

THIS ISSUE

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MAGAZINE

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Volume 36, Number 40

Founded 1957

Monday, March 15, 1993

# Road to Big-Time May Be Bumpy

THEN RICHARD LASKOWSKI FIRST HEARD that Stony Brook wanted to up grade to big-time Division I athletics, he was skeptical. "I told them, 'I'm not sure you really understand the price of a Division I institution,' "he said. "Do you realize how far you are from other Division I schools?"



Now he's changed his attitude toward Stony Brook's road to Division I. He's had to. He's been put in charge of mapping it out.

Laskowski, who has travelled a Division I in-

News Views

David Joachim

John's University for 18 years, will leave his associate

terstate at St.

director job March 30 and become Stony Brook's athletic dean the next day.

"I don't have the luxury of a vacation," he told me in a telephone interview last week. "Work has to be done right now."

His work will start by asking many of you for more money. Right now, undergraduates pay \$24 a year to the National Collegiate Athletic Association to subsidize Stony Brook's Division III program. He'll be asking for a \$6 raise.

"Funds have to be considered first," he said. "This is just the first step in a long road to Division I."

A potentially bumpy one, too. Brooklyn College tried to upgrade its Division III program to Division I a few years ago. Now there's no program to upgrade.

Concerned about that kind of risk, Laskowski initially advised the university to abandon the idea when he was asked his expert advice last summer, before he was a candidate for dean. "The university indicated then that they really didn't have a choice," he said.

Administrators explained that with 15,000 students, Stony Brook had outgrown its Division III opponents, whose average student population is about one-fifth the size. "By numbers alone you're superior to them athletically," Laskowski said. "No one wants to play Stony Brook . . . I agreed: Either go Division I or drop Division III and go with a strong intramural program." The university's desire to put itself on the map as a big-time college made the choice clear.

See JOACHIM on page 6

# Division Division Dean

University to name top St. John's official to head athletic upgrade

By David Joachim

Statesman Editor Emeritus

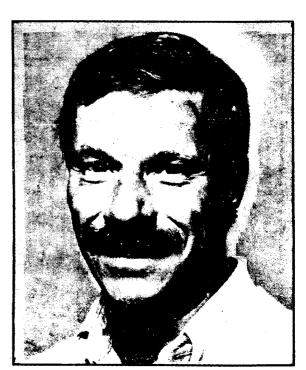
top St. John's University athletics official has been chosen to head Stony Brook's athletic department and its planned upgrade to a Division I varsity program, sources close to the selection process said.

Richard Laskowski, associate director of the school's Division I program, will take office as the department's dean at the end of the month, he confirmed last week, after serving 18 years at the Queens, N.Y., private university.

"I've accepted the position," he told *Statesman* in a telephone interview. "The final paper is not signed, but I'll be out there March 31. I'm not concerned that something will fall through."

While the university has not publicly announced the move, a source in the athletic department, who spoke on condition of anonymity, confirmed that a search committee has recommended hiring Laskowski and the provost's office has approved his appointment. "The decision is made," the source said. "It's just caught up in the beauracracy."

Laskowski will leave his post March 30 as second in charge of athletics at St. John's prominent program and begin work here the next day, he said. "Stony Brook's offer is an opportunity that comes along very rarely in a lifetime," he said, "to create your own program from infancy."



Richard Laskowski

In 1991, the university announced plans to upgrade its program — which largely competes in Division III, except in its lacrosse and women's soccer programs — and begin competing in Division I, the highest level of college competiton, in all varsity sports. University President John Marburger has said the up-

See DEAN on page 7

# A Weekly Guide to Campus Events

Monday, March 15, 1993

# **MONDAY, MARCH 15**

University Counseling Center. Group Shop Workshop I, Stress Management: Relaxing the Mind and Body. Noon - 1:15 p.m. Call 632 - 6715

Women's History Philosophy Lecture. "Racism and Feminist Theory," Ellen Feder, philosophy. 5:00 - 6:20 p.m. Humanities Room 240.

Last Day for removal of Incomplete and NR grades from the fall semester.

Women's History Month. "Clothesline Ceremony and Display: Graphic Illustrations of Violence Against Women." Stony Brook Union Bi-Level 8 p.m.

# **TUESDAY, MARCH 16**

Economics Society Meeting. Guest Speaker Professor Prusa Social Behavioral Science Building in Room N-702 at 8 p.m.

The Alternative Cinema. "Rosa Luxemberg" Stony Brook Union Auditorium. \$2.00 admission at 7 p.m. and 9:30 p.m.

Theatre Arts Lecture. "Images, Modes and Behavior of Women in the 18th Century," 11:30 a.m.-1:30 p.m. Staller Center for the Arts Room 3114.

University Police Community Relations Unit. Safety Awareness Program. 11:00 a.m.-2:30p.m. Health Science Center Level 3 Room 171. Call 632-7786 or 632-9317.

# **WEDNESDAY, MARCH 17**

# Happy St. Patricks Day!

Campus Now, "A legal Perspective on Domestic Relations Law," Social Behavioral Science Building. in Room S-216 at Noon. Call 632-7117.

Multimedia In-Person Performance. by "The Guerilla Girls," the conscience of the Recital Hall at 3:00 p.m. Call 632-7330

art world. Staller Center for the Arts in Theater one at 12:40 p.m.-2:10 p.m.

# **THURSDAY, MARCH 18**

Women's Studies Sociology Lecture. "Divorce in Post-Victorian America," in the Old Engineering Building Room 145 at 8:30 p.m. - 9:45 p.m.

Center for Women's Concerns. "Take Back The Night" in the Stony Brook Union at 8:30 p.m. Call 632-2000.

Career Women's Network Luncheon. Guest Speaker: Dr. Joan Faro. In the Stony Brook union Ballroom at Noon. \$7.25/ payable in advance, call 632-6040.

# FRIDAY, MARCH 19

University Counseling Center Group Shop Workshop. "Depression: Causes and Treatment." Noon - 1:15 p.m. To register, call 632-6715.

C.O.C.A. Film. "Consenting Adults," 7:00 p.m., 9:30 p.m. and midnight. Javits Lecture Center Room 100 \$1.50; \$1 with SBID.

#### **SATURDAY, MARCH 20**

C.O.C.A. Film. "Consenting Adults," 7 p.m., 9:30 p.m. and midnight. Javits Lecture Center Room 100 \$1.50; \$1 with SBID.

Women's Volleyball Tournament. 9 a.m. Indoor Sports Complex. Call 632-7200.

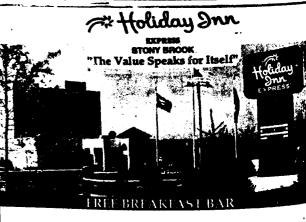
Staller Center Presentation. "Hong Kong Ballet." Main Stage 8 p.m. \$22; \$20; children 12 and under get half price. Call 632-7230.

# SUNDAY, MARCH 21

C.O.C.A. Film. "Consenting Adults," 7 p.m., 9:30 p.m. and midnight. Javits Lecture Center Room 100 \$1.50; \$1 with SBID.

Department of Music. "Bach Birthday Fest," Staller Center for the Arts in the Recital Hall at 3:00 p.m. Call 632-7330





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STONY BROOK STATESMAN MONDAY, MARCH 15, 1993

# What a Mess. Parking chaotic after blizzard

By Krista A. DeMaria Statesman Editor-in-Chief

Commuters scrambled to find parking on campus Monday morning - and, in some cases, created their own parking lots - after snow left by the worst blizzard to hit Long Island in over a decade iced and blocked spaces.

The east campus physical plant was in charge of cleanup after the blizzard and called in a grounds crew as early as Saturday night to begin removing the snow. "Even the director is out there hopping," said Jackie Taylor, assistant to the director of East Campus Physical Plant. "Some of the grounds crew have been here straight through since Saturday.'

But students who parked in lots on campus had problems finding a space and were scared because of the numerous icy patches on the pavement. "In South P-lot there were huge mounds of snow taking up spots, and the rest was a sheet of ice. said junior Chad Baldante. "There wasn't even any officers helping the cars through

Herb Petty, assistant director for parking, said his crew was in on Monday at 7:30 a.m. to direct traffic in time for morning classes. "We went especially to South P-lot to coordinate all traffic," he said. "We also wanted to make sure that cars weren't parking three in a row, we specifically went there to help people park.'

Commuter college, however, has heard many cries for help from stranded students who want their cars towed at the university's expense, and according to Commuter Secretary Jan Vanessendelft there aren't any officers around to help. "People are calling because they need to be towed," she said. "We told them to find a public safety officer, but they can't find any."

According to Taylor, the campus conditions may not be up to par because the maintenance of the hospital is the priority for the physical plant grounds crew. But she said walkways and roadways on main campus have been cleared for classes. "There are certain areas they can't get to," she said. "There are only so many guys."

The engineers for the plant, who control the temperature of the buildings, were also called in for over time duty

Statesman/Chris Vacirca

Sharron Quick, left, and Alexia Small dig their car out of G Quad lot early Monday.

because of damage from the storm. Engineer Frank Nappe, who controls most of the academic buildings on main campus, said he was called to work on Saturday at 5 p.m. when all of the university's power was lost. "I was here for 12 hours because the generator at the plant went down," he said. "I had to reset everything and wait for the plant to circulate again.'

The university lost power for almost three hours during the storm, said Bill Friburger, a supervisor for the West Campus physical plant. "The entire campus was knocked out including the hospital," he said. "But everything has been completely restored."

However, some faculty and staff members complained

"In South P-lot there were huge mounds of snow taking up spots, and the rest was a sheet of ice."

**Commuter Chad Baldante** 

Section 1988 August 1984

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who didn't admit to the crime but said he would pay for damages. He was referred to Student Affairs.

the crime but said he POLICE BLOTTER

# Michele Walz

 A black Chevrolet El Camino with license plates NY BADSPORT was stolen from the South P lot on March 5. It was worth \$8,000 and has not been recovered.

• In the Student Union Commuter Lounge 16 pool balls and a cue stick were stolen on March 5. The equipment was worth \$90 and there are no suspects.

• A window was broken on March 4 in an E-0

lounge in O'Neill.

• A 1986 Pontiac was entered and \$1,000 of stereo equipment was stolen while parked in the South P lot on March 4. A Clarion amplifier, a Toshiba amplifier, a Clarion stereo, two speaker boxes, and an equalizer were stolen. There was no sign of forced entry and no suspects.

• A rock was thrown through a 3' by 5' window in a first floor room in Dewey College on March 4. Nobody was hurt and the damage was \$150.

• Two windshield wipers were broken on March 2 on a state green pickup truck that was in the loading zone by the Staller Center. The blades were worth \$50.

• A computer program was knowingly erased in Central Hall on March 2 by an unknown individual. The suspect debased records that were for immigration purposes. In order to employ staff to build up the programs on the computer the damage estimate is

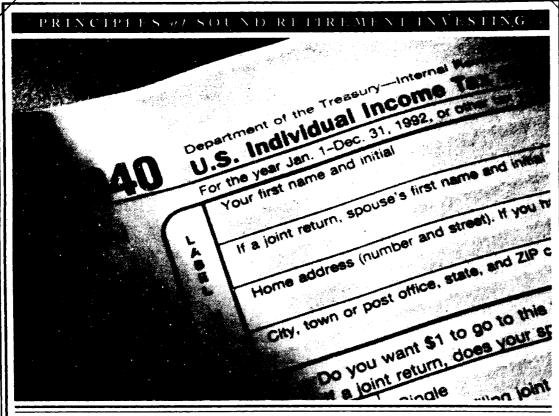
\$4,000. No one has been arrested yet.

• Money was stolen from a coat pocket while in a fourth floor room in the Life Science building on March 2. The \$120 was taken when the room was unsecured.

• A 3' by 3' bathroom window in Langmuir College C-1 was broken on March 1. The \$200 worth of damage was reported by the resident assistant.

• A 1992 rented Mazda had \$2442 cash and checks stolen from a briefcase that was left in the car while it was parked in the student union parking lot. A wool cashmere coat worth \$275 was also stolen. Access was gained by bending the frame on the passenger side door costing the rental agency \$150.

• Two textbooks were stolen from a bookbag in the Library computer lab on March 1. The suspect took the books, valued at \$70, while the owner was away. No one was seen taking the books.



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# Polity may give commuters a free ride

By Vincent Grasso nan Associate News Editor

Commuters may not have to pay the mandatory bus fee if a proposal suggesting to use student activity fee money is accepted by the Student Polity Association.

A committee, chaired by Commuter Senator Paul Giotopoulus, composed a plan and submitted the final draft to Polity suggesting to use 85 percent, but not exceeding \$275,000, of the Polity reserve account offseting the cost of the bus fee. The reserve account is the excess student activity fee money that is collected from the students who are not counted when figuring the budget. The plan to use the money is to be on the referendum this spring.

However, Polity Treasurer Corey Williams, a commuter, said that there is not enough money in the reserve fund to do anything about giving funding to the bus fee. "We don't have anywhere near \$275,000 in the reserve account," he said. Williams also said that to use the reserve account is unwise because the cash is a lump sum used in case of emergencies. The money was used two years ago to pay for the \$50,000 debt incurred by I-CON XI. "It's not like this money is just sitting in the bank doing nothing," said Williams.

The reserve account was not the only way that Giotopoulos and the committee

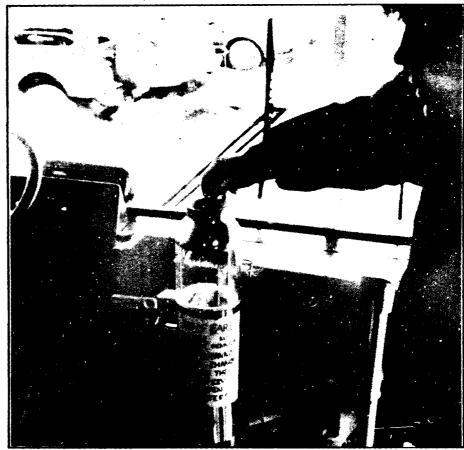
proposed to pay for the bus fee. He said that they also plan to look into advertising on the buses and they hope that administration will aid in cutting the fee for the students.

