize your dignity before God. The best way to show this is through modesty in dress, words, thoughts and actions.

What Triggers Sexual Thoughts in Men?

It's natural to want to dress attractively. But without always being aware of it, women who wear "sexy" clothes are "dressing for sex," – that is, dressing in ways that set off sexual thoughts in men. Why do men react this way, and why don't women always realize it? Because men and women are "wired" differently when it comes to the human body. The fact is, it doesn't take much visual stimulus at all for guys to become sexually aroused. The sight of the female body, even just a little bit and even if it's a complete stranger, can trigger sexual thoughts instantly. This might be difficult for women to understand, but it's absolutely true.

How about women? My female friends tell me that sure, women appreciate handsome, well-built men – but women are not affected visually in the same intense way that men are. Women, for example, find words of love, tenderness and sincere appreciation much more meaningful than physical images of men.

Given these differences, there's no question that "sexy" clothes will get a man's attention. For some women this may seem flattering or fun at first, but ultimately, it's not fulfilling because it won't attract the kind of attention – or man – a woman really wants. Why? Because it causes men to want to "use" women sexually rather than love them for who they are.

Remember, the sight of a woman's body is so powerful for men, that unless they're well-trained and highly disciplined, they'll have a difficult time refraining from sexual thoughts. And once these thoughts begin, they frequently turn to impure thoughts like, "If only we were alone. . ." or "I'd sure like to. . ." That's called lust, and the clothes women wear can actually trigger these thoughts in a split second. Yes, men are guilty if they entertain lustful thoughts. But decent guys want to avoid these thoughts and we hope women will help us by exercising virtue and wearing modest clothes that don't present strong temptations.

What Makes Men See Women as Sex Objects?

Whether you know it or not, if you dress in revealing clothes, many men will see you as a "sex object." Not only that, but the way you dress can affect how men view other women as well. When men are prompted to see women in lustful ways, men tend to develop a warped vision of all women, causing them to view and treat other women they encounter later as sex objects.

Whether it's conscious or unconscious, if you present yourself in a way that is sexually revealing, even in the slightest of ways, many men will want your body for pleasure without regard for you as a person. Many men will see you as sexually loose. Other men will be constantly distracted with sexual temptations and find it hard to get to know you as a person.

Some will verbally harass you. Some will tell you anything you want to hear just to get into bed with you. Still others will try to grope you or even rape you.

Now, let me be clear: no matter how a woman is dressed, that's never an excuse for rape, or for sexual aggression of any kind. Men who commit these acts have committed a monstrous sin and a heinous crime. Nothing I'm saying gives any man any excuse or rationalization for rape or any other crime.

And by the way, don't be misled by women's magazines that make it look like every guy is after sex and you've got to dress "sexy" to get a good man. That's not true. Only guys who want to take advantage of you sexually will encourage you to dress that way. You don't have to show off your body to meet a good guy.

Get Him to Love the "You" Inside!

So what kind of attention do you really want? Most women want to be loved and respected for who they are inside, not for their looks. Isn't that what you want? Don't you want to be loved by a sincere, pure, virtuous man who is confident, disciplined and committed to your relationship? I know you don't want to be used by men, and that you don't want to find yourself in a relationship or married to a man without self-control – a man who looks for quick flings or who lusts after every cute girl he sees.

Katherine Kersten, commentator on National Public Radio and chairman of the Center of the American Experiment, writes, "But modesty is about something more: simple fairness. We women demand respect from men, insisting that they value us not for our looks, but for 'who we are.' It is hypocritical to do this, and then dress and act immodestly – intentionally provoking sexual desire, and signaling our easy openness to it. To act this way is to undermine our own dignity, to treat ourselves as 'sex objects.' Moreover, it is patently unfair, for it means that we are holding men to a higher standard than we hold ourselves."

Prepare for Lasting Love

If you are seeking lasting love and a lifelong marriage that unites mind, soul and body, the best way to achieve this is by being the kind of person you want your future spouse to be. Think of yourself and your future mate as someone with integrity, a vital personality and strong character. If you develop these qualities and demonstrate them through words, actions and appearance, it will help you attract the same in a spouse. Many good men are out there: men with wonderful personalities, men who are respectful, intelligent, and looking for a long-term relationship – men who will be faithful and committed to one wife for life. To find a truly honorable man like this, remember that he'll be attracted to a woman who dresses modestly as a sign of purity, to someone who recognizes that each person is created in the image and likeness of God.

By dressing modestly, a woman also shows that she knows we were made to love and be loved as unique, unrepeatable individuals. She also shows that she has reverence for her body and her immortal soul – two sacred gifts to be treated with dignity and respect.

As a man, let me close by saying I sincerely appreciate women who make the extra effort to dress modestly. I know several attractive women who always dress in beautiful fabrics and modest styles. What makes these women even more attractive than their physical beauty and the fashionable clothes they wear is their modesty. It's a virtue that makes them glow in a beautiful way. It shows thoughtfulness, inner strength and high self-esteem. Modesty also shows a pure heart and the generous desire to save oneself for a future spouse. Think for a moment – what do your clothes say about you?

P.S. Men should be modest too! See LoveMatters.com for details.



PAM STENZEL
Pam will teach you how to find the love of your life while avoiding pressures to have sex.

HOT NEW VIDEO! Now you can stop those pressures to have sex!

If you're feeling pressure to have sex, this new video is for you. It's called, "Sex Has a Price Tag" and it's an amazing video about sex in the new millennium. Filled with facts, tips and true stories, it's guaranteed to strengthen your will power and show you the benefits of saving sex for marriage. Featuring Pam Stenzel, a dynamic young woman who speaks to 20,000 high school and college students each month, this one-hour video clearly spells out the physical, emotional, social and spiritual costs of premarital sex. It's packed with dozens of real-life stories about broken hearts, teen pregnancy, abortion and other painful problems caused by sex before marriage. This compelling video also exposes the current epidemic of sexually transmitted diseases (STDs,) which are infecting more than 33,000 new people each day.

If you want to learn how to say "No" without saying good-bye, this video will give you some of the best comeback lines you've ever heard. If you want to find true love, Pam will teach you how as she explains that real sexual intimacy and the joy it brings can only be found within marriage.

When this video recently aired on national cable TV, viewers loved it so much they called and ordered more than 5,000 copies.

THIS VIDEO GETS Two thumbs up!

It's great for classrooms and youth groups. You can order the video today by mailing a \$24.00 donation to:

LoveMatters.com
1840 S. Elena Ave., #103
Pam's Video Dept.
Redondo Beach, CA 90277

Make your check payable to:
LoveMatters.com
SATISFACTION GUARANTEED!
If this video doesn't help you end the pressures to have sex, you can send it back for a full refund.



Are Condoms Foolproof, or for Fools?

While using a condom, you can still become pregnant. Condoms have an annual contraceptive failure rate of 18.4 percent for girls under age 18.⁽¹⁾ And among young, unmarried, minority women the annual failure rate is 36.3 percent; among unmarried Hispanic women it is as high as 44.5 percent.⁽²⁾

⁽¹⁾ "Contraceptive Failure Rate in the U.S.: Estimates From the 1982 Nat. Survey of Family Growth," M.D. Hayward and J. Yogi, *Family Planning Perspectives*, Sept/Oct. 1986, p. 204

⁽²⁾ "Contraceptive Failure Rate in the U.S.: Revised Estimates From the 1982 Nat. Survey of Family Growth," E.E. Jones and J.D. Forrest, *Family Planning Perspectives*, May/June 1989, p. 103

Sexually Transmitted Diseases

Condoms provide even less protection against sexually transmitted diseases (STDs) than they do against pregnancy.

That's because a woman can get pregnant only at ovulation time (two to three days each month), but a sexually transmitted disease can pass from partner to partner at any time of the month.

Venereal diseases frequently spread through "skin to skin" contact even when condoms are used. This can happen because the bacterial or viral germs that cause many serious STDs (such as human papilloma virus, chlamydia, herpes and syphilis) do not infect just one place on your body. They may infect anywhere in the male or female genital areas. So even if the virus or bacteria doesn't get through the condom itself, you can still get a disease, because condoms don't cover all areas necessary to prevent infection during sexual contact.

Health Experts Say . . .

Many leading health experts warn that you should not depend on condoms for protection against AIDS and other STDs:

"Simply put, condoms fail. And condoms fail at a rate unacceptable for me as a physician to endorse them as a strategy to be promoted as meaningful AIDS protection."

— Dr. Robert Renfield, chief of retro-viral research, Walter Reed Army Institute

Source: "Condom 'Cure' Questioned by Top AIDS Researcher," *Russell Shaw, Our Sunday Visitor*, 1/23/94

"Saying that the use of condoms is 'safe sex' is in fact playing Russian roulette. A lot of people will die in this dangerous game."

— Dr. Teresa Crenshaw, member of the U.S. Presidential AIDS Commission and past president of the American Association of Sex Educators

Source: "Condoms: Experts Fear False Sense of Security," *The New York Times*, 8/18/87.



Condoms Aren't Safe — In 1993, Dr. Susan Weller of the University of Texas Medical Branch at Galveston reported that an analysis of data from 11 separate studies showed condoms had an average failure rate of 31 percent in protecting against HIV. Dr. Weller reports that "since contraceptive research indicates condoms are about 90 percent effective in preventing pregnancy, many people, even physicians, assume condoms prevent HIV transmission with the same degree of effectiveness. However, HIV transmission studies do not show this to be true." Dr. Weller continues, saying "new data indicate some condoms, even latex ones, may leak HIV."



They're falling in love . . . will HPVs ruin their relationship?

HPV (Human Papilloma Virus) is more contagious and it's responsible for more deaths (via cervical cancer) than AIDS each year in the U.S. (Centers for Disease Control).

One in Every Three College Women Is Infected

HPV: Major Cause of Cancer

The *New England Journal of Medicine* (April 18, 1996) reported that approximately one in every three female college students in America is infected with a venereal disease called Human Papilloma Virus (HPV). The Medical Institute for Sexual Health (April, 1994) reported that the greatest danger of HPV is that it is the probable cause of almost all cervical cancer. Based on statistics provided by the American Cancer Society; it is estimated that in 1994 there were 16,000 new cases of cervical cancer and 5,000 related deaths in the United States.

HPV also causes genital warts on both men and women that range in size from a small tick to the size of a cauliflower. These warts can be very difficult to cure, and sometimes require surgery.

Dr. Stephen Curry of the New England Medical Center in Boston was quoted in *TIME* magazine as saying **"This virus (HPV) is rampant. If it were not for AIDS, stories about it would be on the front page of every newspaper."**

For more information about STDs, go to our web site at LoveMatters.com

STD Epidemic

"I'm infected with what?" Sexually transmitted diseases (STDs) are spreading like wildfire. Doctors are calling it an epidemic.

One in every four teenagers will be infected with an STD before they graduate from high school.

Each day 33,000 Americans become infected with an STD.

22,000 of these new STD infections are contracted by 15 to 25-year-olds each day.

In 1980, four million people were reported to have been infected with an STD.

By 1990 that number tripled with 12 million people reported to have a new STD infection that year.

Today, one in every five Americans between ages 15 and 55 is infected with at least one sexually transmitted disease.

The Centers for Disease Control reports there are now more than 50 known STDs. Some STDs can make you sterile. Some are incurable.

People with STDs often look healthy. Don't be deceived. They can give you diseases that will make you miserable. Some of the diseases are itchy, burning, painful and even deadly. Most teenagers have been led to believe that a condom will protect them from STDs. The truth is much different. Having sex with condoms is like playing with fire. It doesn't make it safe. Many people using condoms still get STDs. It's an epidemic that's infected more than 50 million Americans. Are you willing to risk a lifetime of good health for a few moments of pleasure?

Sources for STD statistics: The Alan Guttmacher Institute, New York, and the Centers for Disease Control, Atlanta



Actual STD sores on skin.

Are Condoms Really Safe?

Fact: Latex condoms have tiny intrinsic holes called "voids." The AIDS virus is 50 times smaller than these tiny holes which makes it easy for the virus to pass through them,⁽¹⁾ about as easy as a dime passing through a basketball hoop.

Conclusion: Telling somebody to put a mere balloon between their health and a deadly disease is irresponsible. It's like telling someone it's okay to drink and drive as long as they wear a seat belt.

⁽¹⁾ Dr. C. M. Roland, editor of *Rubber Chemistry and Technology*, letter to the editor, *The Washington Times*, 4/22/92, p. G-2

How You Can Start Over... And Be Free Again

Today can be the beginning of a spiritual transformation for you. The Apostle Paul was referring to this kind of transformation when he wrote to his Christian friends in Corinth, "Do not be deceived. Neither the sexually immoral, nor idolaters, nor adulterers, nor male prostitutes, nor homosexual offenders, nor thieves, nor the greedy, nor drunkards, nor slanderers, nor swindlers will inherit the kingdom of God. And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God" (1 Corinthians 6:9-11).

Many Corinthians had serious sins in their past, but they changed their ways and asked God for forgiveness. They were forgiven and transformed.

How do you begin that kind of transformation? You can't manage it on your own. You need God's power. And where do you find that? You ask for it. It's as simple and as powerful as that.

It's always possible to start over again with God, no matter what the sin. The God who made the universe out of nothing can easily take your past and transform it into something beautiful if you give Him permission, and then let go and trust Him. It all begins with confessing your sins - telling God you're truly sorry and asking for His forgiveness.

