



Citizens Concerned for Human Life

# Blair County Life News

Volume 6 Number 1

Presenting the Pro-Life Message to Blair County, Pennsylvania

Winter 2014

## 25 Pro-Life Things You Can Do to Stop Abortions!

By Laura Peredo

**Y**ou're pro-life. Now tell me; what are you going to do about that in 2014? If not too much comes to mind, never fear. I've compiled a list of 25 activities and events you can take part in. You've probably heard about some of these before, but if you're not actively taking part in at least five of them, you could be doing more. We could always be doing more. Some of us have more time than others, and what you're able to do really depends on where you are in your life. We all have different talents and abilities, so be sure to take some time to consider what yours are as you decide how to become involved in the great civil rights issue of our time.

### 1. Be a public witness to life outside abortion clinics.

Start by praying outside. Be sure to never go alone and always bring a camera to record any shenanigans. Reach out to any clinic workers and check out "And Then There Were None" [www.attwn.org](http://www.attwn.org) to discover how you can be the light of life to those working in the abortion industry.

### 2. Volunteer at your local pregnancy resource center.

You can help by sorting clothes, processing mailings, and offering any skills or expertise you might have. Contact Precious Life, Altoona, 944-2669; or Every Life Matters, Tyrone, 650-7899.

### 3. Pass out copies of pro-life literature in public places in your community.

Go to [www.liveaction.org/the-advocate-distributors](http://www.liveaction.org/the-advocate-distributors) to order copies of Live Action's "The Advocate," or [www.humanlife.org/store](http://www.humanlife.org/store) for various publications from Human Life Alliance. These are great pieces to hand out on college campuses!



### 4. Wear pro-life gear and engage anyone who comments on it.

Visit Heritage House [www.hh76.org](http://www.hh76.org) for great pro-life t-shirts, or Pro Life Depot [www.prolifedepot.com](http://www.prolifedepot.com).

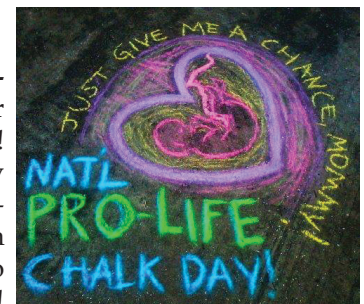
Both sell other accessories as well, so check them out! Be sure to have a response for people who might comment on it, whether they do so negatively or positively.

### 5. Post pro-life articles on social media platforms.

Follow pro-life organizations on Twitter, Pinterest, and Facebook, and be sure to share their messages with your friends!

### 6. Pro-Life Chalk Day

Check [www.national-prolifechalkday.com](http://www.national-prolifechalkday.com) for chalking pro-life messages! Don't worry, it's perfectly legal to chalk in public places. National Chalk Day is in September, but you can do this any day of the year, too!



### 7. National Day of Remembrance for Aborted Children

The second annual National Day of Remembrance for Aborted Children will be held on Saturday, September 13, 2014. Check [www.abortionmemorials.com](http://www.abortionmemorials.com) for more info.



### 8. Participate in the next 40 Days for Life campaign.

The next campaign is March 5 - April 13, 2014. Go to [www.40daysforlife.com](http://www.40daysforlife.com) to find the campaign closest to you.

### 9. Join Life Chain.

On October 5, 2014, hundreds of people around the country will stand on the side of public roads with pro-life signs. Will you be one of them? Join Citizens Concerned for Human Life on 17th St. and 9th Ave., in Altoona.

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## 2014 ESSAY CONTESTS

Junior and High School students residing in Bedford, Blair, Cambria, Centre, Clearfield, Fulton, Huntingdon, Juniata, Mifflin and Somerset Counties are invited to write an essay on abortion, infanticide, euthanasia or embryonic stem cell research from a pro-life perspective for the Citizens Concerned for Human Life Regional Essay Contest.

Junior and High School students residing in Bedford, Blair, Cambria, Centre, Clearfield, Fulton, Huntingdon, Juniata, Mifflin and Somerset Counties are invited to write an essay on abortion, infanticide, euthanasia or embryonic stem cell research from a pro-life perspective for the Citizens Concerned for Human Life Regional Essay Contest.

### Regional Contest Entries Due February 22, 2014

A copy of the essay, along with the 2014 Essay Contest Entry Form (available online at [www.centralpaprolife.org](http://www.centralpaprolife.org)), must be mailed to: **Pro-Life Essay Contest, c/o Janet Creighton, 3495 Business 220, Bedford, PA 15522** and emailed to [contact@webparish.com](mailto:contact@webparish.com) by February 22, 2014.

#### Awards: Cash or Scholarship

Sr. High (Grades 10-12) Essay Contest  
1st Place \$200, 2nd \$125, 3rd \$75

Jr. High (Grades 7-9) Essay Contest  
1st Place \$150, 2nd \$100, 3rd \$50

*Students are encouraged to enter both the Regional and State Essay Contests!*

### State Contest Entries Due March 3, 2014

*Entering the Regional Contest does not automatically enter a student into the State Contest and visa versa. The region runs its contest before the state does so that students can use feedback from the Regional Contest to improve their essays for the State Contest. These are two separate contests.*

The 2014 Pennsylvania Pro-Life Federation "Be a Voice for the Voiceless" Essay Contest is open to PA students in grades 7-12. Students must write a pro-life essay about abortion, euthanasia or stem cell research. Each essay must include a cover page with the student's name, address, phone number, name of school (or the fact that the student is homeschooled) and grade. Winning essays will receive cash prizes. Deadline for entries is **March 3, 2014**. Essays can be e-mailed to [lifelines@paprolife.org](mailto:lifelines@paprolife.org) or mailed to the **Pennsylvania Pro-Life Federation; 4800 Jonestown Rd., Suite 102; Harrisburg, PA 17109**.