"We know that we won't be able to get all the money we need from the reserve account, but every little bit helps," said Giotopoulus.

But the plan was not met with approval by all members of the Senate or all students. At the March 3 Senate meeting, a resident senator made a motion to have the bus fee taken off referendum because residents shouldn't have to pay for the bus fee at the possible cost of student activities. But the motion failed 16-20 with three abstentions keeping the bus fee proposal on the referendum.

"Just leave it on the referendum and let the students decide. There's nothing more democratic than that," said Commuter President Vincent Bruzzese.

Bruzzese said that he has checked with Dr. William Murabito, the SUNY central assistant vice chancellor of student affairs, who said that the bus fee was an appropriate use of student activity fee money. Binghamton University uses its student activity fee to pay for the buses, according to Bruzzese, because the chancellors guidelines allow them to.



Commuters may not have to pay the fare if students approve the referendum.

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# Hurdles to Jump on Way to Big-Time

JOACHIM from page 1

But what about Brooklyn?
"The reasons Brooklyn dropped its program are complicated," he said. "They were living on a month-to-month budget. Their program was not designed to prevent shortcomings with funding."

The college's failure taught Stony Brook a lesson, he said. "We wouldn't ever go on to Division I until we were sure we could

be a viable Division I school financially," Laskowski said. "We would have to be able to guarantee the money will be there even with a fiscal disaster."

That's not enough for at least one faculty member, who is slam-dunking the new dean's appointment.

"It's a waste of money," says Joel Rosenthal, professor of history and former head of his department. "The teams seem to be playing pretty well without a dean of athletics."

Pretty strong words, indeed, but it's not the first time he's body-checked the university's athletic department. Rosenthal has been outspokenly against the Division I move since University President John Marburger unveiled the plan late in 1991. He started early, but he's echoing the ongoing fight between athletics and academics in America's major universities.

"It seems like a silly priority," he said.
"We're not in the image business, we're in the education business... The crowds are small, the teams are expensive and the library is a shambles."

library is a shambles."

He's talking about a report in the

Chronicle of Higher Education last week that shows Stony Brook's library budget slipping from 72 in the nation to 83. "That's our long-term investment," he said. "You never catch up... I mean, who gives a—about sports?

"I haven't seen a big student outcry for bigger athletics. It's only the administrators and faculty."

Wait just one dribbling minute, says the athletic department. "That's someone who doesn't see the whole picture," said Ken Alber, the university's director of sports

"The teams seem to be playing pretty well without a dean of athletics."

— Prof. Joel Rosenthal

information.

"When he says that the money will come from library funding, that's just wrong," Alber said. "The state will only fund a program at the Division III level. No money will come from tuition." He noted that students decide in a referendum whether to fund the NCAA program. "With a tuition increase, you just get it," he said. "You either pay it or you go elsewhere."

Still, Rosenthal doesn't see the point in asking students for more money. "So what? We'll now move up from playing Wagner to New Jersey Ramapo," he said. "We still won't play Syracuse or other teams that we really want to see."

Not so, says the athletic department. And the university's Division I lacrosse and women's soccer teams are proof. "Look at who we play now," Alber said. "Notre Dame, Colgate, Penn., . . . Columbia, Georgetown. If we can attract those teams, we're confident we'll be able to attract others."

That's if Laskowski is successful in dodging the other obstacles, like the difficult process of Division I conference affiliation and Stony Brook's inconvenient location. That's just a glimpse at the hurdles he'll have to jump before you see the Patriots on ESPN.

But don't buy your cable subscription yet. Laskowski is taking his time. "I don't anticipate coming in and making any immediate changes," he said. "I'll mainly be observing for the first few months."

If Rosenthal and the national tug-ofwar between college athletics and academics is an indicator, he may have to start by putting on the boxing gloves instead.

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STONY BROOK STATESMAN MONDAY, MARCH 15, 1993

# New dean to be named

**DEAN** from page 1

grade will be gradual, starting with a Division II program before 1997.

Laskowski, who said he was originally opposed to the upgrade at Stony Brook, said that a major change is necessary because the university is too large to continue to compete in Division III. "By numbers alone you're superior to [other schoools] athletically," he said. "No one wants to play Stony Brook." The average Division III school has a student population of about 3,000, he said, compared with Stony Brook's 15,000 undergraduate and graduate students.

After meeting with administrators who support the move, "I agreed. Either go Division I or drop Division III and go with a strong intramural program," he said. Too few schools compete in Division II to consider it an option, he noted.

Laskowski said he now believes the university can pull off the upgrade, despite his initial concern that Stony Brook is too far from prominent Division I schools to attract them to compete against it. "The support of the president is probably what sold me on it," he said. "Everybody is dedicated to the move . . . I wouldn't be coming over it I wasn't confident."

Marburger could not be reached for comment.

The new dean has served as St. John's associate director since 1982, where he oversees 10 varsity sports. Before that, he headed the school's intramural program and organized a counseling program to prepare athletes for life after college if they did not turn professional. When he started the counseling program in 1974, he was

one of about 20 sports counselors nationwide who "taught [athletes] how to have a life and secure a job outside of athletics," he said. "Now, there's probably one at every major university."

He attended St. John's on a baseball scholarship and graduated in 1966. His career started as a teacher at LaSalle Academy in Manhattan in 1965, where he had graduated in 1960. He left LaSalle in 1969 to become a counselor at Holy Trinity High School in Hicksville as he coached lacrosse at St. John's. He received a doctorate in administration from the university in 1980 and was awarded recognition from the Big East as outstanding administrator in 1991.

Laskowski said he will start by reviewing spring sports and intramurals and touring the university's facilities. "But mainly, I'll be observing for the first few months," he said. "I don't anticipate coming in and making any immediate changes."

He added that he will actively support a raise in the student activity fee for NCAA athletics from \$24 per student to \$30 per student. "I will meet with students who have questions about it," he said.

"This is just the first step in a long road to Division I."

The university has been without a permanent department head since Director John Reeves left to head Columbia University's program in 1991. Since then, the university has interviewed six candidates chosen from two rounds of searches conducted by a university committee, said Ken Alber, director of sports information. Laskowski replaces the department's acting dean, John Ramsey, who will return to his position as men's athletic director.



Snow blocks parking spaces in G Quad parking lot.

Statesman/Chris Vaciro

# Storm hampers parking

**BLIZZARD** from page 3

yesterday morning that the buildings were not warm enough. Chris Coffey, a West Campus physical plant engineer, said that he received about one complaint for every building he controls. "We try to maintain basic climate control," he said. "Today some people have made complaints that the buildings are too cold."

The student and faculty complaints may be justified but Friburger and Taylor agreed that all trucks and crews were utilized to improve the campus conditions after the storm.

"The whole crew has been working, but it's like ice rocks out there," said Taylor. "It's just that it's such a big campus."

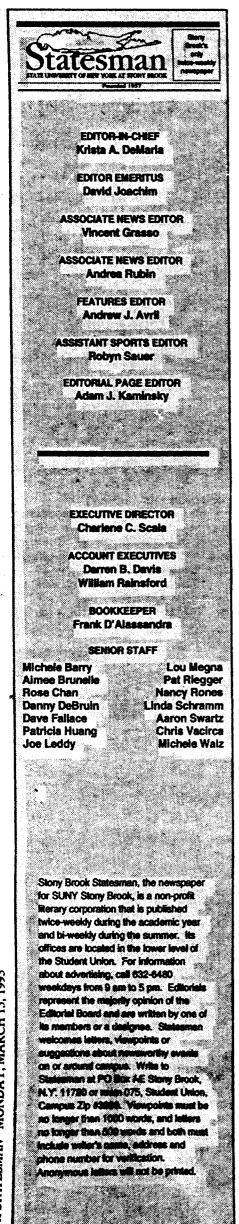




Station Pizza - "Taste The Difference

1993





# **Editorial**

# Better Security Means Safer Fun at Events

The fight that occurred the morning of March 6 couldn't have occurred at a more crucial time than it had. Marburger was to close his doors on opinions about the arming issue on Monday, March 8, sealing the fate of the issue within approximately two weeks afterward.

As a result of the fight, questions about security are again being raised. These questions are undoubtedly answered by the ohso-common solution of "when in doubt of how to answer, shift the blame to another party," with which we are familiar.

In addition to the Polity security officers mandated for such events which are deemed to be high security risks, a metal detector was provided for additional security. Yet there were weapons—knives in particular; metal objects when last we checked—utilized in the brawl which left four people slashed and five people, two of whom were students, arrested.

Nobody seems to care about why the knives eluded the metal detectors or if weapons are often carried into campus sponsored events unnoticed. There is quite a bit of history as to why security at

campus parties and concerts is a very arbitrarily applied and imprecise commodity, and it all starts with students' wants and desires.

We take the story of a rap concert which occurred in fall of '90 in which so much security was provided as to make it seem as if the administration did not trust the students and their degree of maturity. After finding that nothing did indeed go wrong, they found it fitting to maybe ease up the next time a big concert came to school. After all, who would want to feel as if he is in a police state when attempting to have fun?

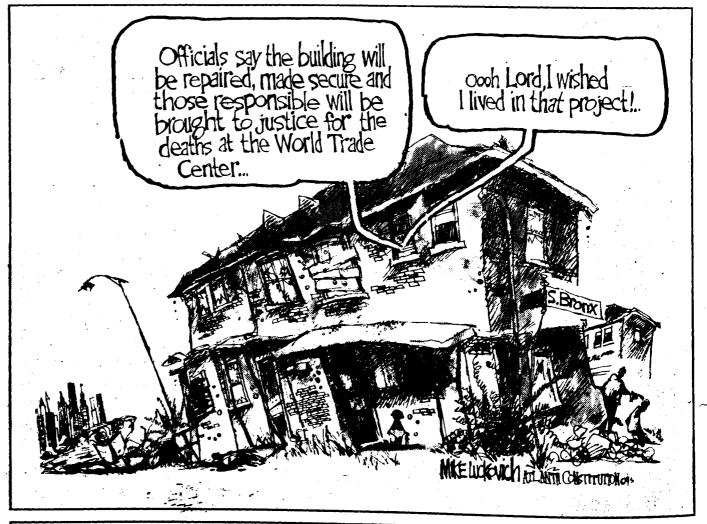
The next major concert, which was held in the Union ballroom, was rap artist Special Ed. Seeing that at the previous rap concert ther no conflicts, security was not as tight, yet still visibly present.

That was the night all hell broke loose. A small brick partition at Papa Joe's Pizza was demolished, a shot was fired, chairs were thrown, and at least four people were seriously injured. It was as a result of this very major incident that metal detectors were purchased and applied at a wide array of student

functions thereafter, but what good are metal detectors that don't work. Fred Preston, vice president of student affairs, and other top administrators, then prohibited concerts to be held in the Union until further notice. This directive has since been lifted, but the problems remain the same.

The metal detector may as well be decoration if so many knives and other metal objects are passing through it unchecked. If the problem is with the people who operate the machine, they should be replaced. If the problem is with the machine itself, it should be regularly tested. Imagine if this were an airport situation. One can't just say 'oops.'

Concerts and parties should continue to be a big part of the Stony Brook social scene, but we must swallow our pride and accept the fact that more security must be present to be able to better handle any untoward incidents. The fact that more security may create a more tense and less fun environment just has to be included in the equation. Security is there for our protection, and safe fun is what we want in the end. . . isn't it?



# What's Your Opinion?

Believe it or not, but we'd like to know. Send letters and opinions to Student Union room 075, Campus Zip #3200.

# Magazine

Campus Life, People and Events

Monday, March 15, 1993

Juniors Carin Fox (left) and Helene Schwartz in Israel where they spent Winter intercession volunteering in the Israeli Army

# Part-time Soldiers

# Students spend intercession in Israeli Army

**Nancy Rones** 

t's 6:30 a.m, girls, breakfast at 7:15," says a long-term female volunteer. The two students roll out of bed, groggily put on their uniforms and struggle with the thick, black combat boots. They pull their hair back into buns and, glancing out their dorm window, watch the sun rise against the khaki-green backdrop of the base. These students are ready for another day as volunteers in the

"Israel is a magnificent place," said Carin Fox, a 20year-old junior from Queens. "I didn't want to waste such an extended vacation. I knew about this program and I wanted to go."

While most Americans were celebrating the holidays, Fox boarded a plane on December 28 to Israel as a participant in the two-week work program, "Volunteers for Israel." Joining Fox was Helene Schwartz, a 19-yearold junior from North Woodmere.

"I've never been to Israel and I didn't want to pass up an opportunity staring me in the face," said Schwartz. But while neither expected the trip to be a rose garden, it wasn't nearly as rough as they anticipated.

Training was very simple," said Schwartz. "Nothing like boot camp.'

In fact, some people couldn't keep up with them. "Leat! Leat!" which means "slow down" in Hebrew, was often yelled at the two students by their supervisor. "We were told we were working too fast for them," said Fox.

Both Fox and Schwartz were trained to fix carburetors

and brake pumps on an army base near Ashkelon. "The base repaired everything in the central part of the country," said Fox. "Everything from tanks to cars."

"We lucked out. Others came home with grease in their hair," Fox said. "All we had were dirty hands."

The training involved a lot of pointing, since we spoke very little Hebrew," said Fox., "and our supervisor, David, spoke very little English."