God will forgive any sin, great or small. All you have to do is ask Him for forgiveness with a humble, repentant heart and be firmly resolved not to commit the sin again.

Why not ask Him for forgiveness right now? (If you're catholic, simply go to Confession. And don't worry, priests have heard it all and they're there because they want to help you.) Speak to God, and the spiritual transformation will begin today. Ask Jesus to help you - to change you - and He'll go to work immediately. He loves you. He'll wash your wounds. He'll forgive you and fill you with His Spirit and you'll become a new person in Christ.

Sex Before Marriage? Consider the Consequences

IF YOU WAIT UNTIL MARRIAGE, YOU CAN:

- Know that a person likes you because of who you are and not because you will "go all the way"
- Have self-respect and respect from others because of standing firm and accomplishing a goal
- Know trust, honesty and patience
- Experience peace of mind
- Develop true intimacy
- Have a clear conscience
- Have healthy relationships
- Discover the true meaning of love
- Share a bond with your spouse that no one else has shared
- Focus on communication skills and develop non-sexual relationships
- Have a solid foundation as you enter marriage
- Look forward to a very special honeymoon!

Adapted from Choices/Teen Awareness, Inc.



IF YOU DON'T WAIT, ARE YOU READY FOR:

EMOTIONAL HEARTACHES

- Guilt
- Regrets
- Loss of self-respect
- Depression
- Suicidal thoughts
- Ruined relationships
- Anger

PREGNANCY

- Immediate marriage
- Adoption (to give your baby to another family)
- Single parenthood
- Abortion's consequences (read stories about dangerous and deadly abortions - pgs. 16-19)

STDs AND OTHER HEALTH PROBLEMS

- AIDS
- Syphilis
- Gonorrhoea
- Herpes
- Chlamydia
- Genital warts
- Vaginal infections
- Sterility risks
- Cervical cancer
- Breast cancer

(WARNING! Even if you use contraceptives, you're still at risk for heartaches, pregnancy and STDs.)

"Living Together" Doesn't Work

RESEARCH SHOWS THAT MARRIAGES THAT STARTED OUT AS LIVE-TOGETHER UNIONS HAVE A 50 PERCENT HIGHER DIVORCE RATE.

Source: "The Role of Cohabitation in Declining Rates of Marriage," *Journal of Marriage and the Family*, v53, 1991, pp. 913-927

LaRue



"LaRue is a stunning debut from a talented twosome."

— Billboard Magazine

Teenage siblings Phillip and Natalie LaRue launched an impressive, self-named debut album into the contemporary Christian music scene last year. It featured well-written songs (all penned by the duo), fresh melodies, and totally engaging vocals. "Someday" is about finding that special soul mate, and the LaRues believe that being pure and saving sex for marriage is the best way to prepare your heart and soul for your future spouse.

At concerts and on their Web site, Phillip and Natalie invite fans to sign their petition to the U.S. Secretary of Education. They're asking that all sex education classes be required to teach that abstinence is the most effective way to prevent pregnancy and STDs.

Phillip and Natalie write, "Last year over one million young women became pregnant. Many of those pregnancies ended in abortions. In addition, thousands of teens contracted some sort of sexually transmitted disease. We are tired of seeing the lives of our friends and peers ruined by sex."

Visit LaRue online at www.laruemusic.com

ANSWERS TO THE QUIZ FROM PAGE 15: 1-C; 2-C; 3-B; 4-B; 5-B; 6-C; 7-B
Source: www.abortionfacts.com and www.afterabortion.org



Grammy Winner Rebecca St. James "True Love Waits"

By DAVE GEISLER

On February 23, 2000, Rebecca St. James won her first Grammy Award, for Best Rock Gospel Album. A native of Australia, she is also the youngest performer ever to be nominated for the prestigious Dove Award for New Artist of the Year. Rebecca wows audiences with her pure voice and pure soul.

Hard work paid off for Rebecca as she scooped up her Grammy for "Pray" at the 42nd annual Grammy Awards. In her acceptance speech at The Staples Center in Los Angeles, she said, "First, I want to thank God. He is my best friend, the reason I live, my inspiration and the reason I do what I do."

It's no wonder Rebecca's albums are so popular. Her music videos, "No Secrets" and "You're the Voice," show she's as talented as any female rocker in the world. However, what really separates Rebecca from other rockers are her views on God, love and life.

Purity is a very important virtue to this 23-year-old singer. Rebecca is a virgin and she says she'll remain one until she gets married. On her right ring finger, she wears a gold band. During a concert in Colorado Springs, she told her audience: "I'd like to tell you about this ring I'm wearing. It is a promise ring, and when my parents gave it to me, they said it was to symbolize my commitment to wait until marriage to have sex. I can tell you right now, I will be waiting for that special person God has planned for me."

As a national spokeswoman for the True Love Waits campaign since age 16, Rebecca has spoken to hundreds of thousands of teens about the benefits of saving sex for marriage. Her views of love are deeply grounded. Unlike Hollywood, where love is often portrayed as a "spell" you fall under, or an urge that makes you "love-crazy" to jump into bed, Rebecca speaks of love as patient, kind, never jealous or envious, never boastful or proud, never selfish or rude. Love does not demand its own way.

What does Rebecca think of "safe sex" campaigns? Not much. She has more confidence in kids, and she says, "I don't buy the argument that teenagers can't control themselves or that they need to be taught to use birth control devices to protect themselves. Teenagers can handle the pressure. I have seen thousands of teenagers sign commitment cards pledging themselves to wait until marriage."

"I don't buy the argument that teenagers can't control themselves or that they need to be taught to use birth control devices to protect themselves. Teenagers can handle the pressure. I have seen thousands of teenagers sign commitment cards pledging themselves to wait until marriage."

Rebecca's fans love her music and her encouraging words about life and its purpose. "Your teenage years are a gift," she points out. "Use them wisely. You can make a difference in this world by giving your life to serving and helping others who are less fortunate. Your teenage years are a great time to be active. . . You can be a voice of hope in this world. If you are willing to take a stand for what is right, God can use you."



Rebecca's Bio

BORN: July 26, 1977, in Sydney, Australia. Rebecca now lives in Nashville, Tennessee, with her parents and six younger brothers and sisters.

REBECCA'S ALBUMS: "Rebecca St. James," "God" and "Pray."

RECOGNITION: 2000 Grammy Award for "Best Rock Gospel Album," 1997 Dove nominee for "Female Vocalist of the Year" and 1997 Grammy nominee for "Best Rock Gospel Album."

UNFORGETTABLE MOMENT: "On December 29, 1991, I got to watch my little sister, Libby, be born. To see how God created her so perfectly was an indescribable moment in my life. Since then, I've had the opportunity to work with crisis pregnancy centers and really share from my own experience how God has a purpose for every baby formed in the womb."

FUTURE GOAL: "I'd like to get married and have a big family. My goal is seven to 10 kids, God willing."

To contact Rebecca, write to: Rebecca St. James, P.O. Box 1741, Brentwood, TN 37024.
Rebecca's Web Site: www.rsjames.com

What Does the Bible say about Love, Sex, Lust, Temptation and Purity?

Love? It's in the Bible, I Corinthians 13:4-7, TLB. "Love is very patient and kind, never jealous or envious, never boastful or proud, never haughty or selfish or rude. Love does not demand its own way. It is not irritable or touchy. It does not hold grudges and will hardly even notice when others do it wrong. It is never glad about injustice, but rejoices whenever truth wins out. If you love someone you will be loyal to him no matter what the cost. You will always believe in him, always expect the best of him, and always stand your ground in defending him."

Sex is a gift God gives to married people for their mutual enjoyment. It's in the Bible, Proverbs 5:18-19, TLB. "Let your manhood be a blessing; rejoice in the wife of your youth. Let her charms and tender embrace satisfy you. Let her love alone fill you with delight."

Romance and sexual relations are highly recommended within the commitment of marriage. It's in the Bible, The Song of Solomon 1:2,12-13; 2:4-6,16, TLB. "Kiss me again and again, for your love is sweeter than wine. . . The king lies on his bed, enchanted by the fragrance of my perfume. My beloved one is a sachet of myrrh lying between my breasts. . .

He brings me to the banquet hall and everyone can see how much he loves me. Oh, feed me with your love. . . for I am utterly lovesick. His left hand is under my head and with his right hand he embraces me. . . My beloved is mine and I am his."

Adultery? The seventh commandment forbids adultery. It's in the Bible, Exodus 20:14, "You shall not commit adultery."

Lust itself is a sinful behavior and is often used as an excuse for further sin. It's in the Bible, Matthew 5:28, TLB. Christ professed, "But I say: Anyone who even looks at a woman with lust in his eye has already committed adultery with her in his heart."

Purity... Matthew 5:8, NIV. "Happy are those whose hearts are pure, for they shall see God."

CHOOSE FRIENDS WITH PURE HEARTS. It's in the Bible, II Timothy 2:22, TLB. "Run from anything that gives you the evil thoughts that young men often have, but stay close to anything that makes you want to do right. Have faith and love, and enjoy the companionship of those who love the Lord and have pure hearts."

Source: www.bibleinfo.com

When Does Life Begin?

Internationally known geneticists and biologists have testified that human life begins at conception. In 1981 (April 23-24) a Senate Judiciary Subcommittee held hearings on the very question: When does human life begin?

The following doctors testified:

DR. HYME GORDON, *Chairman of the Department of Genetics at the Mayo Clinic*, said: "By all the criteria of modern molecular biology, life is present from the moment of conception."

DR. MCCARTHY DE MERE, *a medical doctor and law professor at the University of Tennessee*, testified: "The exact moment of the beginning of personhood and of the human body is at the moment of conception."

DR. JEROME LEJEUNE, *"The Father of Modern Genetics,"* said: "Each of us has a very precise starting moment, which is the time at which the whole necessary and sufficient genetic information is gathered inside one cell, the fertilized egg, and this is the moment of fertilization. There is not the slightest doubt about that, and we know that this information is written on a kind of ribbon we call the DNA."

The late Dr. Jerome Lejeune discovered the genetic cause of Down Syndrome. He received the Kennedy Prize for the discovery, as well as the Memorial Allen Award Medal, the world's highest award for work in the field of genetics.

Why Do Women Get Abortions?

In a recent survey from the pro-abortion Alan Guttmacher Institute (Planned Parenthood's research arm), women gave the following reasons for having an abortion:

- 75% said the baby would interfere with their lives.
- 66% said they couldn't afford a child.
- 50% didn't want to be a single parent or had problems in their current relationship.
- 4% had a doctor who said their health condition would worsen.
- 1% had a fetal abnormality.
- 1% were victims of rape or incest.

Contrary to common perceptions, almost 95% of all abortions are for reasons of convenience, not for rape, incest or the mother's health.

In *Roe v. Wade* (1973) the Court allowed states to restrict abortions in the last three months, "except where it is necessary... for the preservation of life or health of the mother." However, in *Doe v. Bolton*, the companion case to *Roe*, the Court defined "health" to include "all factors - physical, emotional, psychological, familial, and the woman's age - relevant to the well-being of the patient." Because of this broad definition of "health," the Court, in effect, permitted abortion-on-demand in all 50 states right up till birth for any of these reasons.



LIVING BABY AT APPROXIMATELY SIX WEEKS

This remarkable photograph of a tiny, still living preborn baby in his unruptured amniotic sac was taken after surgery for a tubal pregnancy at the University of Minnesota by medical photographer Robert Wolfe in 1972. This picture demonstrates the remarkable early development of a preborn baby at only six weeks after conception.

CONSIDER THIS DOCTOR'S TESTIMONY

"Eleven years ago, while giving an anesthetic for a ruptured ectopic pregnancy (at eight weeks' gestation), I was handed what I believe was the smallest living human ever seen. The embryonic sac was intact and transparent. Within the sac was a tiny human male swimming extremely vigorously in the amniotic fluid, while attached to the wall by the umbilical cord. This tiny human was perfectly developed, with long, tapering fingers, feet and toes. It was almost transparent, as regards the skin, and the delicate arteries and veins were prominent to the ends of the fingers.



Baby at eight weeks.

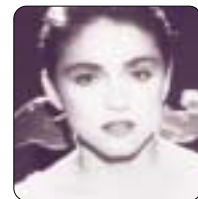
"The baby was extremely alive and swam about the sac approximately one time per second, with a natural swimmer's stroke. This tiny human did not look at all like the photos and drawings and models of 'embryos' which I had seen, nor did it look like a few embryos I have been able to observe since then, obviously because this one was alive!

"When the sac was opened, the tiny human immediately lost his life and took on the appearance of what is accepted as the appearance of an embryo at this stage of life (with blunt extremities etc.)."

Statement by Paul E. Rockwell, M.D., anesthesiologist, as quoted by Dr. and Mrs. J.C. Wilke in *Handbook on Abortion*



Ultrasound of a baby at 16 weeks. You can see the forehead, nose, lips and chin. The baby's heart is visible in the chest, beating at 120-180 beats per minute. You can see the spine along the lower part of the image.



Madonna surprised by ultrasound!

Although Madonna doesn't agree with us on abortion, she did recognize the beauty on a new child in her womb - a daughter whom she named Lourdes.