### National Right to Life 2014 Essay Contest

Senior Essay-Grades 10-12; Junior Essay-Grades 7-9. 1st Place-\$200; 2nd-\$150; 3rd-\$100—awarded in each level. Essays should address this question: *Why I Am Pro-Life*. Entries must be submitted between **December 16, 2013 and January 22, 2014**. Please refer to the National Essay Contest details at: [www.nrlc.org/students/essaycontest/](http://www.nrlc.org/students/essaycontest/).



## 2014 Oratory Contests

The Citizens Concerned for Human Life Regional Oratory Contest is open to all 9th - 12th grade students in Bedford, Blair, Cambria, Centre, Clearfield, Fulton, Huntingdon, Juniata, Mifflin and Somerset Counties.

Students must prepare a five to seven minute Pro-Life talk on Abortion, Infanticide, Euthanasia or Embryonic Stem Cell Research.

A written copy of the speech, along with the 2014 Oratory Contest Entry Form (available online at [www.centralpaprolife.org](http://www.centralpaprolife.org)), must be mailed to: **Pro-Life Oratory Contest, c/o Janet Creighton, 3495 Business 220, Bedford, PA 15522** and emailed to [contact@webparish.com](mailto:contact@webparish.com) by February 22, 2014.

Speeches must be from a pro-life perspective and delivered as written, but need not be memorized. The student may use a podium and appropriate hand gestures but may not use props.

### Regional Oratory Contest Dates Written Copy Due: February 22, 2014 Regional Competition: March 2, 2014

#### Awards

Varsity (Grades 11 & 12) Oratory Contest  
1st Place \$200, 2nd \$125, 3rd \$75

Novice (Grades 9 & 10) Oratory Contest  
1st Place \$150, 2nd \$100, 3rd \$50

★ **Top Two Regional Varsity Winners Go to State Competition (see below)**

#### Pro-Life Dinner Invite

All regional winners will be invited as our guests to the Bedford County Annual Pro-Life Dinner. The top two Varsity winners will be invited to speak at the dinner, preceding the guest speaker.

### Pennsylvania Pro-Life Federation Oratory Contest

*Speak Up for Those Who Cannot Speak for Themselves!*

The contest is open to high school juniors and seniors. Students must write and deliver an original five to seven minute pro-life talk on abortion, euthanasia or stem cell research. Contestants compete in regional contests first; the top two contestants in each region then compete in the state contest in Harrisburg in April. The winner of the state contest will be eligible to compete in the national contest at the National Right to Life Convention, June 28, 2014, in Louisville, Kentucky. Students who are interested in competing should contact Pennsylvania Pro-Life Federation by **March 3, 2014** at [lifelines@paprolife.org](mailto:lifelines@paprolife.org) or at 717-541-0034.

# Pro-Life Essay and Oratory Contest Winners - 2013

## Varsity Oratory Contest

1st Place	Sarah Bastian	Home Schooled	Centre County	\$200 Prize
2nd Place	Teresa Sicree	Home Schooled	Centre County	\$125 Prize
3rd Place	Mark Hamilton	Home Schooled	Cambria County	\$85 Prize

## Junior Varsity Oratory Contest

1st Place	Stephanie Hamilton	Home-Schooled	Cambria County	\$150 Prize
2nd Place	Maria Sicree	Home Schooled	Centre County	\$100 Prize
3rd Place	Jacob Brallier	Home Schooled	Bedford County	\$75 Prize

## Senior High Essay Contest

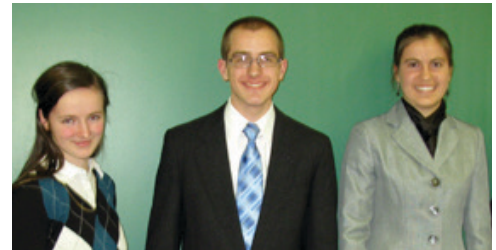
1st Place	Teresa Sicree	Home Schooled	Centre County	\$200 Prize
2nd Place	Sarah Bastian	Home Schooled	Centre County	\$125 Prize
3rd Place	Mark Hamilton	Home Schooled	Cambria County	\$75 Prize

## Junior High Essay Contest

1st Place Tie	Maria Sicree	Home Schooled	Centre County	\$150 Prize
1st Place Tie	Jacob Brallier	Home Schooled	Bedford County	\$150 Prize
2nd Place	Claire Wherthey	Our Mother of Sorrows	Cambria County	\$100 Prize
3rd Place	Travis Price	Our Mother of Sorrows	Cambria County	\$75 Prize

Congratulations to all winners and thank you for your interest in the pro-life cause! Please see the flier on page 2 and/or visit [www.CentralPAProLife.org](http://www.CentralPAProLife.org) for information on our 2014 contests. **All students in grades 7 through 12, residing in Central Pennsylvania, in the Counties of Bedford, Blair, Cambria, Centre, Clearfield, Fulton, Huntingdon, Juniata, Mifflin and Somerset are encouraged to participate in the essay and/or oratory contests.**

*2013 Varsity Oratory and Senior High Essay Contest Winners  
Teresa Sicree, Mark Hamilton, Sarah Bastian*



## Pennsylvania House Bill 587

House Bill 587, which increases the penalty for impersonating a doctor in the Commonwealth of Pennsylvania, passed the Pennsylvania House of Representatives by a vote of 198 to 0, December 17. The bill was based on one of the recommendations of the grand jury in the Kermit Gosnell case. Several of Gosnell's staff members had no medical training at all. Gosnell was ultimately convicted of the murder of three babies and in connection with the death of a female patient. House Bill 587 now moves to the Pennsylvania Senate, which is scheduled to return from its break in January.

