ASUI deadline vastly approaching

Delta's

Carly Schauf, president of ASUI, has announced the Oct. 1 deadline for the organization's philanthropic efforts for the year. The ASUI philanthropy drive is scheduled to begin Oct. 1 and continue through the end of the semester.

Schaff said that the ASUI philanthropic efforts will have a theme of "friendliness." The drive will focus on encouraging students to be friendly to one another and to the community.

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A-Phi's and SAE's carve a smile with local kindergartners

A CHILI WALK will be held at the Church of Christ, NE 1125 Stadium Way, Pullman. The meetings are at 7 p.m.

- Cooperative Education Orientation, every Tuesday, 12:30 p.m. - 1:15 p.m. in the SUB Diversity Education Center room #106. Start dining inmates now to help you get your career goals.
- Alcoholics Anonymous meeting every Wednesday, 6:30 a.m. St. Augustine's Church, 618 Dakota Street, Any questions, 883-1917.
- 8th Children's Center will have infant opening starting Nov. 1. Contact Tina Baker, 994-6914.

All students are invited to attend the meeting of the Queer Student Association (QSA). Monday nights at 5 p.m. in the Women's Center.

Halloween fun to benefit the Humane Society will be held on Oct. 29 and 30, 7:30 p.m. at Eastern Park. The toll begins at the garage on the corner of 39th and Women. Admission is $1.00 for children 13 and under; and $5.00 for all others.

- Narcotics Anonymous meets Monday in Moscow at the Presbyterian Church at 145 S. Van Buren; and Tuesday & Saturday at the Church of Christ, NE 1125 Stadium Way, Pullman. The meetings are at 7 p.m.

- The Kappa Epsilon's 19th annual Haunted House is Sunday, Oct. 31, from dusk until dawn. 741 S. Nez Perce Dr. Admission is $3 at the door or $2 with a clipart. Benefits the Moscow Special Champions and the Moscow Food Bank.

- At 11:10 today, Law School room 110, there will be a presentation by Michael Hallock, a professor and practicing lawyer from Idaho.

He will be presenting on the issues of the international needs of clients. This event is open to the public.

- Listening, Note-taking and Typing Tutorials: A joint workshop at Student Support Services. The workshop will be offered on two different dates, Nov. 3 or 4, 12:30 to 1:30 p.m. Participants can choose the day that fits their schedule. Please pre-register by calling the SSB main office at 1-6749.

- Daylight savings is over. Remember to set your clocks back one hour last night right at 2 a.m. Don't forget to FALL BACK.

Athletic Fund
Said about six-tenths of a mile past the center, the treasurer said that the board can afford the longer hours.

Chevron executive: pump rates are market-driven, not cost-based

‘The idea is that the board can afford the longer hours.’

Finnegan, who chairs the board, said that the board can afford the longer hours.

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Chevron executive: pump rates are market-driven, not cost-based

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The idea is that the board can afford the longer hours.
**Title:** Homecoming: a valuable tradition

**By Jim Lakoff**

Last Saturday I had the privilege of attending the University of Idaho Football Game. That was the football's last hurrah of the season, and we lost 31-7. Since the game was held at the Whitman Fieldhouse, I was able to attend the game without having to worry about the weather. The game was a lot of fun, and I enjoyed watching the Idaho Vandals battle against the University of Oregon Ducks.

At the end of the game, the University of Idaho football team walked onto the field to receive their awards and to celebrate their season. I was impressed by the way the team showed appreciation for each other and for the fans who had come out to support them. The team's effort and determination were evident throughout the game, and it was clear that they had given their all.

In conclusion, I recommend that everyone check out the University of Idaho football games. They are a lot of fun, and the team has a great spirit. I am looking forward to seeing them play next season and to see how they do in the upcoming games. Let's go Vandals!

---

**Title:** Violence: guns or prescription drugs?

**By Mike Gershun**

The reporting around gun violence and the investigation of the cause of the crime is still ongoing. However, it appears that there may be a link between guns and prescription drugs. The National Institute of Justice has published a report on the link between guns and prescription drugs, and the findings are alarming. The report states that there is a significant increase in the number of people who are using prescription drugs to commit crimes. This is especially concerning in light of the fact that prescription drugs are often prescribed to treat mental health conditions.

In conclusion, it is important to continue to investigate the link between guns and prescription drugs. This is a complex issue, and it will require a multi-disciplinary approach to solve. However, it is clear that we need to take action to reduce the number of people who are using prescription drugs to commit crimes. This is a matter of public safety and we must work together to find solutions.

---

**Title:** Student think homecoming means beer, parlying

**By Jodi Milne**

As a student, homecoming is often associated with beer and parleys. However, recent surveys have shown that this is not the case for all students. A survey conducted by the University of Idaho found that 70% of students surveyed did not believe that homecoming was about beer or parleys. Instead, they believed that homecoming was about the spirit of the community and the celebration of the school and its traditions.

In conclusion, it is important to celebrate the spirit of homecoming and to encourage students to participate in activities that reflect the true meaning of homecoming. This will help to ensure that homecoming remains a valuable tradition for all students.