"I was stunned when I saw on the ultrasound a tiny, living creature spinning around in my womb. Tap-dancing, I think. Waving its tiny arms around and trying to suck its thumb. I could have sworn I heard it laughing." Source: World Magazine, December 1996

Your Life in the Womb

- Day 1 - your life began at the moment of conception
- Day 7 - you implanted in your mother's uterus
- Day 10 - your mother's menstrual period stopped
- Day 18 - your heart began to beat
- Day 21 - you pumped your own blood, with your own blood type, through a separate, closed circulatory system
- Day 28 - your eye, ear and respiratory system began to form
- Day 42 - your brainwaves were recorded; your skeleton was complete, your reflexes were present
- 7 weeks - you sucked your thumb
- 8 weeks - all your body systems were present
- 9 weeks - you squinted, swallowed, moved your tongue, and made a fist
- 11 weeks - all of your body systems worked; you breathed spontaneously; your fingernails were present
- 12 weeks - you weighed one ounce
- 16 weeks - your genital organs were clearly differentiated; you grasped with your hands, swam, kicked, turned, somersaulted (still not felt by your mother)
- 18 weeks - your vocal cords worked and you could cry
- 20 weeks - you had hair on your head; you weighed one pound and were 12 inches long)

The *New England Journal of Medicine* reported that:

- 15 percent of babies born premature at 23 week survive*
- 56 percent of babies born premature at 24 weeks survive*
- 79 percent of babies born premature at 25 weeks survive*

*Source: M. Allen et al., "The Limits of Viability," *New England Journal of Medicine*, 11/25/93; Vol. 329, No. 22, p. 1597

Kathy Ireland says,
"I used to be pro-choice."

While appearing on the TV show "Politically Incorrect," Kathy Ireland participated in a debate about abortion "rights" and whether Florida should approve "Choose Life" license plates. Now against abortion, Kathy defended babies in the womb by saying:

"I was once pro-choice and the thing that changed my mind was, I read my husband's biology books, medical books, and what I learned. . . At the moment of conception, a life starts. And this life has its own unique set of DNA, which contains a blueprint for the whole genetic makeup. The sex is determined. We know there's a life because it's growing and changing."



Mel Gibson says to welcome the kids God sends us

On a 1990 Barbara Walters Special, actor Mel Gibson stated his opposition to birth control, infidelity and abortion. "God is the only One who knows how many children we should have, and we should be ready to accept them. One can't decide for oneself who comes into this world and who doesn't. That decision doesn't belong to us."

In a land full of scandals and month-long marriages, Mel has been married to his wife Robyn for 19 years, and they recently welcomed their seventh child into the world.

"Children are a gift from the Lord...

Like arrows in the hand of a warrior. . . Happy is the man whose quiver is full." (Psalm 127). God gives us the very special gift of being co-creators with Him. He also gives us helpful, natural guidelines on how to use this gift. God designed sexual intercourse as a way for married couples to work with Him to bring new life into the world - and to show true love for each other.



THE FEET OF A BABY AT 10 WEEKS OLD

Dr. Russell Sacco of Oregon took this picture of the perfectly formed feet of a 10-week-old aborted baby waiting for disposal in a

pathologist's laboratory. The feet in the picture are held between the doctor's thumb and forefinger.



Preborn baby at 19 weeks

copyright 1997 RHM Ed Fund

How Much Do You Know About Abortion? Take This Quiz

- 1 Abortion is legal through what month of pregnancy?
a) third b) sixth c) ninth
- 2 Since abortion was legalized in 1973, how many U.S. babies' lives have been lost?
a) 12 million b) 24 million c) 38 million
- 3 Abortion is the leading cause of death in the U.S., causing what percent of total deaths?
a) 35 percent b) 46 percent c) 52 percent
- 4 What age group of women has the greatest number of abortions?
a) 15-19 b) 20-24 c) 25-29
- 5 Women who abort their first child stand how much greater risk of developing breast cancer?
a) 3x b) 2x c) 4x
- 6 One out of how many preborn babies is killed by abortion?
a) two b) three c) four
- 7 What percent of women who have had abortions experience suicidal tendencies?
a) 45 percent b) 56 percent c) 62 percent

ANSWERS TO THE QUIZ ARE ON PAGE 12

Misleading Claims about Abortion

CLAIM: "It's my body."

ANSWER: A woman's body does not have two beating hearts, two blood types, two heads, four eyes, four arms, and four legs. A pregnant woman and her baby have all this and more. And what about when she's pregnant with a male baby? That's not her body... it's a unique, baby boy growing in her womb.

CLAIM: "It's only a fetus."

ANSWER: Fetus — literally meaning "little one" in Latin — refers to the preborn baby after eight weeks gestation. Webster's Dictionary states that a fetus has "passed the early stages of development and attained the basic final form prior to parturition (birth)." Some people seem to have forgotten they once lived and grew in the womb as a "fetus." Would it have been okay if they had been aborted when they were "only a fetus?"

CLAIM: "Abortion is legal; therefore, it must be right."

ANSWER: The U.S. Supreme Court has been wrong on many major decisions and then overturned itself. Remember the Dred Scott case on slavery? If the Supreme Court suddenly declared child abuse or rape legal, would that make them right? Would we ignore such injustices and do nothing to protect the innocent?

CLAIM: "Freedom of choice" and "It's a woman's right to choose!"

ANSWER: How can anyone claim they have the "freedom" or "right" to kill an innocent baby? The only "choice" in abortion is between a dead baby and a live baby. Plus, those who defend this "choice" aren't consistent. Why is it only in the case of abortion they argue that "choice" should be absolute? Using the same rationale, wouldn't people have the right to "choose" to use drugs ("it's my body") or the right to "choose" to practice prostitution? Humane societies don't tell people they have a "freedom of choice" to kill their own children. There are right choices and wrong choices. In recent history, millions of innocent people died because of terribly wrong choices that slave owners and Nazis thought they had a "right" to make. Terrible choices have led to dead slaves, dead Jews and dead babies.

CLAIM: "The government shouldn't interfere."

ANSWER: Our Declaration of Independence declares that each of us has an "inalienable right to Life, Liberty and the Pursuit of Happiness." Thomas Jefferson defined government's role: "The care of human life and happiness, and not their destruction, is the first and only object of good government." Government should protect all of us, especially before we are born, when we are most vulnerable.

CLAIM: "Poor women need public funds (your tax money) to pay for abortions so they will not be discriminated against."

ANSWER: The rich can readily afford cocaine and prostitutes. Should taxpayers also be forced to buy these for the poor? The bottom line is that abortion is the worst form of child abuse. It kills a baby and wounds the mother for life. If the poor cannot afford abortions, they and their children are blessed not to become victims of this bloody holocaust.

CLAIM: "I'm personally opposed to abortion, but I don't want to impose my morality on others."

ANSWER: What about other moral issues such as rape, robbery, child abuse, arson and murder? What if politicians said, "I'm personally opposed, but..." about racism? They'd be kicked out of office on the spot! What about slavery? If abolitionists had bought this "personally opposed, but" argument, some states could still be saddled with slavery today. Every law ever passed sets standards that reflect someone's (or a body of lawmakers') morality. A politician who won't vote against something he/she is morally opposed to doesn't have an ounce of honesty in his/her blood.

CLAIM: Privacy — In 1973, The Supreme Court said women have a "constitutional right" to "privacy" on abortion.

ANSWER: The Court was wrong. Nobody has a right to injure or kill another person "privately." Does a right to "privacy" also protect parents who abuse, molest or kill their born children in the "privacy" of their home? Why not? What about their "right to privacy?" How is it that *Roe v. Wade* determined that unborn children are not "persons" even though they have the right to inherit property, the right to be protected from a drug-addicted mother, the right not to be killed by a drunk driver, and many other rights? Some states have entire sections of law outlining crimes against unborn children in which they're protected from negligent or willful harm or death from conception on.

CLAIM: "Dred Scott and Roe v. Wade aren't comparable."

ANSWER: Yes, they are comparable in that the Supreme Court was wrong to deny inalienable rights in both cases. The Dred Scott decision of 1857 upheld slavery as legal. It decreed that black people are the private property of the slave owners. This was a grave error of the Supreme Court, denying African Americans one of their most fundamental human rights — the right to liberty. In *Roe v. Wade*, the Supreme Court erred again by denying a whole class of human beings (preborn babies) the most fundamental right — the right to life.

CLAIM: "If legal abortions are banned, women will resort to dangerous back alley abortions."

ANSWER: In 1972, the year before the Supreme Court legalized abortion, a total of 39 women died from illegal abortions, according

to the U.S. Centers for Disease Control. Dr. Bernard Nathanson, co-founder of NARAL (National Abortion Rights Action League), admits his group lied and inflated the number of women who died from illegal abortion when testifying before the U.S. Supreme Court in 1972: "We spoke of 5,000 to 10,000 deaths a year. I confess that I knew the figures were totally false. . . . it was a useful figure, widely accepted, so why go out of our way to correct it with honest statistics?" Claims that abortion became safer for women after it was legalized fail to acknowledge that large numbers of women are physically injured or killed by so-called safe and legal abortions every year. The book *Line 5* documents 230 cases of women injured or killed by abortion or sexually assaulted by their abortionists (see page 18 and www.prolife.com for details). Former abortion provider Carol Everett states, "In the last 18 months I was in business [she ran four abortion centers in Texas in 1982], we were completing 500 abortions monthly and killing or maiming one woman out of 500."

CLAIM: Rape and incest — "Abortion should be legal to end a pregnancy resulting from rape or incest."

ANSWER: It's important to remember that the child conceived through rape or incest is no less human than any other child. Dr. David Reardon (www.afterabortion.org) points out that abortion is the very worst "solution" that we can offer to the pregnant woman at this crisis time in her life. Abortion compounds her problems. Abortion makes her an aggressor against her own innocent child and it never makes the painful memories of rape go away. If a small child were killed in the street by a negligent driver and it was later determined that the child had been conceived in rape, would the driver be held less responsible? Is that child's death less tragic?

CLAIM: "It's a woman's issue. Men should have no say."

ANSWER: Every baby has a mother *and* a father. Why should fathers be denied their parental rights? Why shouldn't men defend the innocent and the weak? More than half of America's pro-life movement is made up of women who ask men to join their cause. Many women become pro-life after discovering their own abortion was a terrible mistake. They discover how painful abortion is from first-hand experience, then they ask men to help expose abortion so that fewer women and babies become victims.

DOLORES O'RIORDAN
Lead Vocalist, *The Cranberries*

"It's not good for women to go through the procedure (abortion) and have something living sucked out of their bodies. It belittles women. Even though some women say, 'Oh, I don't mind to have one,' every time a woman has an abortion, it just crushes her self-esteem smaller and smaller and smaller."

Source: *You!* magazine, June/July, 1996



Women Exploited

How many more women will be exploited by abortion? More than 4,000 women choose to abort every day. That's about 1.5 million abortions each year. Some of these women have shared their very private and painful experiences to warn other women about the deep pain and suffering of abortion. Many have become pro-life volunteers, counselors and speakers to warn women so they, too, won't be exploited by people who promote and profit from abortion.

FOR CRISIS PREGNANCY HELP OR POST-ABORTION COUNSELING,

CALL: TOLL-FREE **1-800-848-5683**

REAL-LIFE TESTIMONIES FROM



"I was an emotional wreck. The following day I was empty, sad, numb. I knew that day I had made a huge mistake. I wish with all my heart I would have done things differently."

CARRIE CAMILLERI
LOS ANGELES, CALIFORNIA



"I was 18 when I got pregnant. At three months pregnant, I had an abortion. About seven years later... my heart broke. I was so overcome with grief. How could I have taken the life of my unborn child?"

TEWANAH AMAN
FORT LAUDERDALE, FLORIDA

I WAS RAPED!

I was just 17 years old when I left our grim, inner-city slum home in Philadelphia, in flight from two alcoholic parents, and moved across the country to San Francisco.

I got a job in an office there and was certain that my future was going to be very different from my past. But I was naive; I'd rarely date and I knew very few people, so when a bunch of people at work told me they'd been invited to a pizza party I decided to go along.

When I arrived, there was just me and the host, who worked in another department of my office. I later learned he told everyone else the party was off. He was 30 years older than I was and physically powerful. He was tall, bearded and obese. Within minutes of my arrival, he raped me.

I'd never been sexually intimate with any man before, and afterwards, I crawled back home, terrified, hurting and ashamed. There was no crisis center or hotline to help deal with the trauma, and out of my sense of shame and terror, I didn't even report him to the police.

Pregnant

When I discovered I was pregnant, I moved to Los Angeles without telling anyone about my condition. I moved in with an elderly couple until my baby was born.

In those days, it was thought to be better if a baby being given up for adoption was taken away from its mother immediately after birth. I suppose they felt what the eye doesn't see, the heart doesn't grieve for. I'll never forget coming out of the anesthetic and being told I'd had a healthy baby girl. I was never given a chance to see her, to hold her.

I was overcome by the finality of it all and by a desperate sense of loss. I was just 19 years old. I was 28 years old before I trusted another man again. My husband, Harold, was the only person I ever told about that terrible night and the baby born as a result.

Not a day passed that I didn't think of the baby girl I'd brought into the world. But I didn't for a minute consider tracking her down. I did not want to disrupt her life, but I admit I did think someday

God's radar would lead my birth child back to me again. And it finally did.

My Daughter Found Me!