*—Maria V. Gallagher, Legislative Director, Pennsylvania Pro-Life Federation; [www.paprolife.org](http://www.paprolife.org)*

## Pennsylvania Shuts Down Late-Term Abortion Center in Philadelphia

The state of Pennsylvania has shut down a late-term abortion clinic in Philadelphia run by a notorious abortion clinic owner who has lost his license in multiple states. Pennsylvania looked the other way for decades as Kermit Gosnell killed babies in brutal abortion procedures that looked more like infanticides and ran a disgustingly dilapidated abortion clinic.

Recently, state officials were looking into another notorious abortionist, Steven Brigham, who has been such a horrible abortion doctor and abortion business owner in other states that he's repeatedly lost his medical license, been fined, and been kicked out of states for his shoddy operations. He was kicked out once before but Brigham may be trying to slip back in through a new abortion facility in Philadelphia called the Integrity Family Health. The facility applied for and was granted a state permit earlier this fall. According to reports, the toll free number for Brigham's multi-state abortion business will set up appointments for patients at the new Pennsylvania center.

After a thorough investigation, pro-life Gov. Tom Corbett's administration is shutting down the abortion facility. "Brigham's license to practice medicine was yanked in Pennsylvania and numerous other states. In addition, he was barred from owning or operating abortion centers in Pennsylvania," stated Pennsylvania Pro-Life Federation.

"The Order to Show Cause issued by the PA Department of Health was served on the business, according to state officials. Based on the order, no abortion-related services can be provided by the facility after November 29, 2013," it said. "Published reports say Brigham once ran an abortion ring with 15 facilities in four states, including four in Pennsylvania. His Pennsylvania facilities, in Erie, Allentown, State College and Pittsburgh, have since closed."

Michael Ciccocioppo, Executive Director of the Pennsylvania Pro-Life Federation, said, "We commend Governor Corbett and his staff for taking this matter so seriously and investigating it so thoroughly."

*—LifeNews.com, November 25, 2013*

## Contact Information

### *President*

#### **President Barack Obama**

The White House  
Washington, D.C. 20500  
Opinion Line: 202-456-1111, M-F, 9-5  
Fax Number: 202-456-2461  
www.whitehouse.gov/contact/

### *Pennsylvania U.S. Senators*

#### **The Honorable Robert P. Casey, Jr.**

United States Senate  
393 Russell Senate Office Bldg.  
Washington, D.C. 20510  
202-224-6324; toll free: 866-802-2833  
www.casey.senate.gov/contact/

#### **The Honorable Pat Toomey**

United States Senate  
711 Hart Senate Office Bldg.  
Washington, D.C. 20510  
202-224-4254; www.toomey.senate.gov/contact

### *Pennsylvania U.S. Representative (9th District)*

#### **The Honorable Bill Shuster**

U. S. House of Representatives  
1108 Longworth House Office Building  
Washington, D.C. 20515  
202-225-2431; www.house.gov/shuster

### *Blair County Office*

310 Penn St., Ste. 200, Hollidaysburg, PA 16648  
814-696-6318 or 800-854-3035

### *Governor of Pennsylvania*

#### **The Honorable Tom Corbett**

225 Main Capitol Bldg., Harrisburg, PA 17120  
717-787-2500; www.governor.state.pa.us

### *Pennsylvania State Senator (District 30)*

#### **The Honorable John H. Eichelberger**

P. O. Box 203030, Harrisburg, PA 17120  
717-787-5490  
**Hollidaysburg Office**  
309 Allegheny St., Hollidaysburg, PA 16648  
814-695-8386; www.senatoreichelberger.com/

### *Pennsylvania State Representatives (Blair County)*

#### **The Honorable Mike Fleck**

(District 81-Snyder Twp.-part, Tyrone Bor.-part, Tyrone Twp.-part)  
159A East Wing  
P.O. Box 202081, Harrisburg, PA 17120  
717-787-3335; www.repfleck.com

### *Tyrone Office*

Snyder Township Municipal Building  
Tyrone, PA 16686  
814-684-5200

#### **The Honorable John D. McGinnis**

(District 79-Allegheny Twp. (part), Altoona, Logan Twp.)  
144 Main Capitol Building  
P. O. Box 202079, Harrisburg, PA 17120  
717-787-6419; www.johnmcginnis.com

### *Altoona Office*

1331 12th Avenue, Suite 104, Altoona, PA 16601  
814-946-7218

#### **The Honorable Jerry Stern**

(District 80-Allegheny Twp. (part), Antis Twp., Bellwood Bor., Blair Twp., Catharine Twp., Duncansville Bor., Frankstown Twp., Freedom Twp., Greenfield Twp., Hollidaysburg Bor., Huston Twp., Juniata Twp., Martinsburg Bor., Newry Bor., North Woodbury Twp., Roaring Spring Bor., Snyder Twp. (part), Taylor Twp., Tyrone Bor. (part), Tyrone Twp. (part), Williamsburg Bor., Woodbury Twp.)  
315A Main Capitol Building  
P. O. Box 202080, Harrisburg, PA 17120  
717-787-9020; www.jerrystern.com