Placement was based on a volunteer's skills and desires and the army's need. One can be assigned to the army, navy, a local community, a hospital, or a kibbutz, which is a communal farm or settlement.

Upon arrival, said Fox, "an officer would 'size you up' and you'd go into the next room to try on your uniform.

Then Sergeant Major Michael Allush briefed the 36 volunteers on where they could and could not go on the

"Allush explained that we were not allowed to take pictures on the base unless we had our supervisor's permission," said Fox.

On the tour, Allush had explained to the volunteers that a lot of what they were seeing was top-secret. "Israelis have a lot of trust in volunteers because we were shown things we were told to forget," said Fox.

Both of the students were surprised about the informality of the army. "No one saluted Allush or anything of that nature," said Fox. "We walked behind him, not in a line but in a mass, like a bunch of tourists."

See ARMY on page 11

# Studying is off the wall and under the car

Ilana Beckerman

Special to Statesman

liding under the body of a rusted automobile, a student prepares to study for his midterm. He clutches a wrench in one hand and tapes his school notes to the bottom of the car with the other. After each twist of the wrench, Gus Isaksson sneaks a quick glance at his notes, which are slowly becoming grease stained.

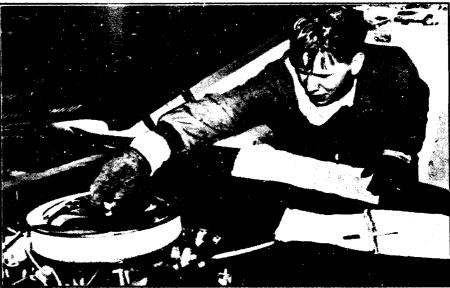
Studying. It's a word that strikes fear into the hearts of most students, but they all must deal with it. The library, student center, dorms and houses are the most common places to study, but some students have found more unusual locations to accomplish this task.

"I've been known to get grease stains on my notes, which makes them hard to read, but I figure studying half my notes is better than none," says Isaksson, an English major who works as a mechanic.

Another student also gets her studying done while at work. "This semester, I'm working as a student teacher," says a 23-year-old senior, Joanie Sexton. "I thought that it would be impossible to get my schoolwork done and work in a high school, but it's actually been a great help. My students quiz me on my notes and give me ideas for my papers. It's good for them, too, because it prepares them for the kind of work they'll be faced with in college."

"I combine studying with taking a bath," says 21-year-old Christine Nicols, a sociology major who works in one of the campus's daycare centers. "My mom has a jacuzzi in her bathroom. I turn the jets on really high, put up the heat to almost the boiling point and climb in, bringing either a notebook or a textbook with me. I can't tell you how many times I've come to school with wrinkled books because they fell in the tub."

Other students have found their own ways of keeping up with their studying. Kelly Ridge, a 22-year-old nursing student, tape records her classes and plays the tapes whenever she drives. "I'm really behind on current music, but at least I'm up to date on my schoolwork. Although, it is a little embarrassing to go to a club thinking that Madonna's latest hit is 'Like



n/Chris Vaciro

Senior Gus Isaksson studying where he studies best.

a Virgin.' "

A medical student, who wishes to remain nameless, has discovered a way to make his studying very enjoyable. "I flunked my Anatomy and Physiology class last semester, but now I'm acing it.

See STUDY on page 11

# Campus Voices

By Andrew J. Avril

# **Question of the Week:**

Do you think the student activity fee should help reduce the commuter bus fare?



"The commuter bus really isn't a student activity."

> Lissette Ibarrola, 21 Class: Junior Major: Chemestry

"It would be reasonable to give a certain amount of ... money toward the fare although there isn't much of a student life here, anyway."

> Saad Haq, 21 \*\* Senior Geology





"Should the undergraduates have to pay when so many 🖟 graduate students ride the busses? The grads don't pay the fee but they're always 🌞 riding here from Chapin."

> Sean Mahar, 22 Senior History

"Yes. The student activity fee is for special things and fall under that.

> Melissa Nugent, 22 Junior Geology



If you have a question you would like to see in Campus Voices, send it to room 075, Student Union, Zip #3200.

# Causes of bulimia rooted in childhood

ulimia Nervosa, a potentially fatal condition, is said to occur in at least five percent of women between the ages of 18 and 35. Since shame, secretiveness

and self-loathing are among the psychological THE LIFE COLUMN experiences that accompany bulimia, one would imagine that this statistic is a gross underestimation.

Not unlike other addictions, Bulimia has much shame and self degradation attached to it. It is seen by bulimic people as a character weakness, a personal failure and a living hell. The truth is, food and eating may have been the only means of emotional survival for a person while growing up.

Since beyond our earliest memories, the experience of eating and being fed has been associated with being nurtured by others and by the self. Food is generally available at all times and all places. It is a way of sharing, celebrating and socializing. It is for many, however, the only way to find comfort; to feed what feels like and insatiable, emotional black hole. In many dysfunctional families, food was the only viable and dependable nurturing resource that was accessible and self regulating. It may have represented the only sense of control one could have among the powerless and often violating experiences within a person's life and home.

Obsession with body weight and food may have been the only way an individual learned to distract the self from the pain and depravation around them. Unfortunately, this way of coping is carried into adulthood and serves to

According to the Diagnostic and Statistical Manual of Mental Disorders, Bulimia Nervosa is characterized by the following:

• Recurrent episodes of binge eating, which is a rapid consumption of a large amount of food in a discrete period of time

 A feeling of lack of control over eating behavior during the eating

· Engaging in either selfinduced vomiting, use of laxatives or diuretics, vigorous exercise or strict dieting or fasting in order to prevent weight gain

 A minimum average of two binge-eating episodes per week for at least three months

• Persistent overconcern with body shape or weight

Some physiologic consequences binge-purge behavior may inc

· Hypothermia, which is a decrease in normal body temperature • Hypotension, a decrease in blood pressure

· Lanugo which is increased body hair growth

Amenorrhea, a loss of menses

 Loss of tooth enamel and receding gums

Tremors

Constipation

Split lips

Acne-like skin

• Sore throat

• Coronary artery disease • Hormonal disorders

Depression

Irregular

heartbeat

• Death

Like any other Deborah I. Freund addictive disease, eating disorders in gen-

eral go beyond the external and observable. Behavioral and physiological symptoms are only a part of this disorder and a cessation of bulimic behavior is only a part of the recovery. There are a host of psychological features and experiences that often accompany Bulimia. These include:

Perfectionism

• Difficulty trusting in relationships

• Fear of failure

- Fear of intimacy • Low self esteem
- Body image distortion
- Defining self worth as "thinness" of body
  - Impulse control problems
- Boundary setting problems, such as a lack of assertiveness

 Dependency on people, external performance and others' reactions to generate a positive selfreguard

• Unresolved family issues of childhood

Successful treatment involves a multimodal approach that addresses behavioral, familial, cognitive, pysiologic, nutritional, attitudal, spiritual and psychological processes. The therapist and client work together to explore what lies beyond the symptoms of bulimia and what "letting go" of these symptoms represents. Twelve-step recovery support groups, such as Overeaters Anonymous, can be an extremely helpful adjunct treatment and can be inpatient, outpatient or a combination of both.

If a person identifies with any part of this article, he or she should reach beyond their fear and shame and begin the healing process. One should speak with a professional who can help explore loving ways to fill the "hunger inside you" and can help one stop living in that dark, insatiable place of emptiness and despair. A person should feel free to contact the Student Health Service or University Counseling Service for treatment and resources.

This column is one of a bi-weekly series written by various professionals from the Student Health Service ra the Faculty Student Association. Deborah I. Freund is a New York Sate Licensed, Certified Clinical Social Worker who is employed at the Student Health Service. She received her B.A. in Psychology from Adelphi University in 1983 and has been practicing since.

Ms. Freund's areas of interest include bereavement, eating disorders and anxiety disorders. She firmly believes that in order for healing and growth to occur, the client must actively collaborate in the treatment pro-

STONY BROOK STATESMAN MOND!

Schwartz and Fox were placed in a dorm with two other women, who were also students volunteering from New York.

"It was not the most ideal living conditions," said Fox. "It was winter and there was one electric heater. The showers were also disgusting but we were told we were lucky to have a connected bathroom."

The volunteers, who were mostly from New York on this particular base, woke at 6:30 a.m., Sunday through Friday. Breakfast began at 7:10. "Not only did we work with the soldiers, but we ate with them, too," said Fox.

"The only thing that distinguished us from the soldiers." said Fox, "was that we didn't speak Hebrew and we had a blue band on our shoulder that said, 'volunteer' in Hebrew."

After a report on the national news, the volunteers were off to work until lunch. Each volunteer would spend one day cleaning the barracks and another day on kitchen duty instead of their usual work.

Students have wet and wild study habits

STUDY from page 9

This is due mostly to my girlfriend who serves as a real life model for me to study on. Anatomy and Physiology has definitely become one of my favorite and most exciting classes."

For the more conventional student, the medical

library in the University Hospital is a convenient, but not well-known, place to study. Adam Shisgal, a USB graduate who is going for his masters in Biology, finds it much quieter there than at the regular library.

"I'd say my studying method is very unusual," says 20-year-old Allison Gurwitz, who recently

"My girlfriend ... serves as a real life model for me to study on." —Medical student, on studying anatomy 

transferred here from SUNY at Albany. "I absorb things pretty well, so once I go over it a few times, that's enough for me. There is such a thing as over-studying and that can do more harm than good. I figure I either know it or

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The workday usually ended by 4:00 p.m. A free bus to Tel Aviv would then come to the base. The trip took approximately an hour, which included stops to small neighboring towns. There was a ranking order of priority for bus use with soldiers first, then volunteers. Volunteers often took a bus off the base for dinner. "While in Ashkelon, waiting for a bus back from dinner, there was a blackout," said Fox. "We thought we were being bombed."

The volunteers were free from Friday evening to Saturday evening, the Sabbath, and this was often used for learning. "A big part of the program was education," said Schwartz. "One of the weekends we were taken on a tour to Yadvashem, the famous Holocaust museum."

To be accepted into the program, Fox and Schwartz, who are both Jewish, were interviewed by Elysa Sperling and Karen Noiman. Sperling and Noiman are both 18year-old freshmen and are representatives of "Volunteers for Israel," a branch of B'nai Brith Hillel on campus. They, too, participated in the program this past summer.

"Anyone who has a desire to help Israel, not only

Jewish people, can qualify for this program," said Sperling. It is available to people 18 to 70. It began in 1982, during the Lebanese War, and between the years 1982 and 1990, 26,071 volunteers had participated.

The program is free. This includes three kosher meals a day, room, tours and lectures. Volunteers must pay their airfare, however, but it is reduced for the students and runs between \$700 and \$800, depending on the time of year. There is also a registration fee of \$50.

The return ticket is open for six months, so Fox and Schwartz continued their travel into Egypt for one week.

"You are never fully prepared for a journey of this nature," said Schwartz. "It was sort of a shock, but I would recommend it.'

"I really feel like I helped Israel as a volunteer," said Fox. "We were thanked for boosting the soldier's morale because we were such a young group. Most of the soldiers are our age, 18 to 22-years-old."

"The Key to life is experience," Fox said, "and I certainly got one."



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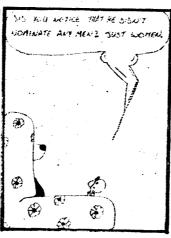




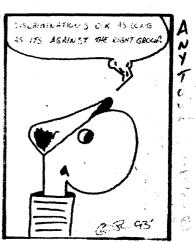












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STONY BROOK STATESMAN MONDAY, MARCH 15, 1

The state of the same

# Campus Bookstore Prices Gouge Students

By Kieran Curley

T IS MONDAY MORNING AND YOU HAVE TO PRINT OUT A paper that is due by 5 pm. No problem. Turn on the word processor, put paper in, and start printing. Then you walk to the bathroom while the first page is printing

When you walk back into your room and see that the paper is completely blank, an overwhelming fear paralyzes you. "Oh my God, it's broken. Wait a second, it's only the printing cartridge. Whew, no problem. Just make a quick run to the bookstore and get a new cartridge. Everything is all right. There is still plenty of time. Thank God for the bookstore."

Then on the way to the bookstore a thought crosses your mind, "What if they don't have the specific cartridge that I need? Oh no, what am I going to do?" All of a sudden your pace quickens and excuses for your professor start popping into your head.

Finally you arrive at the bookstore. Nervously you ask the first person who looks like an employee, "Where do you keep the typing supplies?"

"Oh, right over here," is the very friendly and knowing reply. You rush over to the section and anxiously search for the printing cartridge.

"There it is. Thank God, I am saved!" You grab it and rush to the counter to pay. While on the way you think, "It sure is convenient having the bookstore so close."

Then it happens, the cashier tells you how much it osts, "TEN DOLLARS PLEASE."

"Excuse me, did you say ten dollars?"

"Yes, the price is nine twenty-five, with tax that'll be en dollars."

"Ten dollars for one printing cartridge..."

Kieran Curley is a junior majoring in history.

Then comes that nasty reply which makes you wish you had a baseball bat, "I am speaking English, right?"

You have no choice. The paper has to be handed in today. Grudgingly you pull out your wallet (or purse, as the case may be) and pay. You mutter the whole way back to your room and repeat over and over in your mind, "This is not fair, their taking advantage of me just because I am a student. I should have known, my books this semester cost \$400 and at "buy

back" I get only ten. The bookstore sucks!"

A trip to Staples adds insult to injury. For the same amount of money you can get four printing cartridges. That's right, the campus bookstore charges four times as much as Staples. At least, they charge four times as much for Smith Corona printing cartridges. Everything else is fairly priced, though. NOT!