I'll never forget that first phone call. She told me her name was Julie Makimaa and she'd been searching for me since she was 17. She told me her parents had given her copies of her adoption papers. Julie then said that once she knew my maiden name she'd made hundreds of phone calls from her home in Michigan to track me down. A friend of Julie's noticed that pencilled very faintly on one of the papers was the name "Prospect" followed by four numbers. Julie had assumed it was a street address in Los Angeles but her efforts to connect me with it had been fruitless.

Then her friend had a great idea. "Julie," she said, "it's not an address. It's a phone number. Let's try it to see if it's still connected."

It was. It belonged to the old couple who'd given me shelter during the last months of my pregnancy and with whom I'd kept in touch over the years. They put Julie and I in touch right away.

Meeting My Daughter

Julie said she was now 20 and was married with a child of her own. My heart was racing as we agreed to meet, and I remember thinking, "what

will I say if she asks me about her father? How can I tell her he's a rapist?"

It was my husband who convinced me that Julie had to be told of the circumstances surrounding her birth. He phoned Julie's husband, Bob, and told him the truth. Bob was the one who broke the news to Julie.

We met for the first time just a month after our first phone conversation. There are no words to describe my exact feelings as Julie walked into my hotel room.



Bearing a remarkable resemblance, Lee Ezell (left) and Julie Makimaa share a mother and daughter reunion 20 years after Lee gave Julie up for adoption as a result of being raped.

Here was the child whose memory I'd hidden in my heart for so many years, the child who has given me my first grandchildren – Casey, now 3, and Herb, 1. She embraced me. We cried. Bob said with all the love in the world in his voice: "Thank you for not aborting Julie. What would my life be like without her?"

It was Bob who persuaded me to write my book, *The Missing Piece*, about Julie's birth, my years without her and the joy of our reunion. Finding my daughter has enriched my life beyond measure. The couple, who adopted her, Eileen and Harold Anderson, are beautiful people.

Julie, Eileen and I have been speaking to various groups about what has happened to us. I guess our message is that just as bad things can happen to good people, so can something beautiful come from a wicked act. Julie is living proof of it.

Adapted from *The Missing Piece* by Lee Ezell, Servant Publishing

Is Abortion the Answer to Rape?

Rape Victims Say "No!"

Perhaps the best study of rape and abortion was done by Dr. Sandra Mahkorn, published in *Psychological Aspects of Abortion*. Dr.

Mahkorn was an experienced rape counselor who, in 1979, identified 37 pregnant rape victims who were treated by a social welfare agency. Of these 37 women, only five chose to have an abortion. Of the 28 who gave birth, 17 chose adoption and three kept the child themselves.

Many reasons were given for not aborting. Several women felt that abortion was another act of violence, that it was immoral or murder. One woman said she would only suffer more mental anguish from taking the life of a baby. Some women saw an intrinsic meaning or purpose to the child: somehow this child was foisted into their lives but, on the other hand, they sensed some sort of hidden purpose behind it. And although they weren't responsible for having brought the child into being, it had happened, and the consequences could be lived with. At a subconscious level, these rape victims felt that if they could get through the pregnancy they would conquer the rape: choosing life would show they were better than the rapist who brutalized them. Giving birth, then, is the way rape victims seek to reclaim their self-esteem. It is a totally selfless act, a generous act, especially in light of the pressure to abort. It's a way for them to display their courage and strength to survive even a rape.

See the survey on rape at www.afterabortion.org

WOMEN WHO'VE HAD ABORTIONS



"I was told that I would be out for eight minutes and I would feel only a little discomfort afterwards. They lied, it ruined 10 years of my life."

MAE ABBOTT
LONG BEACH, CALIFORNIA



Sonya had an abortion and advises other women, "Don't do it. Regret of a permanent decision is like watching a sad movie over and over again and hoping the ending will change – but

it never will. As Whitney Houston sang in a song, "Don't Throw Away Your Miracle!"

SONYA KAYE
LAKE STEVENS, WASHINGTON



"I was deceived because I was not told the truth about what an abortion means to the life of an unborn baby. I was not told that at 10 weeks (which is when I had my abortion) my child was already fully formed. I was made to believe that I was doing something that was as natural as going to the dentist for a teeth cleaning."

STEPHANIE WILLIAMS,
RIDGECREST, CA

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Abortion But It May Be Legal, Sure Isn't Safe



Women are Still Exploited and Killed by Abortion

The following are actual documented cases of women killed or injured by abortion. It may be legal, but it's sure not safe. Each woman's case is documented in Mark Crutcher's book, *Lime 5*. Sources for these deaths and injuries include public records such as medical records, coroners' reports, court

documents and other public documents. In this book alone, Crutcher documents more than 230 cases of women who died or were injured from their abortions. He chose not to print the actual names of these women out of respect for the privacy of their families. Anyone wishing to obtain the names of the people and facilities involved can easily find them through the public records Crutcher cites in the endnotes of *Lime 5*.

DEAD:

"Sandra," age 28, had an abortion on April 27, 1990, and was discharged soon afterward. Upon returning home, her babysitter stayed with her three children for several hours as "Sandra" slipped in and out of consciousness and suffered pain and abdominal swelling. The babysitter called the abortion center twice and was told that "Sandra's" symptoms were normal. When a third call to the center yielded no response, the baby-sitter called paramedics. "Sandra" was pronounced dead upon her arrival at the hospital from an inch-long uterine laceration.

DEAD:

On July 27, 1990, 32-year-old "Mary Ann" had an abortion. After she was dismissed, her continued massive blood loss required that she be rushed to a local hospital. She died later that night following unsuccessful surgery to repair a badly lacerated cervix suffered during the abortion.

DEAD:

On June 26, 1994, "Pamela," age 31, had a first-trimester abortion. During the drive home, she started bleeding heavily and became unresponsive. Her friends stopped at a motel and called an ambulance, while two passers-by performed CPR. At the hospital, she

underwent an emergency hysterectomy to try to save her life, but she died of massive blood loss caused by a punctured uterus.

DEAD:

On June 14, 1980, "Linda" had an elective abortion. She suffered a punctured uterus, massive blood loss, shock and a septic infection, which led to cardiopulmonary arrest. "Linda" died July 16 at age 21.

Women Injured By Abortion

Many women who live through their abortions are severely injured. Here are just a few examples from the book, *Lime 5*.

"Hannah" (Age 19, Missouri)

Ruptured uterus and lacerated intestine.

"Jane" (Age 20, New York)

Cervix lacerated.

"Melissa" (Age 22, Indiana)

Hemorrhaging, punctured cervix and uterus.

Required a hysterectomy.

"Susan" (Age 25, Arizona)

Preborn baby's bones and tissue left in vagina and uterus.

"Tamera" (North Dakota)

Emergency hysterectomy to stop hemorrhaging.

"Debra" (Illinois)

Intra-abdominal abscesses that required a colostomy.

"Latonya" (California)

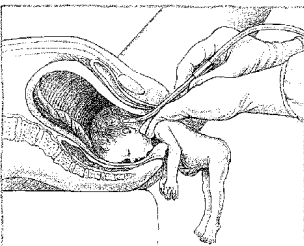
Hepatitis B due to unsanitary abortion equipment.

Rape and Sexual Assault

Lime 5 also documents dozens of cases where women were raped or sexually assaulted by their abortionist. This shocking chapter is called "The Canned Hunt."

Source: *Lime 5*, by Mark Crutcher, Life Dynamics, Inc.: Denton, TX, 1996
See www.prolife.com to order *Lime 5*

Abortion Methods



Partial-Birth Abortion: Used 4-1/2 to nine months. The preborn baby is rotated and delivered feet first, except for the head. The back of the neck is punctured with scissors and suction is used to suck out the brain and collapse the skull. The dead baby is fully delivered.

Dr. Martin Haskell has done more than 1,000 of these late-term abortions. He said he does them "routinely" for non-medical reasons, and that 80 percent are "purely elective." That means the baby

was healthy and the mother had no health risks. Former U.S. Surgeon General C. Everett Koop said that "in no way" are partial-birth abortions a "medical necessity for the mother."

Suction: Used in the first three months of pregnancy. A suction tube, 27 times more powerful than a home vacuum cleaner, is inserted into the opening of the womb. The powerful suction tears the baby apart limb from limb.

Dilation and Curettage (D&C):

Used at the end of the third month of pregnancy (approx. 12 weeks). The mother's cervix is dilated, ring forceps are inserted into the womb and the baby is extracted piece by piece. Then a curette (a sharp knife with a loop shape) is inserted and used to scrape away any of the baby or the placenta that remains. Profuse bleeding follows.

Dilation and Extraction (D&E):

Used after 13 weeks. The mother's cervix is dilated and the live, preborn child is dismembered with pliers-like forceps. With a twisting motion, the baby's body is torn apart, the spine is snapped and the skull crushed. Baby parts are often left inside the mother's womb, causing serious complications and sometimes death to the mother.

Saline Amniocentesis: Done after 16 weeks. A concentrated salt solution is injected with an amniocentesis needle into the amniotic fluid. The baby breathes and swallows it and dies more than an hour later of acute salt poisoning. The mother then delivers a burned, dead baby. Use has declined because of dangers for the mother – and sometimes the baby survives.

Prostaglandin: Used late-term. A substance is injected into the amniotic sac, to cause premature labor and birth.

Inter-cardiac Injection: Poison is injected into the chest or heart of the baby via a long needle inserted through the mother's abdomen. The dead baby is absorbed. Sometimes this results in loss of all the babies during "pregnancy reduction" in multi-fetal pregnancies.

"Birth Control" Abortions: RU486, methotrexate, Norplant, IUDs, prostaglandins and Depo-Provera all cause early chemical abortions. The Pill has a "backup" abortifacient action if conception takes place.

Graphic Warning: Abortion Photos

Have you ever seen photos of actual aborted babies? If not, we suggest you visit www.prolife.com to see how horrifying abortion really is. Yes, it's shocking, but we believe people need to see all the facts in order to speak intelligently about abortion.

Marla's Painful Death

A Mother's Anguished Story

By DEBORAH CARDAMONE

My daughter, Marla, was only 18 years old when she reluctantly decided to have an abortion at a prestigious women's hospital. Originally, she had planned to put her baby up for adoption, but a medical social worker at the hospital strongly urged Marla to have an abortion.

The social worker argued that Marla had damaged her baby because of anti-depressant medication she had taken, though statistical evidence indicated a 92 percent chance that the baby was fine. Marla had a sonogram to determine the health of her baby. After the sonogram, the same social worker continued to pressure Marla to have an abortion. Finally, Marla gave in.

On the day of Marla's abortion, fears began to overwhelm me. Even though this was a leading women's hospital, I was worried for her safety. Surely she was in the safest place possible. But I had no peace. My grandchild was about to die.

At about 1:00 in the afternoon, a nurse walked Marla to an exam room where they inserted laminaria into her cervix and did the "instillation of urea" to start the abortion. At 11:00 PM, the abortion had still not been completed. I wanted to stay with Marla, but she insisted that I go home because it was getting so late. I kissed her goodnight, saying "I love you... see you in the morning." That was the last time I saw her alive. At 9:15 the next morning, I received a call from the intensive care unit (ICU). The nurse said...

"Something Went Wrong. It's Very Serious!"

I raced to the hospital and rushed into the ICU. Twice, a doctor came out to ask me questions about Marla. Each time I asked to see her, but I was turned away. Then the room suddenly became filled with white coats. A doctor sat in front of me and held my hands. "My daughter is dead, isn't she?" I asked. He nodded his head, "Yes."

"No! No! This can't be!" My poor Marla. I couldn't believe this was happening. I lost my breath as I was overcome by terror and helpless disbelief.

Like a dagger, the shocking news sent piercing pains through my heart and sucked the life from my body.

Seeing Her Daughter's Body – a Mother's Worst Nightmare

Finally, they allowed me to see Marla's body. When I entered the room, I could hardly believe what I saw. There was my beautiful daughter so horribly disfigured that she was almost unrecognizable. A tube was still protruding from her mouth and I could see that her teeth and gums were covered with blood. Her eyes were half opened and the whites of her eyes were a dark yellow. Her face was swollen and discolored a deep purple. The left side of her face looked like she had suffered a stroke. All I wanted was to hold her. I managed to get an arm around her and kissed her good-bye.



MARLA CARDAMONE before her tragic death. She was only 18.

The Trail of Truth

How could this have happened to my Marla? I was determined not to allow Marla's death to become just another statistic. Ultimately, we discovered that Marla died from a botched abortion that caused her body to be invaded by a fast-acting blood infection called septicemia. It killed her within 24 hours.

We also learned that the hospital social worker never saw Marla's sonogram or discussed the results with her. Marla never saw the words on the sonogram report about her baby's condition. They read: "No abnormalities detected." Had Marla been told this, she never would have considered having the abortion.

I still look at Marla's senior portrait from high school and wonder, "Why?" I look into her beautiful eyes and it just breaks my heart. It seems like only yesterday she was here smiling and laughing and full of life. Marla had such a kind and tender heart that she wanted to share with the world – but that will be no more.

Marla's life came to halt. We never saw this coming. All of a sudden, she was gone, and she was only 18. Looking back, I wish I had taken other steps to prevent the abortion. I should have done more.

Healing and Forgiveness After an Abortion

Have you had an abortion?