### *Hollidaysburg Office*

324 Allegheny St., Hollidaysburg, PA 16648  
814-695-2398

# Legislative Update



## More Obamacare Rationing Evidence: Exchange Plans Limit Access Not Only to Top Hospitals and Doctors, But Also to Drugs

By Jennifer Popik, JD, Robert Powell  
Center for Medical Ethics

As mainstream media outlets are reporting, and as *NRL News Today* has repeatedly documented, tens of thousands who had individual health insurance policies that were terminated against their will, despite numerous and repeated assurances from President Obama that if you liked your insurance plan you could keep it, are finding that the replacement policies available in the state and federal “exchanges” typically severely restrict the doctors and health care facilities in their plan networks. More evidence is emerging of the extent of these limits, and now there is new information about wide limits on access to lifesaving drugs.

In an article by Ariana Eunjung Cha, the December 9, 2013, *Washington Post* reports,

“A new analysis of health plans sold in the federal exchange—which covers 36 states—and 14 state exchanges found that the benefits tend to be skimpier than in most other private insurance in the United States, with drug benefits a particular weak spot. The analysis, by Avalere Health, a health-care consulting company, was based on a sample of 600 insurance plans.

“As the details of the benefits offered by the new health-care plans become clear, patients with cancer, multiple sclerosis, rheumatoid arthritis and autoimmune

diseases also are raising concerns, said Marc Boutin, executive vice president of the National Health Council, a coalition of advocacy groups for the chronically ill.

“[P]eople who expected the new plans to provide pharmaceutical coverage comparable with that of employer-sponsored plans have been disappointed... [I]nsurers selling policies on the exchanges have pared their drug benefits significantly more, according to health advocates, patients and industry analysts. The plans are curbing their lists of covered drugs and limiting quantities, requiring prior authorizations and insisting on ‘fail first’ or ‘step therapy’ protocols that compel doctors to prescribe a certain drug first before moving on to another—even if it’s not the physician’s and patient’s drug of choice.”

Besides limits on access to drugs, there are more news accounts on limits on access to hospitals and doctors.

In a December 8, 2013, piece in the highly-regarded British paper *Financial Times* entitled, “New Affordable Care U.S. health plans will exclude top hospitals,” reporter Stephanie Kirchgaessner writes:

“Amid a drive by insurers to limit costs, the majority of insurance plans being sold on the new healthcare exchanges in New York, Texas, and California, for example, will not offer patients’ access to Memorial Sloan Kettering in Manhattan or MD Anderson Cancer Center in Houston, two top cancer centres, or Cedars-Sinai in Los Angeles, one of the top research and teaching hospitals in the country...

It could become another source of political controversy for the Obama administration next year, when the plans take effect. Frustrated consumers could then begin to realise what is not always evident when buying a product as complicated as healthcare insurance: that their new plans do not cover many facilities or doctors ‘in network.’ In other words, the facilities and doctors are not among the list of approved providers in a certain plan.”

And a December 5, 2013, Bloomberg article, “Doc Shock’ On Deck in Obamacare Wars,” Megan McArdle notes:

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# Who Really Cares About the Health of Women?

Here is the first-hand account of the incivility and bullying endured by American Association of Pro-Life Obstetricians and Gynecologists' (AAPLOG) women doctors at the hands of Medical Women's International Association (MWIA) officials in Seoul, Korea.

The presentations were described by MWIA as "unscientific" and "political." You should read them at <http://www.aaplog.org/news/banned-at-mwia/> and determine for yourself the quality of science they represent, and the degree of political propaganda they do or do not contain. You be the judge.

This account was written by the three AAPLOG women doctors involved:

Dear friends,

Three women physicians, Donna Harrison, Mary Davenport and Martha Shuping, were invited months ago to give lectures on complications of abortion for the MWIA, the Medical Women's International Association.

Donna Harrison's presentation demonstrated that nations with laws protective of mothers and unborn babies have excellent maternal mortality statistics.

Mary Davenport had a talk about abortion as a risk factor for preterm birth, a cause of some of the 15 million preterm births internationally each year. Preterm birth is the biggest cause of neonatal death.

Martha Shuping had a presentation that included two case reports of women who suffered severe psychological harm from abortion, even though they had obvious risk factors that were not discussed in the informed consent process. These risk factors were actually quoted from an abortion provider textbook endorsed by the National Abortion Federation! This was valuable information for physicians to hear, especially those from developing nations who are under tremendous pressure to legalize abortion due to the false belief that legalized abortion is a panacea for maternal mortality.

However, our presentations were cancelled at the last minute. This was not a total shock to us, because many physicians and scientists have long been hampered in attempts to inform the scientific community and patient about risks of abortion. Very important information has been suppressed and even lied about.

With the cancellation of our talks, our host, Anna Choi, head of a group of 680 Korean ob-gyn physicians who stopped doing abortions, had decided to set up a radio and newspaper interview for us during the time that we were supposed to present.

When we got to the "radio" interview that Anna had set up, it was actually a television interview, and the newspaper reporter was there also.