What can be done about this obvious injustice? Aside from never running out of any school supplies and avoiding such emergency situations, very little. The bookstore has a monopoly on campus. Stony Books is too far away and their prices are not too much better anyway. It is like comparing getting hit in the head with a pipe once to getting hit with the same pipe twice. I'd rather not get hit at all.

Even where there isn't an emergency, the campus bookstore and Stony Books systematically seek to separate students from their money. Where else in the world can a paperback book be bought for over \$20, sold back for four or five dollars (if you are lucky), and then resold for

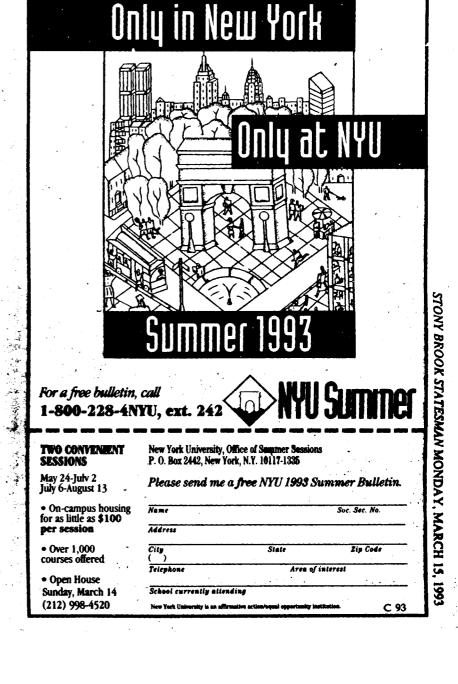
Where else in the world can a paperback book be bought for over \$20, sold back for four or five dollars and then resold for \$18?

\$18? What is worse, the person who gets the book for eighteen dollars feels great because they saved money and the person who sold the book feels wonderful because they essentially received twice the payment. Everybody is happy, right?

The treatment by the campus bookstore (and Stony Books) towards students is unfair. It is not a case of a reasonable markup for reasonable convenience. It is robbery. The laws of free market are being ignored. There is no choice. There is no competition. Students are forced to buy books and other supplies (like printing cartridges) at the bookstore, especially if they don't have any means of transportation off campus. Regular bookstores may not carry the books required (thereby creating the "emergency"). Students are trapped and have to pay the outrageously high prices.

It is very convenient having the bookstore so close. Too convenient. You can almost hear them at the beginning of every semester, "Here they come, here come the suckers."





1. John 1:3 Me proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with The Father and with his Son, Jesus Christ

Wai Ping Chu, Edward Chien, Andy Lin, Andy Pang, Jeffrey Huang, Angela Chui, Gloria Leung, Teddy Tse, Tammy Tse, De-Jiao Liu, Christtine Ku, Glenn Van De Woude, Joann Jolly, Tony Saint, Nicole Natale, Michael Natale, Joanna Golder, Matthew Moss, Dave Spinelli, Renee Sealey, Heather Pieters, Alison Cato, Henny Muktiwijaya, Maria Chau, Wayne Roessling, Philip Politis, Rich Morning, Carmine Inserra, Henry Thanayi, Paul Tuohy, Jerry Casilum, Jared Nissim, Melody Chang, Nerissa Cheng, David Dale, Madeline Dillard, Nicola Gordon, Friehiwet Gossaye, Emily July, Daphene Kaplan, Curtis Luster, Guy Maggin, Maria Matinez, Jackie Owusu, Shirley Philip, Marc Philips, Mareena Samuel, Wanly Slobert, Matt Sorger, Walwyn Stuart, Dahlia Thorpe, Chinna Udoji, Bernard Vigilance, Shaka Warren, Harriet Williams, Donna, Brad Tooker, Juana Hernandez, Nelsida Hernandez, Carol Leuna, John Chung, Chester Howell, David Huang, Dawn Huggins, Desiree Khoshaba, Josephine Toy, Cathy Sheng, Pat Grayson, Sarita Fong, Marianne Lin, Eric Koch, Stephen Maginfico, Chris Mathew, Tim Burbery, Mac Pier, Mike Dzuzelewski, Brian Han, Mina Lee, Ekuk Kim, HyunJung Kim, Soo Yun Jung, Hyung Soo Kim, Mi Ok Chang, Hye Ok Ahn, Ju Hyun Ahn, Frank Chun, Jong Soo Kim, Yoon Jin Kim, Hannah Lee, Min Sook Lee, Eun-Sik Lim, Jae Pil Yang, Carlos Yun, Young il Lee, Sharon Eng, Sung Hoon Sim, Kyung Juon Cho, Yun Soo Cho, Hea Seung Han, Jae Yoon Jeong, Myung Kuk Kim, Jennifer Kim, Kitong Chong, Kyung Lee, Sonya Min, Jin Kyung Pae, Chan Hee Park, Mark Ryu, Paul Shin, JiYung Yang, Laura Yim, Grace Rim, Jina Shim, Hak Sop Kim, juliana Yun, John Choi, Maz Hung, Joseph Kim, Susan Kim, Un Hee Lee, Yeo Sin Yun, Grace Joo, Suk Min Park, Hyun Lee, Dae Sung Kang, Seung Wook Jang, Yun Hee Choi

# CONSIDER JESUS WEEK

**MARCH 19-25** 

FRIDAY, MARCH 19 - SATURDAY, MARCH 20 • PLANNED FAMINE FOR SOMALIA
A 30-hour "planned famine" to raise money for Somalian starvation victims.

MONDAY, MARCH 22 • "OUT IN THE OPEN WITH CLIFFE"

Fireside Lounge, 11:30am-2:30pm

TUESDAY, MARCH 23 • "LUNCH WITH CLIFFE"

SB Union Bi-level Lounge, Coffee House, 11:30am-2:30pm

WEDNESDAY, MARCH 24 • "REASONS TO BELIEVE"

Student Union Auditorium, 1-2pm (Campus Lifetime)

A Forum featuring Dr. Elof Carlson, SBU Biology Professor,

Cliffe Knechtle and Robert Goldenberg, Comparative Literature

WEDNESDAY, MARCH 24 • "THE RESURRECTION:WHAT IS YOUR VERDICT?"

Student Union Auditorium, 7:30-Qpm

A forum featuring Cliffe Knechtle, music provided by FOCUS

THURSDAY, MARCH 25 • BIBLE DISCUSSIONS FOR FACULTY/GRAD STUDENTS

12-1pm in the Library Offices

Sponsored by FOCUS: Ben 632-6564; Glen 632-2103 Paul 632-2625; Chris 584-8907; Mat 698-8750

# UNIVERSITY AT STONY BROOK

TTENTION FRESHMAN AND SOPHOMORES with at least a 5 GPA! Want to study for a semester or a year at another US college university and still graduate from USB? Attend an information ssion about the National Student Exchange Program, Mar. 4, 11 & 12:45-1:30, Student Union, RM 231. Mar. 10, 1-2pm Admissions onf. Rm., 1st floor, Admin. Bldg. or more information call arabara Fletcher, NSE Coordinator, 632-6871.

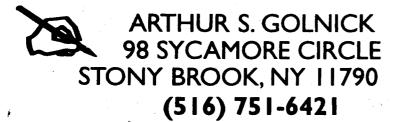
TUDENT ASSISTANTS needed to work on Commencement ay-May23. Spring housing move-out deadline will be exnded for successful applicants. Apply Conferences and Special vents Office, 440 Administration Building. Applications will be cepted until 60 commencement aides are hired. No phone Ills please.

OUR OPPORTUNITY TO HELP CONTAIN COSTS. Because f unanticipated decreases in meal plan enrollment, FSA & ARA re exploring feasible options for maintaining 1993-94 meal plan osts. Attend special meetings on Wed. at 1-2pm: Mar. 10 (EOB, tudent Union), Mar 17 (Rm 201, Student Union) to hear and lisuss options under consideration. Contact Ambreen Khan at 2-374 for more details or for questionaires to transmit your thoughts.

VANTED: STUDENTS AS SUMMER CONFERENCE IDES from May 26 - August 18, 1993. 40 hours/week reuired. Salary plus room and other benefits. Apply Confernces & Special Eveents, Room 440 Administration Building by pril 6. No phone calls please.

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# !GRADUATING STUDENTS! SAVE THESE DATES

WEDNESDAY, MARCH 17, 12:15-1:15 PM WEDNESDAY, MARCH 24, 12:00-4:00 PM

The Career Development Office will be holding the Spring University Job Fair on <u>Wednesday</u>. <u>March 24</u>, <u>from noon to 4 pm in the Stony Brook Union Ballroom</u>. Representatives from a wide variety of employers will be present to discuss their organizations and conduct job interviews. Included are:

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CVS PHARMACY DAMON CLINICAL LABS **EQUITABLE LIFE FOOT LOCKER** HIBBARD BROWN ILX SYSTEMS, INC. INTERNAL REVENUE SERVICE LECHTER'S HOUSEWARES MEMORIAL SLOAN-KETTERING CANCER CENTER **METLIFE** PHOTON CIRCUITS CORPORATION U.S. NAVAL ENGINEERING PROGRAM

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**NOTE**: Since these are real job interviews for real positions, it is vital that you come properly prepared. This includes having copies of your resume to hand out and being professionally attired and ready to be interviewed.

FOR FURTHER INFORMATION- Come to the INFORMATION SESSION to be held Wednesday, March 17, in the UNION, Room 223, from 12:15-1:15 pm. Handouts with further details will also be available in the Career Development Office by Friday, March 19 and at the door.

Y BROOK STATESMAN MONDAY, MARCH 15, 1993

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STONY BROOK STATESMAN MONDAY, MARCH 15, 1993

# Senior athletes leave memories, records "

SENIORS from page 18

ing average up to 13.6 points a game and pulled down an average of 7.3 rebounds to lead the team in both categories.

The 1992-93 Skyline All-Star Conference Team named Wardally a starting forward, a team which he started for in his junior year also. Wardally, who said his best experience as a Patriot Hoopster was to play in the NCAAs, believes that playing basketball here has given him a lesson he can use after the game is all over. "Hard times on the court prepares you for the conflicts in life," he said. "Since I've become prepared for adversity and challenges in basketball, it has transferred over to real life."

The basketball team will also have to say goodbye to two year forward Patrick Cunningham who transferred to Stony **Brook from** 

Westchester Community College. Cunningham, who grew up playing basketball, is graduating with a degree in psychology and plans to go on to graduate school. His dedication is evident on the court, but any coach or teammate will tell you that Cunningham wouldn't miss a game for anything, in his two years playing for the Pats he only missed one game. He said he believes that playing on the team has

him in touch with people from all walks of

"It's been a great experience and I've made a bunch of good friends," he said. "Playing has shown me both tough and good times and I have learned how to deal

His fellow hoopsters look at him as a leader of the pack and although graduation is another plateau of success for Cunningham, the Pats are sad to lose their chief. "Losing Pat is a big loss because he has been the player with the most amount of leadership," said teammate Joe Kirch about Cunningham's graduation. "He's a fatherly figure. He's really helped us to get through some tough times.

Competition, victory, and defeat are compounds that make participating in a sport so fulfilling. Every team player experiences the exhiliaration of a win, the heartbreak of a loss and the bonding with your teammates. Like the basketball team, the hockey team will have to come back to the ice next season without five key play-

The team will be losing five key players in May, two of who are the captains. Theses star athletes made their mark on the team by being the first to win ten games or more every year for the four years they have been here. They have pushed the team the only team to make it to the playoffs all four years.

Defensemen Eric Wuss and Bill Mauer have been the team captains for the past two years and players for four. Wuss is graduating and plans to go to graduate school here at Stony Brook. While studying he will be the assistant coach carrying on his outstanding leadership.. Why does Wuss feel such commitment to the sport? "Hockey kept me in school," he said. "It made me feel important." Oppossing coaches must beleive that Wuss is important because he has been nominated to play on the all-star team, which consists of the best players from the metro confer-

The team also has to say goodbye to Mauer who is graduating with a degree in business/economics and will eventually proceed to graduate school. He was one of the players representing the Pats on the allstar team last year.

Mauer said he originally joined the team to pass the time. "It got me into school," he said. Soon after, he saw that this was a much harder hitting game from what he was used to and then adjusted to the game to become a noticed defenseman. Mauer got to feel the excitement of winning the Long Island Champion title last year.

The teams will remember all these players and their talent. "I'm going to miss all these guys," said sophomore hockey player Mike Stillwagon. "These guys were here when I started and it just won't be the same without them." Whether it is the court or the ice, being a member of a Stony Brook team, according to these students is a positive experience.







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TESMAN MONDAY, 5, 1993

# Thanks for the Memories

# Star senior athletes leave records behind

By Robyn Sauer Statesman Assistant Sports Editor

he Stony Brook sports community will be losing some star players from winter sport teams when the athletes step out of college life and face the challenges that come after graduation. They are leaving memories and records behind that have enhanced their years at Stony Brook as well as their level of play.

Senior Ricky Wardally

Four topathlets, two basketball players and two ice hockey players, will be remembered by their teammates and fans. As the seasons come to an end, the players try to grasp a tight hold of the feeling of playing their sport on the Patriot turf for the last time. When the buzzer signals the end of the game not only will the players feel a chapter of their life closing, but their teammates will sense a loss when they try to imagine what it will be like to return to the game without their Patriot brothers.

Ricky Wardally and Patrick Cunningham will be the two graduates from the basketball team this year. As the season is coming to a close these players are hoping and working with their teammates to win the Eastern Collegiate Athletic Conference Championship this Tuesday in Jersey City.