Do you want to put those painful feelings and memories behind you? There's hope! Thousands of women have experienced tremendous healing by talking with counselors who specialize in post-abortion counseling.

Many of these counselors are women who have had abortions themselves. They want to help you. They've been there. They know what you're experiencing.

Choosing abortion is never an easy decision for a woman. Often, when a woman finds herself with an unplanned pregnancy, she's in a crisis. If she chooses abortion, whether by her own decision or because of pressure from others, she has chosen to give a part of herself away. Women often suffer physical, emotional and spiritual damage as a result of their abortion, yet many women (and professional counselors) never make the connection between a past abortion and present emotional pain. However, the good news is that once the abortion has been acknowledged, grieving may begin and healing can take place.

Grieving is natural . . .

Part of healing often includes a grieving process. Grieving is a normal and healthy response to a major loss through death. It's a painful process, but one that helps relieve sorrow. After an abortion, women may attempt to bury their grief, turn their emotions off, and run from God. Eventually, most face the fact that abortion ended their preborn baby's life. The grieving process usually consists of five stages.

Relief: The first stage is relief. You might say, "Thank God I'm not pregnant anymore. My fears and stress are gone. I feel relieved." But after a short time, the initial feelings of relief can wear off because of frequent memories of the actual abortion.

Denial: Then denial sets in. Coping with the memories of the abortion can be very difficult. Denying the abortion killed your child may temporarily give you a way to cope with the trauma. You may think, "No. I wouldn't murder a baby. I just terminated a pregnancy. It wasn't really a baby at that stage, it was just a blob of tissue." Moving out of denial usually happens over a period of years and is a different process for each woman.

Anger: Many women feel they were exploited and become angry with others and themselves. You may think, "Clinic workers should have told me the truth about fetal development; they should have told me about adoption. My parents should not have been so concerned about what others thought. God should have stopped me." In this stage, women may dwell on ways others have hurt them and blame them for their own decision to abort. This anger often goes unexpressed and may lead to bitterness that interferes with other areas of their life.

Depression: Another stage of grieving may be depression. The role a woman plays in her baby's death can fill her with guilt, shame and self-condemnation. In this stage, harmful behavior such as drug and alcohol abuse, or suicidal tendencies, are usually seen. You may think, "I should have listened to my conscience, or I should have at least given my baby life, or I should have stood up to the others around me." (Women moving out of this stage are no longer angry with themselves. They've accepted their mistake and begin surrounding themselves with God's love and forgiveness.)

Acceptance: The final stage of grieving is acceptance. At this point women have acknowledged their own responsibility, forgiven those who hurt them and accepted God's forgiveness. They often want to share with others that they have a new understanding of God's plan for their lives. They've accepted this grieving process as part of God's healing plan and they find joy by focusing on seeking His will in their lives. Many women will then help others by working as crisis pregnancy counselors themselves.

Adapted from *Forgiven and Set Free* by Linda Cochrane, Baker Book House. Linda is a Registered Nurse and co-founder of PACE (Post-Abortion Counseling and Education). Call her Toll-Free at 1-800-203-HOPE.

COUNSELING HELP AFTER ABORTION

POST-ABORTION COUNSELORS ARE AVAILABLE TO HELP YOU

24 HOURS A DAY, SEVEN DAYS A WEEK. WHY NOT CALL RIGHT NOW?

DIAL TOLL-FREE: 1-800-848-5683 OR 1-800-593-2273



Why not love your baby and choose life?



Sharon Hamplton with her son Curtis before she was killed by a botched abortion.

Botched Abortion Killed Sharon

Los Angeles – Sharon Hamplton died from injuries suffered during an abortion on December 13, 1996. She was 27 years old at the time of her death. Dr. Bruce Steir, who reportedly slashed Sharon's uterus, was on medical "probation" at the time he did the abortion at Dr. Durante's office in Moreno Valley, California. On October 22, 1997, he was arrested and charged with murder.

(You can find more shocking details and eyewitness testimony about Sharon's death at www.prolife.com)

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Women Who've Had Abortions

"After the first abortion, I did get more depressed. I developed a very angry character; I became very violent. After the second abortion, I really didn't notice a change. By the third, I had really low self-esteem, and after the fourth I became extremely promiscuous and self-destructive. Throughout the years, with each abortion, I became more and more depressed and I gained more and more weight." — CECILIA GOMEZ, TUSTIN, CALIFORNIA



"The suction machine was turned on, causing tremendous pain. I was frightened, it hurt so much. I wanted to scream. I wanted it to stop. I suddenly knew there was a baby inside. They were killing my baby!" — MICHAELNE JENKINS, SAN DIEGO, CALIFORNIA

"Growing and maturing in a relationship with God has taken the pain from my past sins. Jesus alone is the only Healer of our hurts. Going through the grieving process for my child, as you would for anyone you've lost to death, is very important. For those that have had multiple abortions, your sin is not worse than my abortion of one. Sin is sin. Ask God for forgiveness and repent. He sees them (sins) no more." — JENICE LEARNED, MERCER, PENNSYLVANIA



"Having an abortion was the biggest, most tragic mistake of my life. If there is anything I can ever say or do that would change a woman's or man's abortion-bound course, I will do it." — CARNA SPINELLA, SEATTLE, WASHINGTON

"If you abort your child, this child will haunt you the rest of your life because no other child can replace him. Your problems will multiply, not disappear. Talk to others who have had abortions, who have chosen not to abort, who have found other ways to give life instead of death to their children. Abortion is wrong. Even if you don't believe that for sure, wouldn't it be smarter to err on the side of life? Abortion is irreversible — once it's done, you have no more options." — MARGARET CARSON, MEDFORD, OREGON



"I was told I had 'caught it' at a great time because it was just a tiny mass of tissue (4-6 weeks). Boy, was I deceiving myself! What ignorance I was in." — LISA AND WILL WINDHAM, TORRANCE, CALIFORNIA



"Two weeks after the abortion, I went into labor. I staggered into the bathroom. And there, with my husband beside me, I delivered a part of my baby the doctor had missed. It was the head of my baby. . ." "I'll wake up in the middle of the night, thinking I hear a baby crying. And I still have nightmares in which I am forced to watch my baby being ripped apart in front of me. I simply miss my baby. I constantly wake up wanting to nurse my child, wanting to hold my child. And that's something the doctor never told me I would experience." — LORI NERAD, former national president of Women Exploited by Abortion

"I know millions of women across this country feel as I do about abortion. We all somehow know deep down inside that we alone made a horrible decision and no coined phrase about choice and rights or the denial of biological and fetal facts can ever erase the truth. For we as mothers instinctively know during those still moments of aloneness, that we ended the life of a separate human being growing inside of each and every one of us." — SUSAN CARPENTER-MCMILLAN, PASADENA, CALIFORNIA



"Abortion destroys self-worth and dignity. I bought into the idea that abortion was simply a matter of choice. I used abortion as birth control until after my fourth abortion. I felt inside that this action has to be wrong. I wish I had given more thought to the abortions I had. If just one person had said, 'Star, what you're doing is wrong,' it might have changed the destiny of my life." — STAR PARKER, LOS ANGELES, CALIFORNIA



"Please understand that by aborting your unborn child, that does not make the baby go away. Your baby will be in your heart until you die. After abortion — the guilt, shame and loneliness is horrible. Once you abort, you cannot go back and change it." — LISA BURROUGHS, BUENA PARK, CALIFORNIA

Internet Whiz Helping Women and Children!

Have you met the Internet whiz who's dedicated his life to saving moms and babies? His name is Fr. Frank Pavone and he serves as the National Director of Priests for Life and as a member of the Pontifical Council for the Family. Fr. Pavone has developed an amazing Web site to help women and to help end abortion in your community. This brilliant, articulate New Yorker's TV shows, radio programs, articles, talks and Web site are teaching and inspiring people worldwide.

Please visit his site at www.priestsforlife.org

GLAMOUR Abortion Survey

Glamour, the popular women's magazine, received input from 3,000 women and in February, 1994, reported, that, "Virtually all of those who'd had abortions in the past said that if they'd only known how much they'd regret having an abortion after the fact, they never would have agreed to the procedure."

Celebrities on abortion



BROOKE SHIELDS
Actress

"Too many people use abortion as a form of birth control. And that's very wrong. I could never, ever have an abortion."

Source: *Redbook Magazine*, 8/91

"Healing after my abortions..."



LISA BURROUGHS

"After my abortions (I've had two) my spirit and self-esteem were crushed. I was an emotional wreck, until I talked to a post-abortion counselor who understood my pain. Her caring counsel was great! She understood my pain because she had also had an abortion. Her wise, loving advice helped me recover and turn my life around. She gave me hope and a new lease on life. Now I'm helping women as a post-abortion counselor. If you've had an abortion, I know your pain. Please don't wait like I did. Call today and get help right away. You'll be glad you did. You can reach counselors in your local area by calling the following hotline numbers."

— LISA BURROUGHS, BUENA PARK, CALIFORNIA

**POST-ABORTION
HOTLINE COUNSELORS
are waiting to take
your call
Toll FREE:**

**1-800-848-5683
OR
1-800-593-2273**



NOELIA GARCIA
Model

This glamorous French model, whose clients have included top names such as L'Oreal and Air France, is an active member of the French human rights group Le Treve de Dieu (God's Reprieve). Noelia found that models she knew were frequently pressured by their agencies to have abortions and she was appalled by it.

"Modeling uses women as objects. I was surrounded by other models having abortions and became disgusted by it. I have used my body and my face to sell products. Now I am using them to protect unborn children against the consumer society that chucks away babies it does not want."



LAKITA GARTH
1995 Miss Black California

"If you're pregnant, don't compound the problem by

seeking an abortion. Getting an abortion doesn't solve anything. You are much better off in that situation to put the baby up for adoption because you might be able to help a couple that can't have children."

See Lakita's powerful testimony to Congress at www.LoveMatters.com



How Men Feel After Abortion

BY STEVE ARTERBURN

STEVE ARTERBURN founder and chairman of *New Life Treatment Centers*, a Christ-centered program for emotional problems based in Laguna Beach, California, with locations across the U.S. He has authored numerous magazine articles and pamphlets, plus 14 books.

In front of 2,200 Baylor University students, I confessed a sin: "Twenty years ago I came to this school to get a Christian education, but what I got was a girl pregnant my first year here."

Being invited to speak at my alma mater was a great honor. As I thought about how I could challenge these students, it would have been more fun to play up my accomplishments. But I had to admit who I really was and what I had done.

Twenty years ago, I helped pay for my girlfriend's abortion.

My immediate reaction to her news was it was an inconvenience that must be eliminated. I never stopped to think about what I was doing. I never considered that a real life was inside her that I had helped create. I simply thought the doctor was removing some unwanted tissue.

Years later I faced the truth. I had selfishly destroyed a human life because I didn't want to be inconvenienced. My rude awakening was "male post-abortion syndrome" – a flood of guilt, confusion and denial that often follows an abortion. Post-abortion syndrome is typically associated with mothers of aborted children, but I'm one of the thousands of abortion fathers who have also gone through this ordeal. In my case, it resulted in 80 ulcers eating at my stomach, intestines and colon. The pain was excruciating and was made worse by the knowledge that it was a result of my secret sin.

Accepting God's forgiveness through Jesus Christ was the miracle I needed. Over time, the internal physical scars disappeared; subsequent tests revealed no trace of the trauma. The guilt of my secret sin had destroyed my health. However, God restored it.

Shortly after I spoke at Baylor, the woman I had gotten pregnant more than two decades earlier called me. She had heard about my talk. It was wonderful to hear that she, too, had experienced God's healing from that horrible act. She had only one suggestion: "The next time you tell the story, be more honest about what really happened. You didn't just help pay for the abortion; you pressured me to get it."

It was true. She never wanted to do it. She wanted to keep the baby. It was my forcefulness that finally led her to do what she didn't want to do. I came face-to-face with who I really was – a coward who preyed upon someone else to make my own life easier.

Studies show that the most significant factor in a woman's decision to get an abortion is lack of support from the man to keep the child. As painful as it was hearing it, I was glad this friend from years ago had the courage to confront me.

"I THOUGHT MY GIRLFRIEND'S ABORTION WOULD MAKE MY LIFE EASIER. I WAS WRONG."



Margaret and Kurt Birky are happily married after a painful past.

One Couple's Heart-Wrenching Story

Margaret and Kurt Birky had been dating in college for about three months when Margaret became pregnant. They decided to have an abortion, and for \$300 their "problem" was removed. Soon after, Kurt made a life-changing decision to give his life to Jesus and remained abstinent for the next three years until he married Margaret.

Kurt says, "On the day Margaret and I approached the 'Planned Parenthood' (where more than 95 percent of their 'family planning' involves abortions), there was no one to tell us that Margaret could be permanently damaged from the 'procedure' or that the fetus inside her had a beating heart and could feel pain. There was only a receptionist who said, 'Make that payable to Planned Parenthood.' And so I paid a man \$300 to tear my unseen child from this world. The blood of this sin is on our hands."

Margaret says, "After the abortion I was obsessed with how old my child would be, what he looked like, whether he forgave me. I had hatred for myself for being weak. . . anger at my boyfriend for not being the white knight. I wish he would have said, 'It's all gonna be o.k., I love you, I will love this baby, together we'll make it work.' I cried hysterically many times and my arms would ache terribly from agonizing to hold that child. I'd hug a teddy bear just to have something there."