They put the three of us up front like a "panel" discussion, and the reporters started asking us questions about our presentation, allowing us an opportunity to talk about what we came to present.

About 20 minutes into the interview, the Secretary General of MIWA, a Canadian woman, burst into the room (I kid you not. ...and all of this is on camera), and came up to the table and said "What presentation is this?"

Donna Harrison said, "it's not a presentation." So she snarled, "Why are you being interviewed? At that point, the answers were left to Anna, our host.

Anna said that this was a requested interview by the press.

The SecGen then said, "Who gave you permission to interview these people?" And the reporters said, "We are the press, we don't need anyone's permission. We have freedom of the press." And the Sec Gen snarled at Anna and said, "Did you arrange this? Did you talk to the organizing committee?"

And Anna said, "I am on the organizing committee. I don't need to talk to anyone." And the Sec Gen stood in front of the camera, and refused to move, and said, "The interview is over." Then the reporters said, "You can't do this. We have the freedom of the press. You are interfering with the freedom of the press." But the Sec Gen would not move and said, "The interview is over."

We exited to the hall, and a Belgian and German woman were waiting. They started to make fun of the Korean translator, and to snap pictures in her face. And she said "You can't do this. This is my country. I will call the police." And they actually grabbed at her, and then one of the Korean reporters put a huge camera in the Belgian woman's face and started taking photos of her. A fist fight almost ensured between the women, but another of the Koreans stepped in and kept any contact from happening. And all of this was on camera.

And then our Korean hosts ushered us down the hall, and down the elevator, along with the reporters and camera crew, and we resumed the interview in the commons area downstairs by the trash cans and the bathroom. We were able to complete the entire interview, and instead of our audience being a few women doctors from the conference, we now have an audience of probably a few thousand.

It was an incredible display of arrogance on the part of the Canadian, US and European physicians at the MWIA, who initiated preventing us from speaking. It will be interesting to see what press picks this up. I just wish it would go viral, it's such a glaring example of exactly what we were saying about suppression of information.

You will be able to access the banned presentations at [www.aaplog.org](http://www.aaplog.org).

—Mary L. Davenport, MD, FACOG  
American Association of Pro-Life Obstetricians and Gynecologists  
August 3, 2013



## 25 Pro-Life Things You Can Do

*continued from front page*

### 10. Pro-Life Cupcake Day

Who wouldn't want a cupcake? Get a group of people together and distribute cute cupcakes with pro-life messages! Check [www.cupcakesforlife.com](http://www.cupcakesforlife.com) for more info; see the video!



### 11. Pro-Life Day of Silent Solidarity

Lose your voice for those who have no voice. On October 21, 2014, people from all over this nation will give up their voices for a day in solidarity for these children. Red arm bands and duct tape will identify them as taking part in the Pro-life Day of Silent Solidarity. They will carry fliers explaining why they are silent and educate others about the plight of the innocent children we are losing every day. Go to [www.silentday.org](http://www.silentday.org) to find more info and handouts to tell people why you can't talk.

### 12. Sidewalk counsel.

Here is a good DVD: [prolifeaction.org/sidewalk/packet.php](http://prolifeaction.org/sidewalk/packet.php) and here are tips for counseling: [studentsforlife.org/files/2007/08/sidewalk-counseling-guide.pdf](http://studentsforlife.org/files/2007/08/sidewalk-counseling-guide.pdf). You can also seek training from a local pregnancy center. Not everyone is equipped or able to sidewalk counsel, so it might not be your thing. But you can't say "no" to it before you get trained and at least try.



### 13. Go to the March for Life.

This is by far one of the most unifying and inspiring events you can go to. **Join Citizens Concerned for Human Life, Blair Co. Chapter, on our March for Life Bus Trip, January 22, 2014.** Get a group of friends and family to join you. Call Patricia Forr at 946-0681 for information.

### 14. Organize a pro-life event.

Bring in a speaker. Hold a public debate. Have a musical benefit concert. The possibilities are endless! Check [www.studentsforlife.org/resources/organize-an-event](http://www.studentsforlife.org/resources/organize-an-event) for resources.

### 15. Host a baby bottle drive.

These are wonderful fundraisers for pregnancy resource centers. Check out Heritage House for all the supplies you'll need!

### 16. Organize a walk-a-thon for a local pro-life organization.

Check out this website for details on how to organize one: <http://walkathonguide.com/2012/10/22/how-to-organize-a-walkathon/>.

### 17. Find or organize a candle-lit vigil outside an abortion clinic.

Invite your friends. Buy some candles. Print out lyrics to songs. Then go sing and pray outside a large and public clinic in your area.

### 18. In December, host a pro-life Christmas caroling event outside an abortion clinic.

Check this site for help: <http://apro-lifechristmascarol.com/plan-your-own/>.



### 19. Get together some friends for a pro-life concert.

Have a band? Know people who play instruments? Get together for a jam session a few times to learn pro-life songs. Research them ahead of time and then host an event when you know them well. Have the proceeds go to a pro-life organization.

### 20. Donate to a local pro-life organization.

Since many pro-life organizations are grassroots, every little bit helps. If you're able to, financially support your local centers and organizations. If you're not able to do that, donate clothes or time.

### 21. Read a pro-life book, then pass it on to someone you know!

Check here for a list of pro-life books to read: <http://live-actionnews.org/10-pro-life-books-to-read>.

### 22. Join or start a pro-life club at school and/or church.

If you're a student, check out Students for Life for tips on how to get started: <http://highschool.studentsforlife.org/start-a-pro-life-group-on-your-campus/>.