Wardally, who is a forward for the Pats has played for Stony Brook all four years and will be graduating with a bachdegree Multidisiplinary Studies. As Wardally looked back on the memories of his Stony Brook basketball career he relived his triumphs and defeats as if they had happened yesterday. Wardally's freshmen year marked the beginning of his successful career as a Pats forward when he helped his team win the the ECACs. The season's victorious end got him fired up for his sophomore year, and he oncluded the season with a starting position in the NCAAs. This Pa-

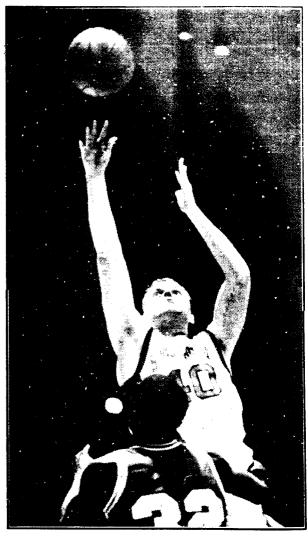
# Big games postponed

The weekend blizzard forced postponements for two big Patriots games.

The basketball team's ECAC championship game against Jersey City, scheduled for Saturday away, was rescheduled for tomorrow at 7:30 p.m. in Jersey City.

Saturday's Division I lacrosse team's home game against No. 1 ranked Princeton will be played April 18 at 1:30 p.m. on Patriot Field.

— Robyn Sau



Senior Patrick Cunningham

triots forward made his upperclassmen years just as successful with a semi-final spot in the ECACs his junior year, and this year he will end his college basketball career playing a game in the ECAC finals.

It's no surprise that Wardally led the team in rebounds and was second only to Emeka Smith in scoring last year. His freshmen and sophomore year he led the team in blocks, and now with 33 he leaves the team at the top. Wardally's senior year performance has pushed his scor-

See SENIORS on page 17

# PATRIOT ACTION THIS WEEK

Home games in Small Caps

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15	16	17	18	19	20	21
	Men's Basketball at Jersey City, 7:30		Hockey vs. Hopstra, 7 p.m.	Baseball vs. Dowling, 7 p.m.	Lacrosse at Providence, 2 p.m.	
	HOCKEY VS. C.W. POST, 10 P.M.					•

# Pats place 5th in ECACs

By Robyn Sauer

As the Patriots broke two university records, two of which were by Julie Bonura, the women's track team

soared to levels in the Eastern Collegiate Athletic Conference never before seen by the women's track team.

Women's Track

The ECACs are an honor to take part in just because you must qualify during the meets throughout the year and therefore you are competing with the best of all the 25 teams that participate in the ECACs.

Stony Brook placed fifth overall, with 47 points, in the championships held this weekend at Bates College in Lewiston, Maine. The teams placing above Stony Brook were Cortland, Williams, Bowdoin, and, and Tufts. For the Patriots, Bonura was named Meet MVP, with her placing in first or second place in four events.

Bonura became a qualifier in the 55 meter dash for the NCAA in Division III. Not only did she achieve this qualification but she also broke her own University record with her ECAC first place time of 7.28. Breaking another university record, Bonura captured first place in the 200 meter dash in the time of 25.96. Also, she jumped her way into second

place in the long jump with a length of 5.26 meters.

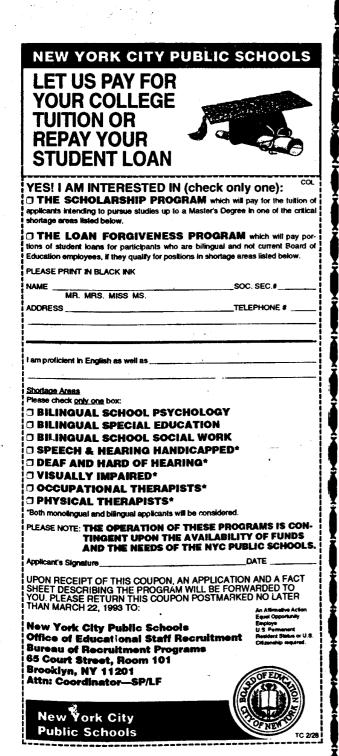
Bonura also ran with her 4 x 200 relay teammates into first place to break the third university record of the day in the time of 1:47.58. Her teammates are Dara Stewart, Loretta Varbero, and Marissa Forsing. Varbero also placed sixth in the the long jump when she made a 5.05 meters jump. Varbero also came through for the Patriots once again in the triple jump when she placed forth with a distance 10.62 meters.

Claudia Puswald placed for the Patriots in the shot put in 13th, with a distance of 9.51. Stewart came in eighth in the 200 meter dash with her time of 27.53. The Patriots were well on their way to the top five teams when Danielle Modica chimed in with a height of 1.55 meters in the high jump to earn a third place standing. With 2,384 points Connie Morawski placed tenth in the Pentathlon.

The Patriots go on to compete in the NCAAs in Brunswick, Maine.



Julie Bonura practices the 55-meter last week.





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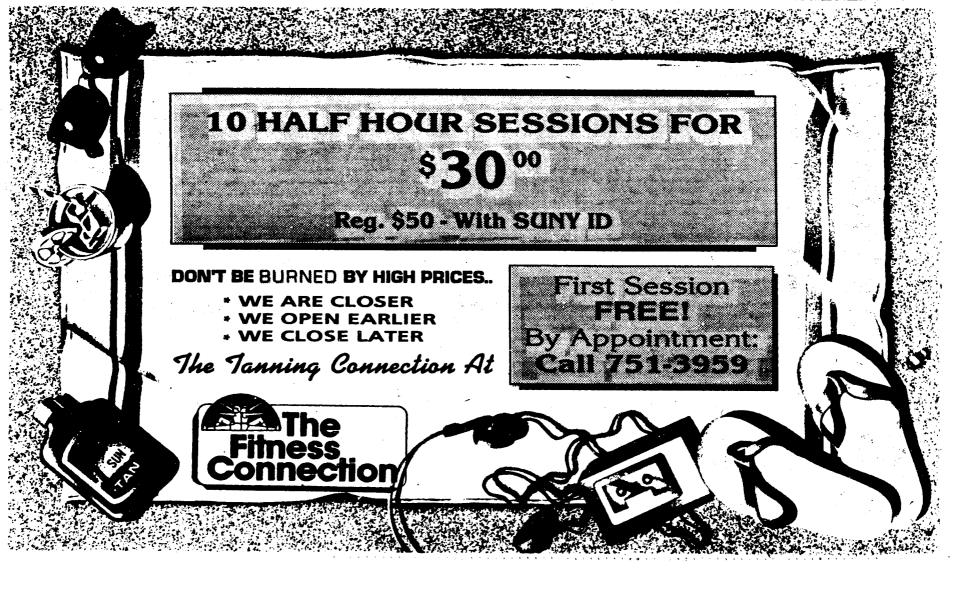
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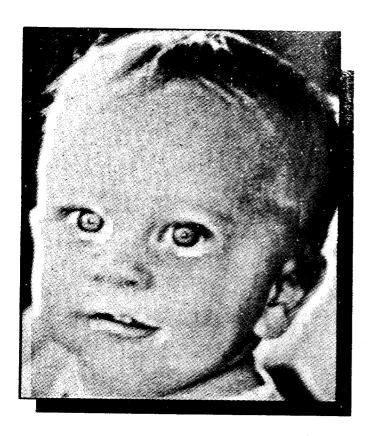
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# NG BREAK TANNING SPECIAL



STONY BROOK STATESMAN MON





Thank you for Life!

#### Dear Reader:

On January 22, 1973 the Supreme Court of the United States ruled that preborn babies are not legal persons. For any reason - or for no reason - preborn babies can be exterminated at will. During the past 21 years it is estimated that 28 million babies have been aborted legally in this "land of the free and home of the brave."

This special supplement is an invitation from the Long Island Coalition For Life for you to think objectively about abortion and it's many ramifications.

Prior to Roe v Wade, the preborn was called a "child in utero." Now he/she is called a "product of conception" or a "blob of tissue" by the abortionists. Surely we have the common sense to recognize this fraudulant terminology and reject it. But the question is, "Are we willing to accept and help promote the truth?'

Most of us think that child abuse is a heinous crime. If it were suddenly declared legal by the U.S. Suppreme Court, would legality make it right? If 1.6 million children were being maimed or killed each year through "legal" child abuse would we pretend it wasn't happening? The answer is an obvious "NO!" Yet, abortion is the ultimate child abuse! Why shoud we look the other way, or pretend it isn't happening, when over 4,300 preborn babies lose their lives in abortion mills every day?

We believe that if our country is to survive we must recognize the sanctity of human life once more. Preborn babies must once again be protected and guaranteed their "inalienable right to life." It is our hope that you will join us in accomplishing this goal by becoming a part of the Long Island Coalition For Life. Together we can end abortion in America.

> Janice R. Weber Long Island Coalition For Life

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# THE LONG ISLAND COALITION for LIFE

The Long Island Coalition for Life commits to educating the Long Island community on the facts about abortion. Rarely will non-biased and complete information concerning abortion be presented from the media. This piece serves as an informative and educational tool to all who read it.

The Long Island Coalition for Life is a conglomerate of 40 groups in Nassau and Suffolk Counties. Under the aegis of the Long Island Coalition for Life are crisis pregnancy centers, social outreach services and grass roots community programs. The Coalition offers a Chasity/Abstinence presentation for early teens through college age adults.

Over 40,000 Long Island families identify with the goals and objectives of the Coalition. The Long Island Coalition for Life is a strong voice for unborn children and their mothers. We work in conjunction with the Churches defending all human life from the moment of conception till natural death, regardless of age or physical condition.

Please call us at 516-243-1435 for more information.

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# **Test Your Abortion I.Q.**

- 1. On January 22, 1973 the U.S. Supreme Court legalized abortion through which month of pregnancy? A) 3rd month; B) 6th month; C) 9th month
- 2. In 1973 it was not known when life begins. A) True; B) False
- 3. The number of abortions now performed each day in the U.S. is A) 150; B) 650; C) 1,750; D) approx. 4,300
- 4. Abortion is the leading cause of death in Minnesota. According to statistics compiled by the MN Dept. of Health in 1988 (the last year for which this information is available), the number of babies killed by abortion each day in Minnesota is A) 12; B) 47; C) 30; D) 22
- 5. The estimated number of pre-born babies' lives terminated by abortion since 1973 is A) 1 million; B) 15 million; C) 5 million; D) 26 million
- 6. The percentage of U.S. pregnancies that are now terminated by abortion is A) 15%; B) 25%; C) 47%; D) 33 1/3%
- 7. The percentage of babies who die (not counting those subsequently aborted) after the mother undergoes an amniocentesis test is A) 2%; B) 0.5%; C) 1.3%
- 8. A developing baby's heart starts to beat at A) 21 days; B) 30 days; C) 45 days; D) 60 days
- 9. Abortion is promoted as a decision between a woman and her doctor. But, the percentage of abortions performed in clinics where the woman never sees the doctor until he appears to abort her baby is A) over 50%; B) over 90%; C) over 65%
- Child abuse has decreased since abortion was legalized because abortion has eliminated "unwanted children".
   True; B) False
- -11. The number of couples in the U.S. waiting to adopt children is A) 100,000; B) 2 million; C) 1 million; D) 500,000

  The answers to these questions can be found on p. 9.

# Abortion is Legal During 7th, 8th and 9th Months

During approximately the last three months of pregnancy, or third trimecter, the Court allowed states to restrict abortions "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."

This broad definition of "health" creates a loophole large enough to allow more than 120,000 late term (after 4 months) and more that 13,000 (after six months) abortions to take place every year. Because the Court defined "health" so loosely, if a woman wants an abortion for any reason, right up to birth, she can have one in Minnesota and throughout the U.S. We virtually have abortion on demand.

# **Chronology of a New Life**

Month One: The sperm joins with the ovum (egg) to form one cell. This one cell contains the complex genetic blueprint for every detail of human development—the child's sex, hair and eye color, height, skin tone etc. The fertilized egg travels down the fallopian tube into the uterus, where the lining has been prepared for implantation. Day 20—foundations of the brain, spinal cord and nervous system are already established; day 21—the heart begins to beat; day 28—the backbone and muscles are forming—arms, legs, eyes and ears have begun to show. At one month old, the embryo is 10,000 times larger than the original fertilized egg—and developing rapidly. The heart is pumping increased quantities of blood through the circulatory system. The placenta forms a unique barrier that keeps the mother's blood separate while allowing food and oxygen to pass through to the baby.

Month Two: At 35 days the pre-born baby has all her fingers. Brainwaves can be detected at 40 days. At six weeks the brain is controlling 40 sets of muscles as well as the organs. The jaw forms including teeth buds in the gums. The eyelids seal during this time to protect the baby's developing light-sensitive eyes. They will reopen in the seventh month. The stomach produces digestive juices and the kidneys have begun to function. The baby's body responds to touch.

Month Three: At nine weeks fingerprints are evident and never change. The baby now sleeps, awakens and exercises her muscles energetically—turning her head, curling her toes, and opening and closing her mouth. The palm, when stroked, will make a tight fist. The baby breathes amniotic fluid to help develop her respiratory system.

Month Four: By the end of this month, the baby is eight to ten inches in length and weighs a half pound or more. The ears are functioning, and there is evidence that the baby hears the mother's voice and heartbeat, as well as external noises. The umbilical cord has become an engineering marvel, transporting 300 quarts of fluids per day and completing a round-trip of fluids every 30 seconds. The mother usually begins to feel the baby's movements during this month.

Month Five: Half the pregnancy has now passed, and the baby is about 12 inches long. If a sound is especially loud or startling, the baby may jump in reaction to it. Babies born at this stage of development (19 weeks or 20 weeks) have survived.

Month Six: Oil and sweat glands are functioning. The delicate skin of the growing baby is protected from the waters in the amniotic sac by a special ointment called "vernix".