Sarah Smith with her mother, Betty. Sarah has forgiven her mother for trying to abort her in 1970.

My Twin Brother Was Aborted

BY SARAH SMITH

In 1970, my mom was pregnant with me and my twin brother, but then she decided to have an abortion. Before the abortion, we were both in my mother's womb – alive and wanting to live. Nobody knew she was carrying twins.

It's frightening to think that I was almost aborted when my mom had a D&C abortion, but somehow, miraculously, I survived! My twin brother wasn't so lucky. Andrew was aborted and we lost him forever.

My mother deeply regrets that abortion. I know the pain is unbearable for her at times when she looks at me and knows she aborted my twin brother. Mom says, "The protective hand of Almighty God saved my life... that God's hand covered and hid me in her womb, and protected me from the scalpel of death."

Today I'm a pre-med student and a national pro-life spokesperson. I thank God I survived the abortion, but the pain continues for everyone in my family. In memory of my brother Andrew, we bought the gravestone shown.

Please share our story with others so the tragedy of abortion stops hurting babies and families. Everyone needs to know the truth about abortion."



ARE YOU THE FATHER OF A BABY WHO WAS ABORTED?

Men everywhere report that having a child aborted is a horrendous and heartbreaking experience, whether they opposed or supported the abortion. Afterwards, many men feel angry, guilty and powerless. Sometimes they become depressed and suicidal.

Many men think they're going to solve a problem by aborting their child. Later they realize it was a big mistake that they can't forget.

One man confessed that he had been an alcoholic and had committed various crimes for which he served prison time, but he said the worst thing he had ever done was to encourage his girlfriend to have an abortion.

God gave each of us a conscience to help us know right from wrong. And when we do wrong, our conscience tugs at us until we repent and make amends. Our God is a loving Father who wants to forgive us for all our sins – no matter how unforgivable they seem to be. He'll even forgive the sin of abortion, if you repent, ask Him for forgiveness and commit never to do it again.

Help is available right now. Excellent counselors are just a phone call away. They understand the pain, sadness and guilt after abortion and they want to help you begin the healing process.

FOR MORE INFORMATION, PLEASE CALL:
MEN'S ABORTION RECOVERY MINISTRIES
 (610) 384-3210
 OR
FATHERS AND BROTHERS MINISTRIES
 (303) 494-3282

"Life after deciding to abort will never be totally free from the difficulties and the pain that having an abortion will provide. Dealing with it is hard, and it can have a negative effect on all your future relationships with women and babies." – RON STOLTENBERG



Nels Samuelson with his wife, Diana, and their three-year-old son, Michael.

"Don't do it. The man has responsibility towards his actions and their consequences. He should be supportive and try to save the life of the baby and work towards this – whatever it takes, including financial support of the child and assistance to the mother." – NELS SAMUELSON

Population Experts Warn Underpopulation is Coming

All our lives, we've heard about "overpopulation," right? But did you know birthrates are now falling, not rising, worldwide? That the populations of many nations will plunge by millions in a few decades? Read eye-opening findings from experts at www.pop.org



THE NEWSBOYS
This popular Gospel rock group recently collected a gold record for their "Take Me to Your Leader" album.

"Don't follow one unfortunate incident with a terrible and tragic one. You are a human being and if you are pregnant, you are carrying another human being whom you are responsible for. Do the right thing."

(Note: Two of The Newsboys were put up for adoption as babies by their birth mothers and they are grateful that they weren't aborted.)



DARRELL GREEN
Pro football superstar with the Washington Redskins

"Look in the mirror. If you appreciate your life and the opportunity you've been given to live, you should reciprocate that to any child in your womb. Carry that child (full term) just as your mother carried you." — DARRELL GREEN



Leasa made the tough choice to give her baby up for adoption.

The Adoption Option — One Mother's Story

BY LEASA OF MINNESOTA

It was the beginning of my junior year in high school. I was excited, looking forward to another year of diving, gymnastics and track. But this excitement quickly came to an end when I realized I was pregnant.

When the pregnancy was confirmed, my mind went racing. It isn't enough to just say that I was scared — I was terrified! The idea of having an abortion was never a consideration for me. I could not live with the realization that I was responsible for taking the life of my child — a death because of my actions.

My first instincts told me that I needed to raise my child on my own. I knew I could love and care for a child, but when I stopped thinking about myself, and thought about what was best for my child, I knew adoption was the right decision. I was 16 at the time.

The adoption procedure I opted for is not your ordinary plan. I chose to do an independent open adoption. Through this process I was able to select from among the prospective adoptive parents. I had the opportunity to establish a personal relationship with them as well as to develop a lasting friendship. The more I got to know them, the more excited I was about placing my baby with this couple. They had so much love and security to offer my child. They were there with me in the hospital when my son was born. Their video camcorder ran non-stop.

I will always treasure the three days I spent in the hospital with my son.

HANDING HIM OVER TO HIS NEW PARENTS WAS BY NO MEANS EASY, BUT I KNEW IN MY HEART THAT THIS WAS THE RIGHT DECISION FOR BOTH OF US.

Many tears were shed throughout the nine months and during the hospital stay. But they were not all tears of sadness. I miss my son very much. I think about him every day and a smile comes to my face. I thank the Lord that He led me to two such special people to be adoptive parents for my child.

It has been several years since my son was born. He now has an adoptive sister. I keep in contact with the family through letters and pictures. I can't begin to explain the feelings of pride and contentment that I experience when I see the smile on his face.

Relinquishing my son was the hardest decision I will ever have to make, but I'm more confident than ever that it was the right one. While in the hospital I received a card that read, "Some people come into our lives, leave footprints on our hearts, and we are never the same." This is so true!

One Million Couples Want to Adopt a Baby



TIM AND AMY HOLSCHER
San Diego, California

TIM AND AMY said, "We wish to adopt an infant because we love children very much and can't have a child of our own. We have been very happily married for more than five years and want to provide a child with an extremely loving and supportive environment."

LARRY AND ANDREA said, "We've been happily married since 1986 and have tried for eight years to have children naturally but were unsuccessful. After a time we adopted Ian. He was a dream come true. Now we desire to adopt another child and will provide a loving home where God and family are very important."

STEVE AND TINA said, "We both believe that the most important thing in our life is having children to share our love with. We were blessed in 1994 by being chosen to adopt Emily... and we can't wait to do it all again!"

Every year, more than one million couples want to adopt a baby. Yet, there are only about 50,000 babies placed for adoption each year (source: National Council for Adoption). This means that every year 950,000 couples won't be able to adopt a baby to share their love and their lives with. It's very sad for these couples to discover that every year, about 400,000 teenage girls choose to abort their babies.

If you have an unplanned pregnancy, please consider placing your child for adoption. Giving your baby to one of these couples will be one of the most generous and precious gifts you can ever give someone.

You can see couples who want to adopt a baby at www.adoption.com



LARRY, ANDREA AND IAN MICHNOCK,
Laguna Niguel, California



STEVE, TINA, EMILY AND FOUR LEGGED FRIEND

FREE Adoption Video! If you're pregnant and considering adoption, please call this toll-free number for a free video: 1-800-773-4626

Secrets of the Abortion Industry

An Interview with Carol Everett, Former Abortion Center Director



Carol Everett was involved in the abortion industry in the Dallas, Texas area from 1977 to 1983. As director of four abortion centers, and owner of two, Carol was responsible for the centers' daily operation.

Carol, who had an abortion soon after it became legal in 1973, now speaks out on what she saw in the abortion industry:

Q: What is the governing force behind the abortion industry?

A: Money. It is a very lucrative business. It is the largest unregulated industry in our nation. Most of the clinics are run in chains because it is so profitable.

Q: In what way is the woman deceived?

A: Every woman has two questions, "Is it a baby?" and "Does it hurt?" The abortionist must answer, "NO." He/she must lie to secure the consent of the woman and the collection of the clinic's fee. The women were told that we were dealing with a "product of conception" or a "glob of tissue." They were told that there would be only slight cramping; whereas, in reality, abortion is excruciatingly painful.

Q: What type of counseling was offered at the clinics?

A: We didn't do any real counseling. We sold abortion.

Q: How did you dispose of aborted babies?

A: We put them down the garbage disposal. Some second and third trimester babies' muscle structure is so strong that the baby will not come apart, so they must be disposed of through trash receptacles.

Q: Abortion is supposed to be a "safe" experience. What complications did you witness?

A: In the last 18 months I was in the business, we were completing more than 500 abortions monthly and killing or maiming one woman out of 500. Common complications that take place are perforations or tears in the uterus. Many of those result in hysterectomies.

The doctor might cut or harm the urinary tract, which then requires surgical repair. A complication that is rarely publicized is the one in which the doctor perforates the uterus and pulls the bowels through the vagina, resulting in a colostomy. Some of those can be reversed, but some women must live with the colostomy for the rest of their lives.

Q: Why did you get out of the abortion business?

A: Two things came into play at the same time. I experienced a profoundly religious transformation – a conversion. At about the time I was having second thoughts, a Dallas television station did an exposé disclosing the abortions performed at my clinic on non-pregnant women – all for money! I finally realized, "We weren't helping women, we were destroying them – and their children." By then, my transformation was complete and I knew that I not only had to stop being involved with abortions, but I had to help promote the truth.

Former Abortionists Speak Out

"I want the general public to know that the doctors know that this is a person; this is a baby. That this is not some kind of blob of tissue..."

ANTHONY LEVATINO, M.D.
Former Abortionist



"We were told to find the woman's weakness and work on it. The women were never given any alternatives. They were told how much trouble it was to have a baby."

DEBRA HENRY
Former Abortionist
Counselor

"The picture of the baby on the ultrasound bothered me more than anything else. The staff couldn't take it. Women who were having abortions were never allowed to see the ultrasound."

JOSEPH RANDALL, M.D.
Former Abortionist



"My heart got callous against the fact that I was a murderer, but that baby lying in a cold bowl educated me to what abortion really was."

DAVID BREWER, M.D.
Former Abortionist

"I am a murderer. I have taken the lives of innocent babies and I have ripped them from their mothers' wombs with a powerful vacuum machine."

MCARTHUR HILL, M.D. Former Abortionist

"It's a lie when they tell you they're doing it to help women, because they're not. They're doing it for the money."

NITA WHITTEN Former Abortion Counselor

Source: Meet the Abortion Providers video at www.prolifeaction.org

Who Is Planned Parenthood?

BEWARE: Planned Parenthood (PP) will tell you that birth control reduces abortion – but the facts say otherwise. Birth control fails miserably. Even the pro-birth control Alan Guttmacher Institute web site reports that "58% of women having abortions in 1995 had used a contraceptive method during the month they became pregnant."

PP touts its sex ed programs, but these programs don't help kids, they hurt them. PP's own research has shown its sex ed programs caused a 50 percent higher rate of sexual activity among teens.⁽¹⁾

And did you know PP runs America's largest chain of abortion centers? That's right, PP sells abortions – a profitable backup when birth control fails. Every year, PP's abortions account for around 10 percent of the total U.S. toll of aborted babies. In its 1997-1998 annual report, PP admits to executing 165,174 abortions in 1997.⁽²⁾

PP also deceptively promotes itself as "privately funded." Yet in 1997 alone, PP received \$165 million of the U.S. public's tax money.⁽³⁾

⁽¹⁾ Louis Harris and Associates, *American Teens Speak: Sex, Myths, TV and Birth Control*, New York: Planned Parenthood Federation of America, 1986 p. 19

⁽²⁾ Planned Parenthood Federation of America's 1997-1998 Annual Report

⁽³⁾ Ibid

Planned Parenthood's Founder: A Racist?

Did you know Planned Parenthood (PP) locates many of its abortion-contraception offices in minority areas, where they abort a huge number of minority babies? And have you seen the evidence that Margaret Sanger, PP's wealthy founder, was a eugenicist and a white supremacist? Says the Rev. Johnny Hunter, a black pastor, "Margaret Sanger implemented the 'Negro Project' in 1939 to eliminate those she called 'human weeds.'" For more details, go to www.all.org and click on "Site Index." Then, in the "Search Our Site" window, type the name, Margaret Sanger. This will pull up dozens of her racist quotes about minorities.

Reversing Roe v. Wade

Known as "Jane Roe," Norma McCorvey was the plaintiff in the infamous 1973 Roe v. Wade Supreme Court case that legalized abortion. Poor, pregnant, and desperate, Norma McCorvey fell into the hands of two young, ambitious lawyers. They were looking for a plaintiff with whom they could challenge the Texas state law prohibiting abortion, and Norma signed on. Little did she know that her signature would one day make her a national symbol for legalized abortion.

Twenty years later, still firmly believing in abortion, Norma found herself working in a Texas abortion center. Then, on March 31, 1995, the pro-life group *Operation Rescue* (O.R.) opened an office next door. Shortly thereafter, Norma was befriended by the Director of O.R. and the 7-year-old daughter of a pro-life volunteer. Their love and friendship touched Norma, and eventually led her to completely change her mind on abortion.

Today, Norma has dedicated her life to speaking publicly against abortion and she's currently working to reverse *Roe v. Wade*. Norma's testimony – with all its startling revelations – can be found in her 1998 book, *Won By Love*. To learn more about Norma's conversion and her experiences while working in the abortion industry, go to www.roenomore.org

How to reduce your chances of divorce by **1,000%**



DR. JANET SMITH, PH.D. exposes the dangers of contraceptives and helps reduce divorce by 1,000 percent.