**23. Do a diaper drive for a local pregnancy resource center.**

Recruit a few volunteers and stand outside a large local retail store (be sure to check with management first to make sure it's okay). Target and Walmart are two good choices. Print out a list of what the local pregnancy center needs after talking with them (diapers in specific sizes, clothing, wipes, etc.). Hand them to people as they go in asking them to pick up an item or two to donate. You might be surprised by how many people are willing to donate to help moms in need!


**24. Be a witness to the joy of life by helping out single moms who chose life.**

Embrace Grace has an excellent guide for ways we can reach out and help these courageous women who chose life for their babies: <http://iembracegraceblog.com/2013/08/19/10-ways-to-help-a-single-mom/>.

**25. Lastly, be a living testament to the joy of the pro-life movement.**

Respect life in all it's forms by going to elderly care centers and visiting them. Make them note-cards and let them talk about their lives. When someone you know has a baby at a less-than-ideal time, let them know that no matter how hard it gets, they are courageous for choosing life. If some-

one you know adopts a child, thank them for giving him a loving home to grow up in. The first step is the hardest. I know it might be overwhelming looking at this list, but know that every little bit counts. We are all called to be part of this in different ways. Though our individual actions may be small, the ripple effect is real. If you start with just a few of these ways to abolish abortion, your family and friends will start to notice. And who knows? If we work together, the end to abortion may be closer than we think. —Adapted from an article in *LifeNews.com*, September 17, 2013, by Laura Peredo who writes for the *Live Action* blog.



**If we honored each baby aborted since 1973 with a moment of silence, we would be silent for over 100 years.**

tina m.



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## *Prayer for Children*

O Most Holy Savior

We lift up to Your divine protection  
All the children of the world.

Bless babies in the womb with love.

Bless newborns with love.

Bless toddlers with health.

Bless preschoolers with joy.

Bless students with happy homes

And bless youth with faith to move mountains.

Lord Jesus, be present in a special way to  
Children and young people who are sick,

In trouble, in danger, lost, alone,

Frightened or in need.

By the power of the Holy Spirit

Guide them, guard them and embrace them

With Your loving kindness and mercy.

Let all children experience Your divine  
Care and protection so they can always

Call upon Your compassion,

Confident that You are ever near

To hear and answer their prayers.

Amen.

—Fr. Joseph Veneroso, M.M.



Carl Christian Vogel von Vogelstein 1788-1868

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### **Obamacare Rationing** *continued from page 4*

*“Come January, when some number of Americans have bought insurance on the new health exchanges and are starting to use the services, you can expect another controversy to arise when many of them find out just how few doctors and hospitals they have access to...It’s true that narrowing your networks gives you more leverage to negotiate prices with doctors—if you’re willing to exclude most of the doctors in the state, you’re in a better bargaining position than you are if doctors know that you’re selling customers the ability to see any doctor they want. But the doctors who are in really high demand can simply refuse to take the lower price. And unfortunately, there does seem to be some correlation between how much we spend on health care and how good the results of treatment are.”*

While some are blaming the insurers, the true culprit is the Obamacare requirement that exchange bureaucrats exclude insurers who offer policies deemed to permit Americans to engage in “excessive or unjustified” health care spending. As the Post article reports, “Insurers...acknowledge that to keep premiums low, they must restrict the use of some costly drugs if there are alternatives.”

Under the Federal health law, state insurance commissioners are to recommend to their state exchanges the exclusion of “particular health insurance issuers...based on a pattern or practice of excessive or unjustified premium increases.” Not only must the exchanges exclude policies from being offered in an exchange when government authorities do not agree with their premiums, but the exchanges must even exclude insurers whose plans outside the exchange offer consumers the ability to reduce the danger of treatment denial by paying what those government authorities consider an “excessive or unjustified” amount. **(See documentation at [www.nrlc.org/medethics/healthcarerationing](http://www.nrlc.org/medethics/healthcarerationing).)**

This evidently is creating a “chilling effect,” deterring insurers who hope to be able to compete within the exchanges from offering adequately funded plans that do not drastically limit access to care.

When the government limits what can be charged for health insurance, it restricts what people are allowed to pay for medical treatment. While everyone would prefer to pay less—or nothing—for health care (or anything else), government price controls prevent access to lifesaving medical treatment that costs more to supply than the prices set by the government.

As Kirchaessner explains,

*“Mr. Priselac at Cedars-Sinai in Los Angeles says ... the hospitals that are being excluded are leaders in innovation, which saves billions of dollars for the healthcare system in the long run. ‘There is confusion between price and efficiency,’ he says. ‘The major teaching and research hospitals are more expensive not because they are inefficient but because of what they do.’”*

While Obamacare continues to roll out, it is important to continue to educate friends and neighbors about the dangers the law governing them poses in restricting what Americans can spend to save their own lives and the lives of their families.

*National Right to Life News Today, December 11, 2013*



# Auction & Lunch



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An Indoor Garage Sale with Lots of Bargains!

## February 8th

State College Knights of Columbus Hall  
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Indoor  
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### Auction 10:00 a.m.

Food  
Silent Auction

Doors open at 9:00 a.m. • ALL INVITED!