Month Seven: The baby now uses the four senses of vision, hearing, taste and touch. She can recognize her mother's voice.

Month Eight: The skin begins to thicken, with a layer of fat stored underneath for insulation and nourishment. Antibodies increasingly build up. The baby absorbs a gallon of amniotic fluid per day; the fluid is completely replaced every three hours.

Month Nine: Toward the end of this month, the baby is ready for birth. The average duration of pregnancy is 280 days from the first day of the mother's last menstrual period, but this varies. By this time the infant's heart is pumping 300 gallons of blood per day. The child triggers labor and birth occurs. Of 45 generations of cell divisions before adulthood, 41 have taken place. Four more will come during the rest of childhood and before adolescence.



8 Weeks



16 Weeks



18 Weeks

# Life Begins at Conception

Through the writings and testimony of the world-renowned geneticist, Dr. Jerome Lejeune, M.D., Ph.D., we can learn much about the intricacies of the beginning of human life. Contrary to the popular view that the tiny baby becomes more and more "developed" as the weeks of pregnancy go on, Dr. Lejeune says that the very first cell, the fertilized egg, is "the most specialized cell under the sun." No other cell will ever again have the same instructions in the life of the individual being created.

In the words of Dr. Lejeune, "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 which we call the DNA."

The Doctor goes on to explain the composition of the DNA molecule of a human chromosome. "I would say it (the DNA molecule) is a long thread of one meter of length, cut in twenty-three pieces. Each piece is coiled on itself very tightly to make spiral of spiral so that finally it looks like a little rod that we can see under the microscope that we call a chromosome. And there are twenty-three of them carried by father, twenty-three of them carried by mother." When these 46 chromosomes unite at fertilization a new human being is created. According to Dr. Lejeune, "Nature has used the smallest possible language to carry the information from father to children, from mother to children, from generation to generation."

Dr. Lejeune talks at length about this "fantastically miniaturized language" which scientists have only recently been able to begin to read. He explains that the fertilized egg contains more information about the new individual than can be stored in five sets (not volumes) of the Encyclopedia Britannica (if enlarged to normal print). To further emphasize the minuteness of this language, Dr. Lejeune states that if all the one meter long DNA of the sperms and all the one meter long DNA of the ova which contain the instructions for the 5 billion human beings who will replace us on this planet were brought together in one place the total amount of matter would be roughly the size of two aspirin tablets.

When Dr. Lejeune testified in the Louisiana legislature (House Committee on the Administration of Criminal Justice, June 7, 1990) he stated, "Recent discoveries by Dr. Alec Jeffreys of England demonstrate that this information (on the DNA molecule) is stored by a system of bar codes not unlike those found on products

at the supermarket...it's not any longer a theory that each of us is unique. It's now a demonstration as simple as a bar code in the supermarket." Dr. Lejeune states that because of studies published within the last year we now have the scientific knowhow to determine within 3 to 7 days after fertilization if the new human being is a boy or a girl.

Dr. Lejeune discusses the stages of development of a new human being. He points out that during the process, as the cell develops, nothing new is learned by the developing cells, but progressively a lot of things are forgotten: the first cell knew more than the three-cell stage, and the three-cell stage knew more than any of those to follow. He explains that specialization begins at the two-cell stage. "At no time," he said, "is the human being a blob of protoplasm. As far as your nature is concerned, I see no difference between the early person that you were at conception and the late person which you are now. You were and are a human being."

In the testimony Dr. Lejeune gave on The Seven Human Embryos (Circuit Court for Blount County, Tennessee at Maryville, Equity Division, August 8-10, 1989) he compared the chromosome to a mini-cassette, in which a symphony is written, the symphony of life. He explained that if you buy a cartridge on which a Mozart symphony has been recorded and insert it in a player what is being reproduced is the movement of air that transmits to you the genius of Mozart. In making the analogy he said, "It's exactly the same way that life is played. On the tiny mini-cassettes which are our chromosomes are written various parts of the opus which is for human symphony, and as soon as all the information necessary and sufficient to spell out the whole symphony (is brought together), this symphony plays itself, that is, a new man is beginning his career...as soon as he has been conceived, a man is a man."

1 11 (1

Dr. Jerome Lejeune of Paris, France is a medical Doctor, a Doctor of Science and has been a Professor of Fundamental Genetics for over 20 years. Dr. Lejeune discovered the genetic cause of Down's Syndrome, receiving the Kennedy Prize for the discovery and, in addition, received the Memorial Allen Award Medal, the world's highest award for work in the field of Genetics. He practices his profession at the Hospital des Enfants Malades (Sick Children Hospital) in Paris where he is in great demand as a consultant.

Dr. Lejeune is a member of the American Academy of Arts and Science, a member of The Royal Society of Medicine in London, The Royal Society of Science in Stockholm, the Science Academy in Italy and in Argentina, The Pontifical Academy of Science and The Academy of Medicine in France.

If you would like to obtain a copy of Dr. Lejeune's testimony on *The Seven Human Embryos* send \$4.00 to Human Life Alliance of MN, Inc., 3570 Lexington Ave. N., Suite 301, St. Paul, MN 55126.

# Roe Decision Based on a Lie

Norma McCorvey is the "Jane Roe" of Roe v. Wade. Early in 1970 she claimed that she had been gang-raped and became pregnant as a result of the rape. Attorneys Sarah Weddington and Linda Coffee, newly graduated from the University of Texas Law School, needed a "client" in order to challenge Texas' 100-year-old law that banned most abortions. They convinced Norma that she should be seeking an abortion instead of arranging an adoption for her baby. The case was subsequently argued all the way to the U.S. Supreme Court which resulted in the infamous Roe decision of 1973. In the meantime the baby was born and released for adoption. In 1987, Norma McCorvey admitted that she hadn't been raped at all but that the father was someone she knew and thought she loved. The whole story of the gang-rape was a lie. Now, in 1992, 28 million babies have been aborted as a result of Roe v. Wade and the companion decision, Doe v. Bolton.

# **Surgery on Preborn Babies**

There have been giant strides made in medical science in the past several years. On May 30, 1990 surgeons in San Francisco proudly displayed a 9-month-old boy and a 6-week-old girl who had undergone operations while still in the mother's womb to correct fetal diaphragmatic hemias. During these operations the baby is partly removed from the uterus, the internal organs are put back where they belong and the hole in the diaphragm is covered. In 1986 a 23-week-old-baby was removed from his mother's womb, successfully operated on to correct a blocked urinary tract and then returned to the womb.

# Planned Parenthood Ignores Own Advice

In 1963, a Planned Parenthood publication, *Plan Your Children For Health and Happiness*, stated: "An abortion kills the life of a baby after it has begun. It is dangerous to your life and health." Yet in Minnesota Planned Parenthood's Highland Park Clinic has killed 37,000 babies since 1977. Planned Parenthood operates the nation's largest national chain of abortion facilities.

# **Abortions Done for Sex Selection**

National surveys in 1973 and 1988 by social scientists and medical researchers indicate that the percentage of the doctors who do prenatal testing who approve of prenatal diagnosis for sex selection rose from 1% in 1973 to nearly 20% in 1988. More and more babies are being aborted simply because the parents were wishing for a child of the opposite sex.

# If faced with a possible crisis pregnancy what steps should be taken?

- 1. It is important to take time to examine the options available.
- 2. You should have a pregnancy test. There are many clinics that provide free pregnancy tests.
- 3. Talk to someone you trust. You are not alone and helpless in your pregnancy. You may be pleased at the support your parents and friends will give you. They may express surprise, anger, or disappointment at first, but give them a chance to support you. There are crisis pregnancy centers with counselors who care and are trained to help. They can help you explore all the options available to you. See Resource List on page 5.
- 4. Get information concerning the development of your child. Find out the age of the baby and learn about his/her characteristics.
- 5. Get information on groups that can help you carry your baby to term and help during delivery. There are groups who can also assist with medical care and housing, if you need it.
- 6. Find agencies that can help you after the baby is born.
- 7. Learn about adoption possibilities, in the event that you can't keep the baby after he/she is born.
- 8. Be fully informed about abortion. Get information on abortion techniques. Get information on the possible physical and emotional damage that can result after an abortion. Having an abortion is an irreversible decision. Take time to know what you are doing.

Remember the decision you make will affect you for the rest of your life. Don't let anyone pressure you into a quick decision.

BOOK OF STATE OF STATE OF

# **FACED WITH AN UNPLANNED OR DIFFICULT PREGNANCY?**

Don't be pressured into an abortion by your friends, family, doctor, boyfriend or husband.

- We offer alternatives to abortion.
- We give you the help you need to choose life for your baby.
- We sustain crises pregnancy centers where a pregnant women can obtain ANY HELP SHE NEEDS!

HELP FOR WOMEN IN CRISIS PREGNANCY

# MOTHER AND CHILD WE LOVE YOU BOTH, PLEASE LET US HELP!

#### **CRISIS PREGNANCY CENTERS OFFER WOMEN THE FOLLOWING** {Strictly Confidential & Free of Charge}

# FREE PREGNANCY TEST KIT

- Immediate attention for positive alternatives and long term goals.

- Emotional and practical support. Help in sorting out problems. Advice on how to continue school or job.

  Counseling as needed with parents, boyfriend or husband. Counselors work with doctors, hospitals and clinics which provide low cost/free medical care..

  Transportation to and from medical appointments can be arranged. Housing arrangements
- Housing arrangements.
  Food, clothing, complete layette for baby, crib, playpen, car-seat, etc.
  Arrange legal assistance if needed.
- Help arrange financial Assistance

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LONG ISLAND			
AAA PREGNANCY OPT	IONS OF DEER PAI	RK	516-243-0066
*immediate pregnancy te		516-243-2373	
Crises Pregnancy Aid			
Project Jeremia:15			
BIRTHRIGHT OFFICES		•	
Wantagh	516-785-4070	Farmingdale	516-293-5999
East Quoque		Huntington	516-427-4333
íslip		Mastic Beach	516-281-1112
Smithtown		Oyster Bay	516-922-2662
QUEENS			
Bridge To Life of Bayside	•		718-225-2211

BROOKLYN	
Center for Pregnant Women	718-625-7806
Brooklyn & Queens	
Diocese Respect Life Office:	718-492-1800ex.60
Mother & Unborn Baby Love	718-748-4992
MANHATTAN	
Birthline Hotline *24 hrs.*	212-206-0337
N.Y.Archdiocese Pregnancy Hotline	
Expectant Mother Care	212-685-3320
STATEN ISLAND	
Pregnancy Resources Services	718-667-6035
Crisis Pregnancy Center	718-667-HELP

Several Sources: Ramsey	201-825-7277
MATERNITY AND BABY SUPPLIES ETC.	
Mother's Helper: Bay Shore	516-581-4468
Catholic Charities Food & Nutrition Program(FAN) Main Office	e: 516-789-5239
WIC Program federally funded food & nutrition program	
Nassau:	516-535-3449
Suffolk:	516-853-3013
Growing Up Healthy Hotline	

Information on pre-natal care, nutrition, and expanded Medicaid benefits for mother and child.

# HOMES FOR WOMEN IN CRISIS PREGNANCY These homes give women:

a Loving place to stay with her baby • planning for the mother's

parenting skillsindependent living skills

NEW JERSEY

- support to continue education
- & baby's future

  assistance finding a job
- adoption information this is a partial list. There are some homes that work by referral.

and to a partial not. Thore are come notice and more by reservant	
CALVARY COMFORT - Riverhead	516-727-7878
under 18, family reconciliation adoption information	
NORTHPORT CARE - East Northport	516-266-3220
HOPE HOUSE MINISTRIES/SIENA HOUSE51	6-473-6030/8779
Port Jefferson Station - * all ages, home for 6	
MERCY HOUSE - Sayville	516-563-0454
ages 16-20.1 year programoffic	ce: 516-447-3978
REGINA RESIDENCE - Merrick800-287-BAI	BY 516-223-2752
* all ages, home for 13, adoption information medicaid informati	on
MAMA'S HOUSE - Malverne	516-593-0079
ages 16-19, after birth home, 1 year program	
GOOD COUNSEL HOUSE - Roosevelt	516-223-1013
ages 14-18, after birth home, 18 month program, home for 6	

BETHANY HOUSE - Brooklyn ......718-574-6300 ages 16-21, home for 10 at 4 locations 

CENTER FOR PREGNANT WOMEN of Brooklyn & Queens......718-625-7800 medical care, social services BRIDGE TO LIFE - Bayside - medical care, lamaze......718-225-2211

CRISIS PREGNANCY CENTER - Staten Island ......718-667-HELP SEVERAL SOURCES - Ramsey N.J - 1 year program ......201-825-7277

#### **PARENTING OPTIONS**

Offers counceling regarding placement for adoption.{ there is no pressure to place for adoption } CATHOLIC HOME BUREAU ...... .....212-371-1000

adoption plan. Counseling, health care and other services for the expectant mother.

#### **LEGAL ACTION FOR WOMEN INJURED BY ABORTION**

A non-profit group, specializing in helping women find legal assistance after abortion injury......800-U-CAN-SUE or 800-822-6783

# PSYCHOLOGICAL/EMOTIONAL/SPIRITUAL HELP

R WOMEN INJURED BY ABORTION	
PROJECT RACHEL	
Post abortion counseling for men & wome	n
PROJECT JEREMIA:15	516-785-6450
Post abortion counseling for men & wome	n
RACHELS HOPE	

# 

**CHASTITY—ABSTINENCE PROGRAM** The Long Island Coalition for Life offers a Chastity/Abstinence program to all High School and College campus audiences. The concept of "saved" sex, second virginity and practical real tips on maintaining a chaste life style are disscussed. Hundreds of students have bennifitted from this 42 minute presentation which takes a critical look at a self centered culture which promotes unhealthy life styles. Don't be caught up in a cycle of deceit. Learn the facts and join the growing number of young adults who are choosing a smarter way to live. Contact 516-243-1435 for more information.