If you're like most teens and young adults, you're probably looking forward to getting married and having a family someday — perhaps within the next few years. At the same time, you may be discouraged by today's skyrocketing divorce rate.

You've probably seen the devastating heartache that divorce can bring, not just to the couple, but to their children as well. And since about 50 percent of marriages end in divorce, there's no guarantee it can't happen to you. Or is there?

Marriage expert Dr. Janet Smith says you can very nearly *guarantee* yourself a successful, long-lasting marriage, free of divorce and infidelity. And those who follow her "Formula for Success in Marriage" are discovering that she's right.

If you and your future spouse follow her formula, you can cut your chances of divorce by 1000 percent — from 50 percent to under 5 percent!

One of the keys to Dr. Smith's four-point success formula is the practice of Natural Family Planning (NFP). Believe it or not, the divorce rate for those who practice NFP is just 2 percent to 4 percent! And the Couple to Couple League, which promotes the use of NFP, reports that among their 1,200 counselors, all of whom use and teach NFP, the divorce rate is an amazingly low 1.3 percent!

That's a far cry from the 50% divorce rate that has become the norm in recent years. According to Stanford demographer Robert Michaels, the widespread use of artificial contraception is one of the key causes of this dramatic increase in the divorce rate.

Why is NFP such an effective "divorce-buster?" For one thing, the use of contraceptives makes many women feel like "sex objects." At the same time, the Pill makes many women irritable and depressed, while causing weight gain and a reduced sex drive. These problems strain even the best of marriages.

On the other hand, successful use of NFP requires a lot of love, attention, caring, respect and, above all, communication. Those things inevitably lead to longer, happier, more successful marriages.

Kiss Divorce Goodbye

Divorce rate of only 1.3 percent

A recent study of 1,200 couples who are certified Natural Family Planning (NFP) teachers showed a divorce rate of only 1.3 percent.

To learn more about NFP, go to www.ccli.org or call 513-471-1200 for a FREE brochure.

Of course, many couples confuse NFP with the so-called "Rhythm Method." But the two are very different. NFP takes advantage of advances in medical science that allow women to identify precisely when they're fertile and when they're not. If you follow the system, your chances of getting pregnant are almost nil. Statistics show NFP to be as reliable as the Pill. In fact, according to a report in the *British Medical Journal*, NFP is the most effective method of family planning!

Better yet, NFP is 100 percent natural, and has none of the devastating side effects of the Pill.

For the full story, you need to get your hands on Dr. Janet Smith's 90-minute audio tape, "Contraception: Why Not?" The tape is yours free. You just pay a \$3 shipping and handling charge.

On this amazing tape, you'll discover not just how artificial birth control endangers your marriage, but how it can also endanger your health! The Pill has been tied to a variety of severe physical, emotional and psychological disorders.

Dr. Smith will also share her complete "Formula for Success in Marriage." If you follow her formula, you'll build a happier, healthier, more successful marriage and live a more fulfilled life.

To receive your FREE audiotape, "Contraception: Why Not?," please send \$3.00 for shipping and handling to:

LoveMatters.com
Dr. Smith - Audio Department
1840 S. Elena Avenue, Suite 103
Redondo Beach, CA 90277

Does the Birth Control Pill Cause Abortions?

If you're using the Pill, an IUD, Depo-Provera or Norplant, this article may surprise you. Most women are not aware that these "contraceptives" cause millions of chemical abortions in the early weeks of pregnancy each year.

Breakthrough Ovulations

Scientific research shows that many women experience "breakthrough ovulations" while using the Pill and other chemical "contraceptives." This means that if you're using these "contraceptives," your ovaries can still release eggs. Dr. Ronald Chez, OB/GYN and staff member at the University of South Florida Medical School and a former scientist at the National Institutes of Health (NIH), publicly stated that the new Pills of today, with their lower estrogen dose, allow ovulation (the release of an egg) up to 50 percent of the time. ⁽¹⁾

So, if your ovaries release eggs, you can potentially become pregnant — even if you're using the Pill! But if you're using one of these "contraceptives," you probably wouldn't ever realize you became pregnant, because the chemicals create a hostile environment in the womb that usually prevents a baby from implanting into the wall of your uterus. And therefore having no source for nutrients, your tiny baby would starve to death about one week after conception.

Doctors Confirm the Pill Causes Abortions

To help you understand how the Pill causes early abortions, medical researcher Randy Alcorn recently wrote, *Does the Birth Control Pill Cause Abortions?* Ten highly respected physicians have endorsed Alcorn's research and his new 88-page booklet. Here's what two of them say:

"I painfully agree that birth control pills do in fact cause abortions." — Beverly A. McMillan, M.D., OB/GYN

"From medical textbooks and pharmacy references, to statements from the Pill manufacturers themselves, this book proves, beyond any doubt, the abortion-causing action of birth control pills." — Paul L. Hayes, M.D., Board-certified Fellow of the American College of Obstetricians/Gynecologists.

More proof is available on the inserts the manufacturers enclose with the Pill. The inserts usually state that the Pill also works to "prevent implantation" of a fertilized ovum (a tiny baby). That means it causes an early abortion.

DO YOU WANT ALL OF THE FACTS?

To understand how the Pill really works, order Randy Alcorn's booklet, *Does the Birth Control Pill Cause Abortions?* This easy-to-read, 88-page booklet will be sent to anyone who sends \$3.00 to:

Randy Alcorn,
2229 East Burnside
Gresham, Oregon 97030

You can preview the whole booklet at www.epm.org on the Internet, or call Randy Alcorn at (503) 663-6481

⁽¹⁾ Sterns, David, M.D., Sterns, Gina, R.N., B.S.N., Yaksich, Pamela, "Gambling with Life, How the I.U.D. and "The Pill" Work" (www.top.net/vitalsigns)

Note: The Couple to Couple League provides excellent research about the Pill and early chemical abortions on the Internet at www.ccli.org

Can The Pill Kill You?



Some 13.8 million U.S. women use the Pill. With 7.9 Pill-related deaths occurring each year per 100,000 women ages 15-44, ⁽¹⁾ this means that at least 1,090 women die in the United States every year from oral contraceptive use.

Fifty percent of women who take the Pill discontinue it within the first year, because they suffer side effects or develop benign breast disease or some abnormality of sexual organs. ⁽²⁾

Lots of young people try to live a natural, chemical-free life, yet many take the Pill, whose powerful chemicals affect their whole body, starting with their brain.

To learn more about many little-known health risks of the Pill (especially for younger women), check out *The Couple to Couple League Intl.* at www.ccli.org and *Pharmacists for Life Intl.* at www.pfli.org

⁽¹⁾ Harlap S, Kost K, Forrest JD (1991). *Preventing Pregnancy*, Protecting Health. New York: The Alan Guttmacher Institute, 98-99.

⁽²⁾ Weckenbrock, Paul, R.Ph. The Pill: How Does It Work? Is It Safe? Online at www.ccli.org



Young, Unmarried and Having a Baby

At 21, Cathy Brown became pregnant. She writes this to other young women who find themselves in the same situation.

Dear Friend,

I became pregnant while I was still in college. I wasn't married, so you can imagine my parents' disappointment. If you're pregnant, you may be experiencing the same emotions that raced through my mind. I was confused, scared, angry and hurt, all at the same time. My whole life turned upside-down. My boyfriend bailed on me. I lost some of my closest friends because I decided to stop partying. My own father went completely nuts (at first).

Are you pregnant? Is your friend pregnant?

If you're pregnant, you're probably thinking, "My life's a mess. How did this happen?" At first, I was thinking those same thoughts. I was really suffering and wondering whether God cared about me at all. I had not been the most faithful follower. I was having sex with my boyfriend even though I knew in my heart that it was wrong. I spent more time partying than praying, and I cared more about being accepted by my boyfriend and my friends than by my parents and God.

Having mixed-up priorities got me in big trouble, but God was still there to help. And He's here for you now, too. He cares about you more than you can imagine. He's trying to bring you closer to Him if you'll let Him lead the way. What He cares about most is your happiness. He's not worried about where you've been.

He's concerned about where you're headed. He'll forgive any lifestyle if you ask for His forgiveness. He loves you and He can help turn your life around if you let Him. He turned my life around the moment I accepted the child He placed in my womb.

The tough road made me stronger.

I decided to keep my baby. It's not always the easiest of roads, but life has its ups and downs no matter what path we take. Yes, parts of my life have been tough, but having my baby is a decision I'll never regret. I'm so thankful I don't have to live with the nightmares, depression and regrets like other women who've told me about their abortions. One of the best things about having my baby is that when I wake up every morning, I can look myself in the mirror and know I made the right choice when I was faced with a difficult decision. Making the right choice has given me more confidence and self-respect than any decision I've ever made.

You can make it! I want to help you, and there are many people near you who want to help. Your life has already been changed forever – but whether it's a change for better or worse is up to you. Please call me if you need someone to talk to.

I work at American Life League, and I'd love to help you. My number is (540) 659-4171.

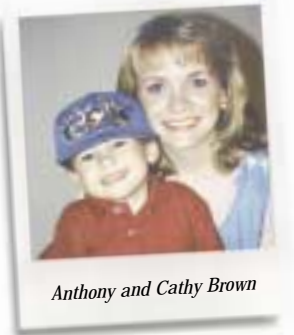
Remember, if you're pregnant, you're already a mom. Nothing will ever change that. Start daydreaming about that first time when you'll hold your baby in your arms. You'll be overcome with joy. A proud smile will fill your face as you look into the precious face and eyes of your own child. At that awesome moment you'll know you made the right choice. You can do it! God will provide the grace and strength you need to get through this – and helpful, caring people are just a phone call away.

Sincerely yours,
Cathy Brown

P.S. If you're pregnant and you need help, America's Pregnancy Helpline can help you right now. Their toll-free is 1-800-672-2296

Editor's Note: Cathy Brown writes articles for three excellent Web sites. Please check'em out at:

www.whyife.org • www.rockforlife.org • www.all.org



Anthony and Cathy Brown

"My name is Cathy Brown and I'm a single mom.

My little miracle, Anthony Sean, was born on March 17, 1993. He has brought more joy and love to my life than I ever imagined possible.

I graduated from college in May, 1995, with a BS in marketing.

I have a full-time job and I just moved into my own home with my son.

I cannot imagine life without my little angel."

"Breakthrough Ovulation" and Pregnancy

"Breakthrough ovulation" means a woman's ovary releases an egg even though she's on the Pill or another form of "contraceptive birth control." When this happens, she can become pregnant.

Breakthrough ovulation rates

The Pill and Mini-Pills:	50 percent ⁽¹⁾
Norplant:	50-65 percent ⁽²⁾
Depo-Provera:	40-60 percent ⁽³⁾
IUDs:	100 percent ⁽⁴⁾

With more than 17 million American women using the Pill and other chemical "contraceptives," — it's estimated that breakthrough ovulation leads to pregnancy so often that seven to 12 million tiny babies are killed by early abortion in their mothers' wombs each year.⁽⁵⁾

Sources:
(1) Chez, Dr. Ronald, of National Institutes of Health. Also, Tonti-Fillippini, Nicholas, BA, MA, "The Pill: Abortifacient or Contraceptive?" *Linacre Quarterly*, 1995.
(2) Hilgers, Dr. Thomas, "Norplant," *Linacre Quarterly*, 1993, p.64-69.
(3) "Infant Homicides Through Contraceptives," 1994 by the Study of Abortion Deaths Ad Hoc Commission - Bardstown, KY. Ph: 502-348-3963.
(4) *ibid.*
(5) *ibid.*

Students urgently need your help!

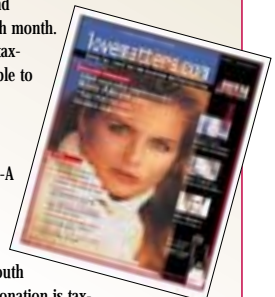
Would you like to help LoveMatters.com put this 28-page, full-color newspaper into the hands of millions of students on high school and college campuses this year? Imagine the positive impact it would have! Sadly, today's youth are being poisoned by the media and our sex-crazed culture. Abortion, unmarried sex, pornography, infidelity and STDs are out of control, and they're destroying lives and souls. Each year, about one million teenage girls becomes pregnant – and some 40 percent of them abort their babies.

But there's good news! You can make a difference. With your help, we can inform and inspire countless young people with this special newspaper and our Web sites at www.LoveMatters.com and www.prolife.com. Millions of high school and college students need to see this newspaper ASAP! They need to be encouraged to save sex for marriage and choose life, not abortion, before they fall prey to peer pressure and media propaganda. Our goal is to distribute three million copies of this newspaper to students this year and we need to raise \$1 million to do that. Would you like to help?

We urgently need your donation to print and distribute thousands more newspapers each month. Please send your generous gift today! (It's tax-deductible.) Please make your check payable to LoveMatters.com and send it to:

LoveMatters.com
Newspaper Department
1840 South Elena Avenue, Suite 103-A
Redondo Beach, CA 90277

Thank you and God bless you!
(LoveMatters.com is a national outreach of Pro-Life America and Crusade for Life South Bay, Inc., a non-profit organization. Your donation is tax-deductible.) If you'd like to call us, dial (310)-373-0743.