Sponsored by Citizens Concerned For Human Life  
P.O. Box 756, State College, PA 16801-0756 [www.prolifecentrecounty.org](http://www.prolifecentrecounty.org)

237-3213

## Lewistown Pro-Life March January 19, 2014

Meet at 1 p.m. North Dorcas and 3rd St.,  
Lewistown; proceed to  
BETHEL AME CHURCH

Speakers:

Micaiah Bilger, PA Pro-Life Federation

Cindy Mansberger, Exec. Dir.,

Crossroads Pregnancy Ctr.

Rev. Michael Bailey

Fr. William Weary

Congressman Thomas Anthony Marino

Rep. Gary Benninghoff

For more information, call 717-667-9334.



### HOW TO HAVE AN ABORTION

Don't think about the freckles he, or she,  
Might have, or how much hair, how big a grin,  
Or whether swimming would come naturally,  
Or whether—*it?*—might play the violin.

Don't think of prom, don't think of puppy love  
Or calculus, or snow, or spring in bloom,  
Or anything that might remind you of  
The future now contained within a womb.

Don't feel anxiety, don't feel regret,  
Don't fret about some otherworldly guilt.  
Don't feel the bond of parenthood, don't let  
Insane outmoded Don Quixotes tilt

At private windmills—don't spill any ink  
Examining yourself. Don't feel. Don't think.

—Bryce A. Taylor  
*First Things, November 2013*

## I'M SPECIAL.

In all the world there's nobody like me.  
Since the beginning of time, there has never been another person like me.

Nobody has my smile.  
Nobody has my eyes, my nose, my hair, my hands, my voice.

## I'M SPECIAL.

No one can be found who has my handwriting.  
Nobody anywhere has my tastes—for food or music or art.

Nobody sees things just as I do.  
In all of time there's been no one who laughs like me, no one who cries like me.

And what makes me laugh and cry will never provoke identical laughter and tears from anybody else, EVER.

No one reacts to any situation just as I would react.

## I'M SPECIAL.

I'm the only one in all of creation who has my set of abilities.

Oh, there will always be somebody who is better at one of the things I'm good at, but no one in the universe can reach the quality of my combination of talents, ideas, abilities and feelings. Like a room full of musical instruments, some may excel alone, but none can match the symphony sound when all are played together.

## I'M A SYMPHONY.

Through all of eternity no one will ever look, talk, walk, think or do like me.

## I'M SPECIAL. I'M RARE.

And in all rarity, there is great value.  
Because of my great rare value, I need not attempt to imitate others.

I will accept—yes, celebrate—my differences.

## I'M SPECIAL.

And I'm beginning to realize it's no accident that I'm special. I'm beginning to see that God made me special for a very special purpose. He must have a job for me that no one else can do as well as I. Out of all the billions of applicants, only one is qualified, only one has the right combination of what it takes.

## THAT ONE IS ME. BECAUSE...I'M SPECIAL.

*Author unknown*

## "Love says it is good that you exist."

*By Micaiah Bilger*

The other day I stumbled on a new blog and found a beautiful quote by Joseph Pieper, a German Catholic philosopher.

**"Love says it is good that you exist."**

It really struck me. The blog post wasn't about abortion, but the quote really says a lot about the issue.

How many times have you heard abortion portrayed as a compassionate choice for the child?

He may be born into poverty. She may be abused. He may never be able to function on his own. She may be bullied because she's different. He may die right after he is born. She may never enjoy life like other children because of a disability. Abortion is the compassionate approach for these children; we don't want them to suffer.

It may seem ridiculous to you and me, but many people see abortion this way.

When you describe love the way Pieper did, you acknowledge the hardships of life. Yes, there is suffering and pain. No, no child's life is perfect.

But if we want to be a loving society, shouldn't we start by first protecting a child's very existence?

*Micaiah Bilger is Education Director, Pennsylvania Pro-Life Federation.*

*—National Right to Life, News Today, December 4, 2013*



## Twenty-seventh Annual Respect Life March Tyrone, Pennsylvania

**Sunday ♦ January 19, 2014 ♦ 12:00 noon**

A Prayer Service begins this pro-life event at 12:00 noon at St. Matthew Church in Tyrone, 1105 Cameron Ave. Participants then walk the 1.25 miles to Oak Grove Cemetery, to the grave of Baby Agnes Doe, for another short prayer service. All are cordially invited to spend a couple of hours with us as we publicly show our love for all of God's most defenseless children, both born and unborn. You will enjoy pro-life fellowship as we draw upon the strengths of each other to continue the battle for respect for human life at all stages, from the unborn to the terminally ill. Please join us as we walk prayerfully and meditate upon the atrocities that have taken place in our country and the world. You are encouraged to bring a sign. If you are unable to walk the distance from the church to the cemetery, please feel free to join by driving at the end of the procession. A luncheon will be served in the parish hall after the March. For more information, call Pete Kreckel, 814-682-7311.

# From the President's Desk

## The March for Life

For 41 years the March for Life has trudged on. The number of attendees has increased from several thousand to several hundred thousand.

Nellie Gray, the inspiration behind the March, passed away two years ago. She was a courageous woman who stood by the "Life Principles," which placed value on each and every human life "Without Exception!"

Nellie viewed life as a gift from God and lobbied hard for the rights of the unborn, the elderly, and those in danger from euthanasia or assisted suicide. She always managed to have a Republican President address the March from the White House by audio connection, but as of yet, the marchers have not heard from a Democrat.

Nellie spoke in Altoona twice to our local pro-lifers and encouraged us to never give up on the fight for life.