#### WHY CHASTITY ?

#### FREEDOMS FROM:

- PregnancyHurry up weddingAdoption decision
- Abortion decision

# · Cancer of the cervix Develop friendshipHelp othersUnderstand sex

**FREEDOMS TO** 

- Hazards of Birth ControlSelf induced sterility
- - Loss of reputationRuining your future

# Being used

#### Resist temptation Plan your future

# Sexually transmitted diseases

#### CONTRACEPTION'S DECEPTION \* THE BIRTH CONTROL PILL - According to the Food and Drug Administration the "Pill" works in three

1) Temporary Sterilization; by preventing ovulation (it is estimated that the low dosage pills now in use fail to suppress ovulation in 50% of the cycles).

2) Contraception; by interfering with the biological process which allows the transportation of sperm to

3) ABORTION; by altering the lining of the womb to prevent the implementation of an already conceived

\* INTERUTERINE DEVICE (Also Called The (I.U.D.) - The I.U.D. is not a contraceptive. It does not stop ovulation, it does not interfere with the transport of sperm, and it does not prevent conception. The I.U.D.'s mode of action is to create a hostile and inflammatory invironment in the womb to such a degree that it will force a newly conceived days old child to be expelled do to unfavorable conditions.

\* DEPO-PROVERA - Depo-Provera, while labeled a long-term contraceptive is in fact an abortifacient, since it prevents implementation of an already conceived child.

\* NORPLANT - Norplant will suppress ovulation in approximately 50% of cycles. Progesterone will cause the thickening of the cervical mucus, making it more difficult for sperm to migrate to the fallopian tubes and it will atter the lining of the uterus, making it inhospitable to the implementation and continued existence of an already conceived child.

# **NATURAL FAMILY PLANNING**

NAL FAMILY PLANNING
A healthy, safe alternative to the I.U.D. and the Pill and other birth control drugs and devices. New methods of Natural Family Planning (this is not the old rythym method) are morally acceptable, medically safe, and up to 99% effective in achieving, avoiding, or postponing pregnancy. Many couples say Natural Family Planning also improves their marital relationship. Studies show that the divorce rate among couples who practice Natural Family Planning is only 2%

For more information call..... ...800-300-0250 Family Ministry Office, Rockville Centre Diocese......516-678-5800 ext. 206 MICHAEL FUND

PRO-LIFE GENETIC RESEARCH and SUPPORT SERVICES .......516-781-5274

PRO-LIFE LITERATURE, SPEAKERS, VIDEOS AND INFORMATION

Long Island Coalition for Life. ..516-243-1435

appropriate information. - P.O.Box Ronkonkoma, N.Y. 11779-0223

\*\* VOLUNTEERS NEEDED in all areas, please call us or one of the numbers on this page.

# PRO-LIFE GROUP FOR TEENS AND COLLEGE AGE

Legal Center for the Defense of Life ......212-695-1940 .....516-243-1435 If your Pro-Life group would like to be listed on this page, please send us all

This publication was prepared as a public service of Project Life Line/Long Island Coalition for Life to assist women facing crisis pregnancies. Nothing contained herein should be considered as an endorsement for any of the organizations listed. Project Life Line/Long Island Coalition for Life disclaims any liability for any action of any organization or its personnel listed in this directory.



Art Director, Steve Clark - Photography, Phillip Parker





# **Birthmother** Chose Adoption... The Loving Alternative

My life was just beginning. I had graduated from high school and was planning to start college in the fall, but my plans were interrupted.

I had been feeling sick for awhile. I thought that it was because of all the excitement and change that had been taking place the past couple of months. It was, but not the change of high school to college. This change was much more significant. This change was a baby.

When I found out for sure that I was pregnant my mind went racing. It wasn't enough to just say that I was scared — I was terrified. What was I going to do? I knew that I couldn't have an abortion because no matter how much trouble I thought I was in or how bad I felt, I knew I would feel worse knowing that I had murdered my child. So, I

My first instincts told me that I needed to raise this child on my own. I thought that I could give it love and do my best to take care of it and that would be all it needed. But soon after I examined this decision more closely, I saw that this child needed much more than I could ever give it. I didn't have a job or a car and I didn't want to depend on my parents to take care of me and my child. I knew that this beautiful human being that was growing in my body needed a home. A home with a mother and a father that could love it with all their hearts and also be able to take care of it financially. Adoption seemed to be the only RIGHT choice.

I chose to go to a Christian adoption agency. The people who worked there cared very much for me and for my baby. Together we talked about how my life would be if I kept this baby or if I placed my baby for adoption. We also talked about how my baby's life would be if I chose to parent or if I placed my child for adoption. They tried to prepare me for the great feelings of grief and anguish that I would have when I left the baby in the hospital. But we also talked about the joy that would be experienced by the adoptive parents when they got to take my baby home. By far the good points of adoption outweighed my raising this child.

This was not an easy nine months by any stretch of the imagination. I prayed daily that the Lord would place my baby in a Christian home that was abounding with love

It has been a while now since my baby has been adopted and I miss her very much. But even greater are my feelings of warmth and security knowing that she is being loved and taken care of better than I could ever have imagined.

Printed with permission of the birth mother and Mid-South Christian Services. Every year over two million requests for adoption go unsatisfied.



18 week-old baby developing in the womb

If he is not alive. why is he growing?

If he is not a human being, what kind of being is he?

If he is not a child, why is he sucking his thumb?

If he is a living, human child, why is it legal to kill him?

# The Abortion Experience for Victims of Rape and Incest

by David C. Reardon

Rape and incest are very emotional topics. They often elicit in the general populace feelings of revulsion; people draw back from the issue of rape and incest, even from the victims of rape and incest. People don't know how to handle a person who is in that much pain. There is no quick fix..

Some people who are otherwise very prolife will condone abortion in rape and incest cases because they don't know what else to offer. And they will accept it as a rare case. This pro-life difficulty in defending the unborn even in rape and incest cases is largely due to ignorance because the facts, as I have found them, show that the victim's needs are not being served by abortion. In fact, rape and incest victims actually suffer considerably from the abor-

The facts suggest that only a minority of rape and incest victims actually choose abortion<sup>1</sup>—so right there, one should pause and reflect. Abortion is not usually chosen as the immediate solution by rape and incest victims but that is the prevailing belief of the general population. A woman has been raped and made pregnant: "Oh, she's got to have an abortion." No one has studied the rape and incest victims' needs; abortion is presumed to fill their needs.

#### **Abortion Adds to the Pain of Rape**

Various studies and my own research indicate that rape and incest victims fall into the high-risk category of aborters, and the existence of rape or incest is actually a contradication for abortion. Jackie Bakker, whose testimony is in my book,2 says, "I soon discovered that the aftermath of my abortion continued a long time after the memory of my rape had faded. I felt empty and horrible. Nobody told me about the emptiness and pain I would feel deep within causing nightmares and deep depressions. They had all told me that after the abortion I could continue with my life as if nothing had happened." This is the same story we hear from a lot of aborted women. But for the rape and incest victim it is an especially keen story, because they have been told, "In your situation that is the only thing you can do." And they have been betrayed by that

Rape and incest victims are high-risk patients. We can identify high-risk patients based on research of subjects which include those who are pro-choice. First, it has been found that any element of coercion puts a woman at high risk of suffering later problems. Coercion may arise from other people or due to circumstances. If a woman feels pressured, she is entering the realm of high risk because she may be aborting against her inner feeling that says she should not.<sup>5</sup> Second, any element of ambivalence about abortion—if the woman feels abortion is morally wrong or is not sure, but goes ahead with the abortion -will contribute to the feeling that she is beiraving her own value system. Afterwards, she may suffer from low self-esteem and all the associated problems...

# Victims Gave Reasons to Forego

Perhaps the best study was done by Dr. Sandra Mahkorn, published in Psychological Aspects of Abortion<sup>6</sup> 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, only five chose to have an abortion. Of the 28 who gave birth, 17 chose adoption and 3 kept the child themselves; for the remaining eight, research was unable to determine where the child was

Several reasons were given for not aborting. First, several women felt that abortion was another act of violence — that it was immoral or murder. One said she would only suffer more mental anguish from taking the life of a baby. Second, some 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 not responsible for having brought the child into being, it had happened, and the consequences could be lived with. Third. at a subconscious level, the rape victim feels that if she can get through the pregnancy she will have conquered the rape. Outlasting pregnancy shows she is better than the rapist who brutalized her. 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 is a way for them to display their courage and strength to survive even a rape.

In her study, Mahkorn found that feelings or issues relating to the rape experience were the primary concern for most of the pregnant rape victims — not pregnancy. While 19% — a significant number placed primary emphasis on their need to confront their feelings about the pregnancy, including feelings of resentment and hostility towards the unborn child, the primary difficulty they experienced with the rape pregnancy was pressure from other people who saw the pregnancy as a blot to be eliminated. Family and friends just weren't supportive of the woman's choice to bear the child.

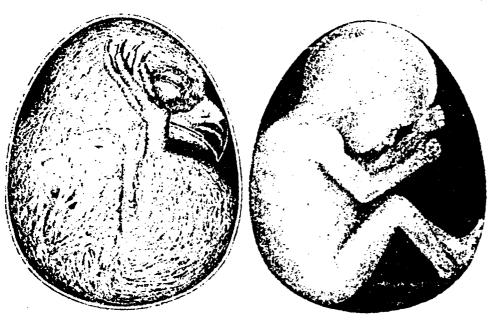
Dr. Mahkom also found that, in the group who carried their pregnancies to term, the majority saw their attitude toward the child improve consistently throughout the pregnancy. [F]or none did their attitude grow worse. None, at the end of pregnancy, wished she had decided on an abortion. Abortion therefore inhibits the healing to the rape victim and reinforces negative attitudes.

#### **Abortion Reinforces Woman's Powerlessness**

[A]nother example from my book is Vanessa Landry, another rape victim who said," I didn't really want to have the abortion. I have always been against abortion all my life. People think that whenever anyone is raped, they have to have an abortion. My social worker just kept telling me all kinds of things to encourage me to have the abortion. They didn't give me any other option except to abort. They said that if I went on to have the baby I wouldn't have any way of supporting it. The doctor and social worker who led me to have the abortion shouldn't have. I would rather have gone on and had the child anyway on my own account. But they pressured me into the abortion, saying welfare wouldn't pay me for giving birth, but would pay for the abortion since they were saying I was going to die because I was diabetic. They said I Rape and Incest-cont. on p.10

# Animal Rights vs. Human Rights WHICH IS MORE VALUABLE?

(Please check box)



☐ AN UNBORN EAGLE

□AN UNBORN CHILD

If you chose the unborn child, sorry you're wrong -- at least according to the law of the land, *U. S. Code*, *Title 16*, *Section 668*, the eagle takes precedence. A person who kills, damages, transports a bald eagle, its egg, or nest is subject to a fine of up to \$5,000.00 or imprisonment for up to one year or both (first offense). Whereas, not only is there no penalty for aborting an unborn child, doctors get paid exorbitant fees for destroying the child in the womb.

Does something seem wrong to you? It is! If you are troubled by this injustice help us save the unborn babies and educate the public to the harsh realities of abortion. If you or someone you know is facing a crisis pregnancy, we'd like to help. We can refer you for specific needs. All human life is sacred! There are many alternatives to abortion!

Project Life Line/Long Island Coalition for Life (516) 243-1435

# Answers to Abortion I.Q. Quiz

1.) C; 2.) B (False — The California Journal of September, 1970, states, "...everyone knows that human life begins at conception and is continuous, whether intra or extra-uterine until death."); 3.) D; 4.) B; 5.) D; 6.) D; 7.) C; 8.) A; 9.) B; 10.) B (False — Doctor C. Everett Koop states that child abuse has climbed by at least 500% since 1973 (Abortion in America, 1980); 11.) B.

# **Holocaust II**

Who are these children not yet born, From mothers' wombs So cruelly torn? Each one is a gift from God above. What crimes or offenses Were they guilty of? Did they perhaps get in someone's way, These helpless victims of America's moral decay, Carried to their death While still in the womb? Nevertheless, they merit Neither headstone nor tomb. Millions of them Have now been killed, Their human adventure forever stilled, Cut down like weeds Before their birth, Never to marvel At God's beautiful earth. How cold and ruthless has man become That he'd slay his own daughter or son! To what hellish depths have we sunk As a nation To allow this destruction Of God's most precious creation? —Anonymous

# **Abortion Techniques Described**

Suction-Aspiration: The method of abortion most commonly used for early pregnancies. The abortionist inserts a hollow plastic tube into the dilated uterus. The tube is connected to a powerful suction apparatus. The suction tears the baby's body into pieces.

Dilitation and curettage (D and C): Similar to the suction procedure except the abortionist inserts a tiny hoe-like instrument into the uterus. With this, he cuts the baby into pieces and scrapes her out into a basin. Bleeding is usually profuse.

Dilitation and evacuation (D and E): Used after 12 weeks. A pliers-like instrument is needed because the baby's bones are calcified, as is the skull. The abortionist inserts the instrument into the uterus, seizes a leg or other part of the body and, with a twisting motion, tears it from the baby's body. The spine must be snapped and the skull crushed to remove them.

Salt poisoning (saline injection): This is used after 16 weeks. A long needle is inserted through the mother's abdomen into the baby's sac. Some fluid is removed and a strong salt solution is injected. The solution is swallowed and "breathed" and slowly poisons the baby. He kicks and jerks violently as he is literally being burned alive.