FREE RESOURCES AND TOLL-FREE HOTLINE NUMBERS

Help for Women and Men in Need



Pregnant?
Free pregnancy tests.
Caring and confidential.
CARE NET **1-800-395-HELP**

Pregnant?
If you think you're pregnant. . .

FREE confidential counseling is just a phone call away. The TOLL-FREE numbers below will connect you with a kind, compassionate, understanding, and knowledgeable counselor who'll give you the help and support you need, no matter what your situation. And it's all private and confidential. If you think you're pregnant, your counselor will. . .

- Help you get a FREE, confidential pregnancy test
- Give you a full understanding of your alternatives
- Tell you how to tell your boyfriend and your parents about your pregnancy
- Help you find medical, legal and financial help
- Help you find housing
- Tell you where to get free maternity and baby clothes. In some cases, free furniture is also available
- Tell you where to go for childbirth classes, labor coaching and parenting classes
- Help you find family support groups in your area

To get the pregnancy help and support you need right now, call one of the TOLL-FREE numbers below:

- Care Net**
1-800-395-4357
- National Pregnancy Hotline**
1-800-848-5683
- America's Pregnancy Helpline**
1-800-672-2296

Adoption Options:

Today, more than 1 million couples are waiting to adopt a baby. Helpful information about adoption is available to birth mothers and couples wanting to adopt a baby at these TOLL-FREE numbers:

- Adoption.com (FREE video available)**
1-888-962-3678 or
www.adoption.com
- Bethany Christian Services**
1-800-238-426

Need Healing After Abortion?

If you're suffering because of a past abortion, help is just a phone call away. Call the toll-free numbers below and a caring counselor will help you begin the healing process. Thousands of women have learned to forgive themselves, to overcome their depression, to effectively deal with their grief and guilt. Many of these women are the volunteers on the hotlines listed below. If you're suffering because of a past abortion, they want to...

- Help you with post-abortion counseling
- Connect you with post-abortion support groups in your area, where you can meet with other women who have had abortions.

- Call the following numbers:
- Post-Abortion Counselors (24 hrs./day)**
1-800-848-5683
 - Post-Abortion Reconciliation and Healing**
1-800-593-2273
 - American Victims of Abortion**
(202) 626-8800 ext. 1322
 - Victims of Choice**
(630) 378-1680
 - Silent Voices**
(619) 422-7057
 - Conquerors – New Life Family**
(612) 866-7643

Injured by an Abortion? You Can Sue for Money!

If you've been physically injured by abortion, expert legal advice is available to you. You may be able to sue the abortionist for damages. Many cases have already been won on behalf of injured women and women killed by abortion. Abortion may be legal, but "consenting to an abortion" doesn't prevent you from suing for malpractice. If you've been injured, you have legal rights and you could receive a large amount of money. BUT TIME IS NOT ON YOUR SIDE. There's a statute of limitations that varies from state to state. You need to learn your legal rights as soon as possible!

- Legal Action for Women:**
1-800-U-CAN-SUE toll-free
- Life Dynamics**
1-1800-401-6494 toll-free
- American Rights Coalition**
1-800-634-2224 toll-free
- Schuler and Kessel (Law Office)**
1-877-726-3552 toll-free

National Pro-life College Groups

- Why Life? (Pro-life Youth)**
(540) 659-4171
www.whylife.org
- Rock for Life**
(540) 659-4171
www.rockforlife.org
- Feminists for Life**
(202) 737-3352
www.feministsforlife.org
- Human Life Alliance**
(651) 484-1040
www.humanlife.org
- Cross-Country Walk for Life**
1-800-277-9763 toll-free
- Genocide Awareness Project**
(College Campus Photo Exhibits)
(818) 360-2477
www.cbrinfo.org

Chastity Resources, Abstinence Groups

- True Love Waits**
1-800-588-9248
www.truelovewaits.com
- Project Reality**
(847) 729-3298
www.project-reality.pair.com
- TEEN-AID, Inc.**
(509) 482-2868
- Family Research Council**
1-800-225-4008
- Josh McDowell Ministries**
1-800-222-JOSH
- Medical Institute for Sexual Health (MISH)**
1-800-892-9484

FREE Brochures
from Focus on the Family

- Sex and Singles: Reasons to Wait
- Struggling with Crisis Pregnancy
- Tough Love for Singles
- Quick Facts on "Safe Sex"
- Why Condoms Aren't Safe
- Help for Pregnant Teens
- Responding to a Woman with a Crisis Pregnancy
- Abortion: A Moral Outrage
- What Does God Say About Abortion?
- A Guide to Adoption
- AIDS: Fact vs. Fiction
- When Sex Becomes an Addiction
- Why Wait for Marriage?
- Building a Marriage that Lasts
- Preparing for Marriage: Pitfalls and Promises

For a FREE copy of any of these brochures, call Focus on the Family at 1-800-232-6459 toll-free

Actress Hunter Tylo was fired from "Melrose Place" when she became pregnant. When asked why she didn't have an abortion so she could work, Tylo replied, "For a brief moment I'm ashamed of, I considered having an abortion. I considered it [abortion], and I'm ashamed because I don't believe in it. I look at my daughter walking now and I'm ashamed. I don't ever want to see a woman put in that position again."

"EVERYBODY LOVES RAYMOND" Co-STAR Patricia Heaton
Patricia is the honorary chairperson for Feminists For Life. Patricia writes, "Indeed, the tragedy of abortion haunts women from all walks of life. Abortion advocates are spending millions to package their tired rhetoric and half-truths in cutting-edge advertising campaigns targeted to young women. Please join me in supporting FFL's efforts to provide complete information, practical resources, and true choices through the College Outreach program." See www.feministsforlife.org

Breast Cancer Linked to Abortion
Dr. J.C. Willke, M.D. reports that, "New scientific evidence shows that the increase in abortions worldwide has caused a sharp increase in breast cancer. Over thirty studies indicate that women who abort their first pregnancy have a much higher risk of developing cancer." For details, visit: www.lovematters.com www.abortionfacts.com • www.all.org

Great Web Sites

Pregnancy Help and Hotlines

- ADOPTION INFORMATION – FREE VIDEO www.adoption.com
- CARE NET – FREE PREGNANCY TESTS www.care-net.org
- PREGNANCY HELP CENTERS www.pregnancy.org

Abortion - Facts and Information

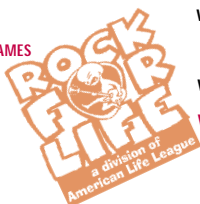
- ABORTION FACTS www.abortionfacts.com
- AMERICAN LIFE LEAGUE www.all.org
- ELLIOT INSTITUTE (POST-ABORTION INFO) www.afterabortion.org
- FEMINISTS FOR LIFE www.feministsforlife.org
- GENOCIDE AWARENESS PROJECT www.cbrinfo.org
- HOPE AFTER ABORTION www.hopeafterabortion.com
- HUMAN LIFE INTERNATIONAL www.hli.org
- LIFE ACTION ADVOCATES www.prolife.org
- NATIONAL RIGHT TO LIFE COMMITTEE www.nrlc.org
- OVERPOPULATION MYTHS www.pop.org
- PRIESTS FOR LIFE www.priestsforlife.org
- PRO-LIFE ACTION LEAGUE www.prolifeaction.org
- PRO-LIFE AMERICA www.prolife.com
- THE ULTIMATE PRO-LIFE RESOURCE www.prolifeinfo.org
- VIDA HUMANA INTERNACIONAL www.vidahumana.org

Building Healthy Families

- AMERICAN FAMILY ASSOCIATION www.afa.net
- CONCERNED WOMEN FOR AMERICA www.cwfa.org
- CHASTITY AND ABSTINENCE LINKS www.lovematters.com
- FAMILY RESEARCH COUNCIL www.frc.org
- FOCUS ON THE FAMILY www.family.org
- INSPIRATION AND MOTIVATION www.williejolley.com
- LIFE TEEN www.lifeteen.org
- MAN TO MAN (FREE AUDIO) www.dads.org
- MEDICAL INSTITUTE SEXUAL HEALTH www.medinstitute.org
- PHARMACISTS FOR LIFE INTERNATIONAL www.pfli.org
- PRO-LIFE OBGYNS www.omsoul.com
- SEXUAL ADDICTION HELPLINES www.nationalcoalition.org
- TRUE LOVE WAITS – CAMPUS GROUPS www.truelovewaits.com
- YOU! MAGAZINE (TWO FREE ISSUES) www.youmagazine.com
- YOUR WEDDING DAY www.days.org

Inspiring Music

- HIP-HOP MUSIC www.hip-hopzone.com
- HOT MUSIC ARTISTS www.gofishnet.com
- JAMMIN' MUSIC www.jamsline.com
- LARUE www.laruemusic.com
- REBECCA ST. JAMES www.rsjames.com
- ROCK FOR LIFE www.rockforlife.com
- WOW MUSIC www.wow1999.com



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Videos

"It Ain't Worth It"

Pro basketball star, A.C. Green, tells it like it is. When it comes to sexual activity, nothing "just happens." Teens must be ready to deal with high-pressure situations and make the smart, safe decision not to have sex. This music/documentary video has some of today's hottest athletes talking straight about the hazards of unmarried sex and the advantages of abstinence. Exciting style. Very informative. (ages 9 and up) (Code: 7798AW-LM) 25 minutes, \$24.95

No Apologies: The Truth



About Life, Love & Sex!

Focus on the Family's powerful new video promotes chastity, self-respect, responsibility, marital fidelity, virtue and self-control. It includes expert advice and gripping testimonies from teens about the effects of premarital sex and abstinence. Hosted by popular actor Austin O'Brien, the video delivers an unforgettable message about strength, courage, character, and the importance of waiting till marriage. (Code: 7797NA-LM) 30 minutes, \$19.95

After the Choice

By Concerned Women for America

Sixteen courageous women have come forward to share their experiences with abortion. No graphic images, just women's faces and voices as they explain the painful truth of what happened to them before, during and after their abortions. This is a must-see video for anyone considering abortion. (Code: 7734AC-LM) 25 minutes, \$23.95

Hard Truth

This is the most powerful evidence ever presented against abortion on video. You'll see the moment of conception, a preborn baby's beating heart, precious babies moving in the womb, and then, the brutal reality of abortion. Viewers are profoundly affected. Everyone knows abortion is murder after watching this eye-opening video. Discussion guide included. (Code: 7708HT-LM) 10 minutes, \$12.75

Books

Sex, Love & You: Making the Right Decision

By Tom & Judy Lickona

A direct, no-nonsense, in-depth look at the dangers of sexual activity and the rewards of abstinence. Packed with facts, stats, stories and interviews, this book answers all the tough questions and helps teens and young adults find inner-strength and the will to save sex for marriage. Overcoming temptations and peer pressure becomes much easier! (Code: 7699SL-LM) 192 pages, \$7.95

Why Not Love Them Both

By Dr. and Mrs. J.C. Willke

This is the "ULTIMATE" pro-life resource book! Previously called, *Abortion: Questions and Answers*, this book answers every question about abortion. Dr. and Mrs. Willke are internationally renowned experts in the field of human sexuality and abortion. (Code: 7583LB-LM) 354 pages, \$4.95



Forgiven and Set Free

By Linda Cochran

This Post-abortion Bible Study helps women come to terms with the pain, guilt and grief following abortion. This inspired book guides hurting, suffering women with emotional scars out of the darkness and into His holy light where true and lasting healing can take place. (Code: 7621FS-LM) 111 pages, \$7.95

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Dave Downing's life is a Generation X dream come true. According to Transworld Snowboarding (the snowboarder's "bible"), he's one of the top 20 snowboarders in the world. He's also a world-class surfer, and is recognized as one of the top "extreme" athletes on earth.

Dave has snowboarded on ABC's "Wide World of Sports" and Fox Sports featured him on its "Boardwild" program. They showed him launching off a snow rock cliff, riding the air and ripping through the Southern Alps in New Zealand. "It's close to flying," he says. "When you know how to control your board in the air without thinking, it feels really free."

On a trip to France, Dave snowboarded in the Pyrenees Mountains and surfed the waves of Biarritz. When Dave snowboards and surfs, he's usually endorsing products for Burton Snowboards, Standard Films and Mac Dog Productions. . . and he earns some very BIG bucks in the process! But for Dave, life is not just about money or competition. It's also about joy and appreciating the beauty that God created in nature and in human life.

In other words, there's more to Dave Downing than extreme sports. Dave is also a dedicated Christian. "For some snowboarders, the sport is all they have, but my faith is what's most important to me," says Dave.

Dave is very open about his faith, and his belief that young people should save sex for marriage. Speaking from experience, he says he's learned about regrets the hard way and he wishes he had saved sex as a gift to be shared after marriage.

But Dave believes in second chances. He's changed his life and made a commitment to save sex for marriage. "Sex is a beautiful gift that God made for us to share with that special person we marry," says Dave. That's why he and Shannon Dunn, a world-class snowboarder who is now his wife, lived a commitment to purity during the years they dated each other.

Knowing about celebrity status and the sexual opportunities it brings, Dave is fully aware of the temptations facing today's young people. The temptations are strong, but having been there, he knows that giving in only brings heartache in the long run. True freedom, Dave believes, comes to those who wait – and when you control your sexual desires, it frees you to have the best life possible.

BY DAVE GEISLER

True Freedom
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