Many years ago, we traveled to Washington when a snow storm struck. We called the March for Life Headquarters from Frederick Mountain and inquired about the status of the March. Nellie answered the phone and said "Come on in, we're marching." We tried, but never made it as one of our buses got stuck and one hundred sixty of us stayed that night in a newly-opened motel in Germantown, MD. Bernadine Riley rescued us with her checkbook and our local marchers enjoyed pizza for supper before going to bed.

We are still marching for the little ones and those in danger of death. Someday, I expect that Nellie Gray's cause for canonization will be recognized by the Church

for her steadfast opposition to the spirit of our day. Her mantle has been passed on to Jeanne Monahan who is doing a magnificent job.

You are invited to join us in this year's March in Washington, D.C. on January 22nd, but if you cannot, please join the marchers at St. Matthew's Church in Tyrone on Sunday, January 19, 2014 at 12:00 noon. You will have demonstrated to the world that you value the lives of the least of our brethren and you will join your voice with that of Nellie's in protesting the killing of the innocent.

Sincerely for Life,


R. Thomas Forr, Jr., President  
Blair County Chapter, Citizens Concerned for Human Life

## Citizens Concerned for Human Life Needs YOU!

Please support the Blair County Chapter of CCHL in its pro-life efforts. Your membership donations help continue the printing and mailing of our newsletter and other pro-life materials, sponsor Life Chain in October and March for Life buses to Washington each January. Our existence as a pro-life organization in this community is dependent on your support. Please consider a membership donation (see form at bottom of this page). Another way to help contribute is by sending a donation in memory of loved ones who have died or in honor of a special occasion such as a birthday, graduation or anniversary of someone near and dear to you. Blair County *Life News* will publish your name as well as the names of those you are honoring and/or remembering.

## Crisis Hotline Numbers

If you, or someone you know, is experiencing a crisis pregnancy, help is available. Call **Precious Life, Inc., 1716 12th Ave., Altoona, 814-944-2669**; or **Every Life Matters (ELM), 221 Hospital Dr., Ste. 3, Tyrone, 814-650-7899**. For post-abortion counseling, contact **Project Rachel, 814-884-8000**; [www.ProjectRachel@dioceseaj.org](http://www.ProjectRachel@dioceseaj.org); or **Rachel's Vineyard, 877 HOPE 4 ME (877-467-3463)**, [www.rachelsvineyard.org/](http://www.rachelsvineyard.org/). **Family Life, Diocese of Altoona/Johnstown**, offers pastoral guidance, call 814-886-5551; email: [familylife@dioceseaj.org](mailto:familylife@dioceseaj.org).



**Blair County Life News**  
**Blair County Chapter**  
**Citizens Concerned for Human Life, Inc.**  
 Winter 2014; Vol. 6, No. 1  
 President & Publisher: R. Thomas Forr, Jr.  
 Secretary/Editor: Marge Bradley; Treasurer: Gail Nevitt  
 Legislative/Political Education Director: Beth Britz  
 Citizens Concerned for Human Life, Inc. is a non-profit, non-partisan, non-denominational organization dedicated to educating and upholding the truth about abortion, infanticide, euthanasia and embryonic stem cell research. CCHL is composed of chapters made up of persons of all ages, sexes, races and cultural backgrounds. CCHL, Inc. is an affiliate of the PA Pro-Life Federation and the National Right to Life Committee. Donations are not tax-deductible.  
 2715 Third St., Altoona, PA 16601; phone: 814-946-0681  
 email: [blair@centralpaprolife.org](mailto:blair@centralpaprolife.org)  
 website: [www.blaircountyprolife.com](http://www.blaircountyprolife.com)

## Blair County Chapter, Citizens Concerned for Human Life, Inc. Membership Form

Blair County CCHL believes that human life has value in all stages of development from conception until natural death, and is committed to speaking on behalf of those who cannot speak for themselves — the unborn, the aged, the incapacitated. Won't you please help in our struggle to preserve respect for human life? A contribution brings you the newsletter as well as educational materials and special mailings.

\_\_\_\_\_ Annual Membership      \$ 10.00      \_\_\_\_\_ Other  
\_\_\_\_\_ Student/Senior Member      \$ 5.00

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Please complete this form and return with your donation to: **Blair County Chapter, CCHL, 2715 Third St., Altoona PA 16601**. For more information, call 814-946-0681. Sorry, donations are not tax-deductible.



**BLAIR COUNTY CHAPTER  
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## ***MARCH FOR LIFE - JANUARY 22, 2014***

### **BUS PICKUP LOCATIONS**

- Bishop Guilfoyle High School, Altoona - 7:00 a.m.
- St. Mary Middle School, Fourth Ave., Altoona - 7:00 a.m.
- St. Therese of the Child Jesus Church, Altoona - 7:00 a.m.
- St. Mary Church, Hollidaysburg - 7:20 a.m.
- St. Matthew Church, Tyrone - 6:30 a.m.

The buses will return to the Altoona area between 9:00 and 10:00 p.m., depending on weather and traffic.

**For reservations and/or more information, call Patricia Forr 946-0681.**

*Marchers in Washington's annual March for Life begin at the National Mall and continue to Constitution Avenue up Capitol Hill to the Supreme Court building. This January 22, 2014 event is the 41st March protesting the 1973 Roe v. Wade decision, which legalized abortion any time during the full nine months of pregnancy. Join with us and the hundreds of thousands of others protesting this unjust decision against human life.*