Hysterotomy or Caesarean Section: Used mainly in the last three months of pregnancy, the womb is entered by surgery through the wall of the abdomen. The tiny baby is removed and allowed to die by neglect or direct act.

Prostaglandin chemical abortion: This form of abortion uses chemicals, developed by the Upjohn Pharmaceutical Co., which cause the uterus to contract intensely, pushing out the developing baby. In one article, one of the complications listed with this method was "live birth." In fact, the two most "dreaded" complications for an abortionist are a dead mother or a live baby.

Statistics from 1982 World Almanac

# GRIM STATISTICS AMERICAN WAR CASUALTIES

Each cross-mark represents 50,000 people killed. The war casualties represent all American combat-related deaths.

REVOLUTIONARY WAR	25,324	1
CIVIL WAR	498,332	*******
WORLD WAR I	116,708	<b>††1</b>
WORLD WAR II	407,316	*******
KOREAN WAR	54,246	<b>†·</b>
VIETNAM WAR	58,655	<b>†1</b>



Rape and Incest cont. from p.8 was just another minority bringing a child into the world and there were too many already." Here is a woman who is being victimized not only because she is a rape victim, but also because she is black and a minority and she has a low income. That is one of the stories that upsets me the most. What I really see happening in our society is that abortion is the solution for the people we don't want. And that attitude—that this is the only option we are going to offer people in difficult circumstances - is heinous. Abortion does nothing to help the victims of rape. Instead it encourages a woman only to vent her anger in revenge against the unborn child. It pits the mother against the child, which is not good for

either.
On the other hand, childbirth can be a victory. For the majority of pregnant rape victims who wisely choose to forego abortion, childbirth is the choice of triumph over rape. It is a choice that says, "Rape will not dictate my life." It allows them to show their own courage and generosity. When the need of pregnant rape victims is carefully examined, it can be shown the abortion is not necessary and indeed is very likely to hinder recovery by increasing feelings of guilt, shame and low self-esteem.

# Like Incest, Abortion Promotes Silence

Incest victims face similar problems. Incest is a very complex issue and it is hard to say much in a very short period of time, but the vast majority of incest victims want to carry their pregnancy to term. These are young girls for whom pregnancy is a way to break out of an incestuous relationship with their father, whom they may love despite their confusion and resentment about the way they have been used as sexual objects. Since they still love the father, having the child can not only help expose the incestuous relationship but also give hope of beginning a truly loving relationship.

In studies of incest victims, the vast majority choose to carry the pregnancy to term. Those in the minority who have an abortion do so only under pressure from their parents to conceal the incestuous relationship. Because incest is a family pathol-

ogy that involves father, mother and daughter, all are involved in a conspiracy of silence.9

I interviewed Edith Young, now 38 years old, who was a rape and incest victim at 12 years of age. To cover up the incident, her parents procured an abortion for her without telling her what was to happen. The emotional and physical scars of incest and abortion still last to this day. She said, "I was being sexually attacked, threatened by him and betrayed by Mom's silence...the abortion which was to be in 'my best interest' has not been...it only 'saved their reputations,' solved their problems and allowed their lives to go merrily on.<sup>10</sup>

Pro-life persons don't have any reason to be ashamed to defend a pro-life view in the case of rape or incest. The ones who need to be ashamed are the pro-abortionists who have been exploiting the problems of rape and incest victims, confusing the public and promoting abortion for their own social engineering goals. To my knowledge, pro-abortionists have never yet brought together a group of rape and incest victims who carried their pregnancies to term who said, "Oh, that was the worst thing I ever did. Why didn't somebody give me an abortion when I needed it?"

We, on the other hand, can produce women who took the advice of the pro-abortionists, had the abortion and now say, "This abortion ruined my life. What were you telling me?" We need to join rape and incest victims in demanding that pro-abortionists stop exploiting the pain of innocent women's problems for their own political ends.

Programcy and Sexual Assault, Sandra Mahkorn, in The Psychological Aspects of Abortion, ed. Mall and Watts (1979), pp. 53-72.

3Aborted Women: Silent No more. David C. Reardon (1987), pp. 206-

210.
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<sup>9</sup>Outcome Following Therapeutic Abortion. Payne et al., Arch. Gen. Psychiatry 33:725-733 (June 1976).

"sychiatry 33:725-733 (June 1976). \*Supra, note 1.

<sup>7</sup>Supra, note 2, pp. 276-278.

The Consequences of Incest: Giving and Taking Life, Maloof, in The Psychological Aspects of Abortion, ed. Mall and Watts (1979), pp. 73-110. "Father-Daughter Incest — Treatment of the Family. Kennedy, Lavel Medical 40:946-950 (1969).

<sup>16</sup>Supra, note 2, pp. 212-218.

David C. Reardon is Director of the Elliot Institute for Social Sciences Research and author of the book "Aborted Women: Silent No More" (1987). This article appeared in Association for Interdisciplinary Research Newsletter, Vol. 2, No. 1, Fall, 1988 pp. 4-6. Reprinted with permission. Carol Everett was involved in the abortion industry in the Dallas/Ft.Worth, Texas, area from 1977 until 1983. As director of four clinics, owner of two, Ms. Everett was responsible for the clinics' daily operation. Everett, who had an abortion soon after it became legal in 1973, now speaks out on...

# "What I Saw in the Abortion Industry"

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.

How much money were you

making in the abortion industry before you quit?

A. I was getting a commission of \$25.00 on every abortion I "sold". In 1983, the year I got out, I would have pocketed approximately \$250,000. But, in 1984 we expected to be operating five clinics, terminating about 40,000 pregnancies, and with that projection I planned to net \$1 million. Money, Money, Money — that's where my heart was.

Why do you refer to "selling" abortions?

A. The product, abortion, is skill

A. The product, abortion, is skillfully marketed and sold to the woman at the crisis time in her life. She buys the product, finds it defective and wants to return it for a refund. But, it's too late. Her baby is dead.

In what way is the woman deceived?

A. In two ways — the clinic personnel and the marketers must deny the personhood of the child and the pain caused by the procedure. 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, an abortion is excruciatingly painful.

What type of counseling was offered at the clinics?

A. In the clinics in which I was involved we didn't do any real counseling. We answered only the questions the woman asked and tried not to "rock the boat." We did not discuss alternatives to abortion unless the woman forced us to. We sold abortions.

What method of abortion did your clinics use?

A. For the most part, the abortion industry stopped using saline and prostaglandin procedures because of the number of live births. A live birth means you have to let the baby die, or dispose of it in some distasteful way. Most second and third trimester abortionists use the D & E (dilation and evacuation) method. The abortionist uses large forceps to crush the baby inside the mother's uterus and remove it in pieces. The side effects of live births and the mother going through labor are avoided. But it is a horrible procedure in which the baby must be re-constructed outside the uterus to be certain all the parts have been removed.



**Carol Everett** 

How did you dispose of an aborted baby?

A. In our clinics, we put them down the garbage disposal. We used the heavy duty model. 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.

Abortion is supposed to be a "safe" experience. What complications did you witness? We were doing a one-day traumatic dilation, which has a higher rate of complication. In the last 18 months I was in the business, we were completing over 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 colostomy. Some of those can be reversed, some must live with the colostomy for the remainder of their

How did you keep these complications and deaths from the public?

A. The woman would be loaded into my car (an ambulance outside an abortion clinic is terrible advertising) and transported to a hospital that would protect the doctor and the abortion clinic's reputation. The concern is not with the patient only in keeping an unblemished reputation. You have a built-in cover-up with the patients' family. They are dealing with their guilt and emotions over the situation and do not want to deal with the added pressure of exposing the truth through the media.

Why did you get out of the abortion business?

A. Two things came into play at about 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 expose 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.

# **ABORTION:**

# Possible Effects on Your Body

## **Immediate**

•Intense pain •Punctured uterus •Excessive bleeding •Infection •Parts of baby left inside •Shock/Coma •Damage to other organs •Death

#### Later

•Inability to become pregnant again •Miscarriage/Stillbirths
•Tubal Preganancies •Premature births
•Pelvic inflammatory disease •Hysterectomy

"People do not understand that there are thousands of serious physical complications from abortion every year in this country."

Dr. Bernard Nathanson, OB Gyn. (former abortionist)

## **Possible Effects on Your Emotions**

# **The Most Common**

•Guilt •Desire to become pregnant again
•Depression/Crying •Inability to forgive yourself •Intense grief/sadness
•Anger/Rage •Emotional numbness
•Sexual problems •Lowered self-esteem
•Nightmares •Anorexia or other eating disorders
•Drug or alcohol abuse •Suicidal urges

"Abortion has a painful aftermath, regardless of the woman's religious beliefs, or how positive she may have felt beforehand about her decision to abort."

Vincent Rue, Ph.D. Psychologist

# **Post Abortion Syndrome**

(Women suffering mental and emotional anguish following an abortion)

Dr. Anne Speckhard, Ph.D, in her study on Post Abortion Syndrome, found the following effects on women.

#### **Events Related to Abortion**

- 23% had hallucinations related to the abortion
- 35% perceived visitation from the aborted child
- 54% had nightmares related to the abortion
- 69% experienced feelings of "craziness"
- 73% had flashbacks of abortion experience
- 81% had a preoccupation with the aborted child

# **Most Common Behavioral Problems After Abortion**

- 61% increased their use of alcohol
- 65% had thoughts of suicide
- 69% were sexually inhibited
- 73% had flashbacks of the abortion
- 77% experienced an inability to communicate
- 81% experienced frequent crying

For those suffering from PAS, help and healing is available:

- Post-Abortion individual counseling is offered by American Rights Coalition at 1-800-634-2224.
- •See resources listed on page 5.

# A Mother's Anguished Letter to Her Aborted Child

Even after years have intervened, a woman cannot forget the life that her decision took

Ten years ago yesterday, I carried you beneath my heart. Ten years ago today, I stopped the beating of your heart. I, your mother, the one who gave you life, also gave you death.

It's been a decade and still my blood runs cold and I catch my breath whenever I hear the word "abortion." There's an emptiness inside of me that can never be filled, a chill that has never quite been warmed, a grief that will never end. To me you will forever remain an unfinished song, a flower that never bloomed, a sunrise clouded by rain.

Even during your last fragile moments of life, I wondered, "Is my baby a boy or a girl?" The question ran through my mind again and again as I tried to block out the sickening sounds of you being suctioned from my womb and from my life. I seemed to have a burning need to know whether I would have had a son or a daughter, yet somehow I couldn't bear to ask such an indelicate question of the doctor who stood smiling above me. Instead, I simply nodded in defeat and sadness as this man in white

patted my trembling hand and said, "Now—aren't you glad it's all over?"

As I lay there drowning in my own blood, tears and sweat, I could hear the nurses chattering about co-workers, new cars and clothes.

To these people, the extermination of your life was simply a job — "making a living by destroying the living." To those gathered in that sunny room in Philadelphia 10 years ago, it was just another day. To me, it was the darkest day I had ever known.

"The Abortion" — the most heart-wrenching, terrible experience I had suffered through in my 18 years; certainly the most painful experience suffered by you in your three short months. It has taken me all these years to get over it.

Now — as my eyes fill with tears, I realize that this is something I will never "get over." That fateful April day has replayed itself over and over in my mind like a horror movie one forces oneself to watch, then can never forget. . . .

Even in my distraught state of mind, I knew

that there were other choices. I was simply too scared to consider the alternatives. Still a child myself, I "wasn't ready" to be a mother.

What I didn't realize then was that I already was a mother. You became my child at the moment of conception; my love for you began when your life began, and although your life ended, that love has never died.

Your silent screams have awakened me from sleep many times over the years, and I have lain in the dark and mourned the loss of the baby I killed. There have even been times when I've contemplated ending my own life as I ended yours.

It's been 10 years and still I haven't forgiven myself. Have you forgiven me? Has God forgiven me for destroying a being created by Him?

I've had many nightmares through the years. Scenes of a tiny fetus in a trash bag haunt my subconscious. I've awakened in a cold sweat, again feeling the excruciating pain of that long-ago day. I recall the intense physical pain of the abortion — but those 10 min-

utes of hurt were nothing compared to the 10 years of pain I've lived with since.

For years my heart has ached to write you this letter, but whenever I attempted to put my feelings into words, I found the blank pages covered with tears rather than with ink. For some reason, though, tonight was different....

Perhaps this letter was meant to be written in order to help others to avoid the agony I experienced, to help other young girls "in trouble," as I was 10 years ago, to realize that there are alternatives to abortion....

If this letter prevents even one abortion, it will have served a purpose. But Baby, my purpose in sending this letter to you is to let you know that I love you — whoever you are. And I'm sorry.

Love, Mommy

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"...l told her to take the time to understand more about her developing baby and the help available to her."



The feet of a 10 week-old preborn baby

# "When my best friend got pregnant, I told her not to make the same mistake I did."

"I know exactly how she felt when she found out she was pregnant. She thought it could never happen to her. She was really scared and confused.

I knew I could help her because the same thing happened to me. I remember people telling me I should get an abortion — that it was the easiest thing to do. I was so afraid of everybody finding out that I was pregnant, and I didn't take the time to find out what all my options were. I didn't realize how an abortion might affect me emotionally.

Since my abortion, I've learned that there are caring groups of people who can help you when you're pregnant, scared and confused. Now I know that if I had had more information and help during my crisis, I would not have aborted my baby.

So, I told my best friend not to make the same mistake I did. Even though she was scared, I told her to take the time to understand more about her developing baby and the help available to her. Life is just too important. It's the best advice I've ever given to a friend."

# There are alternatives to abortion...

See inside for groups in your local area who are ready to help you.

# Project Life Line/Long Island Coalition for Life

P.O. Box 223, Ronkonkoma, N.Y. 11779-0223 • (516) 243-1435