---

**Title:** American's presidential race: Ain't democracy grand?

**By Jane Smith**

The presidential race is in full swing, and it is clear that the candidates are trying to win the hearts and minds of the American people. However, it is important to remember that democracy is not just about winning the election. It is about ensuring that the voices of all Americans are heard and that the needs of the people are met.

In conclusion, it is important to continue to engage in the democratic process and to hold our leaders accountable. We can do this by voting in elections, participating in civic engagements, and speaking out on issues that are important to us. Together, we can ensure that democracy remains a valuable tradition for all Americans.
Yankees provide fitting encore with Series sweep

NEW YORK - On a stage where encore has to be earned, the New York Yankees found a way to follow the winningest season in baseball history - composing four wins to capture the World Series. The Yankees won their 27th Major League Baseball crown by sweeping the best-of-seven series with a 4-1 triumph here Wednesday, producing their third title in four years and second consecutive sweep, a feat not achieved in 60 years.

In 1998, the Yankees won an American League-record 114 regular-season games and captured 11 more in the playoffs, more than any club in history in a single year.

Vandal Calendar

Friday, Oct. 29
- Women's Soccer vs. Portland State, Guy Wicks Field, 7 p.m.
- Campus Recreation's Turkey Run entry due, 204 Memorial Gym, 5 p.m.

Saturday, Oct. 30
- Football at New Mexico State, 5 p.m.
- Volleyball vs. UC Santa Barbara, Memorial Gym, 7 p.m.
- Cross Country at Big West Championships, San Luis Obispo, California, TBA

Sunday, Oct. 31
- Women's Soccer vs. Gonzaga, Guy Wicks Field, 1 p.m.
- Intramural Ultimate Frisbee Playoffs, TBA
- Monday, Nov. 1
- Intramural Ultimate Frisbee Playoffs

Something has to change this weekend

Vandals face NMSU in key Big West matchup

University of Idaho Argonaut

When the University of Idaho plays a team ranked against the top team this weekend, there will be no question what the focal point of the contest will be. The key to victory will be in the New Mexico State running game, or the lack thereof.

New Mexico State has relied on its rushing offense for the entire season, averaging just under 230 yards per game. Idaho has centered its plans around their ability to stop the run, giving up

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lucrative 8 yards per game. New Mexico State's rushing offense ranks twelfth nationally while Idaho's rushing defense ranks ninth nationally.

The Vandals, after running back who average 4.5 yards per carry, may see a faster and more productive running back who average 5.4 yards per carry. New Mexico State averages 7.3 yards per carry, and Chris Barnes had 106 rushing yards per game averaging 4.5 yards per carry. With the Idaho defense, New Mexico State may see a faster and more productive running back who average 5.4 yards per carry. Similarly, the Vandals defense relies on several formidable players to stop the run. Defensive lineman gravy and Max Tosi provide strong power up front. Chris Nolting is among the league leaders in tackles for loss, and safety Brandon is often called upon to stop the run from the secondary.

Outside of their running game, New Mexico State has relied on its rushing offense for the entire season, averaging just under 230 yards per game. Idaho has centered its plans around their ability to stop the run, giving up

FOOTBALL STANDINGS

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The Vandals will win the Big West Title if:

- UI wins the rest of their BVC games.
- UI beats two of its remaining opponents (NMSU, NMSU, and NAU).
- UI wins: NMSU and NAU;
- UI wins: NMSU, NAU, and BSU.
- The Vandals win two of their remaining BVC games.
- NAU and BSU lose two of their remaining BVC games.
- BSU and NAU lose two of their remaining BVC games.
- BSU and NAU lose two of their remaining BVC games.

The Vandals have won three of their last four games to clinch the conference title.

INTERESTED IN GETTING INVOLVED IN THE MOSCOW COMMUNITY?

Contact the representative of local non-profit agencies. For more information, call 885-8851 or 885-2273.

The United Church of Moscow

American Baptist/Disciples of Christ
1036 Main St. Suite A, Moscow, ID 83843
Pastor: Roger C. Lynn, Pastor
Office: 208-883-3244
 (*an accepting congregation where questions are encouraged)

Sunday Schedule:
- Sunday School: 11:30 a.m.
- Worship Service: 12:30 p.m.
- Fellowship: 6:00 p.m.

Believers Fellowship

A place to belong and a place to serve.

Sunday Worship Service: 9:30 a.m.
822 W. Main St.
Moscow, ID 83843
Pastor: Roger C. Lynn
Office: 208-883-3244
(*an accepting congregation where questions are encouraged)

Sunday Worship Service:
- 8:30 a.m. Home Fellowship at 8:30 a.m.
- 10:30 a.m. Worship Service
- 6:00 p.m. Special Service (11-18 years old)

Emmanuel Lutheran Church

2106 W. 1st St., Moscow - 883-3515
Pastor: Rev. Eric Johnson
Office: 208-883-3515

St. Augustine’s

Catholic Church & Student Center

First Presbyterian Church

405 S. 5th Ave.
Moscow, ID 83843
Pastor: Jonathan W. Johnson
Office: 208-883-3515

MOSCOW CHURCH OF THE NAZARENE

230 S. 5th Ave.
Moscow, ID 83843
Pastor: Rev. John M. Moore
Office: 208-883-3515

5NW3

For More Information, Call 885-2273.
Mandir plays religious Venue

WSU's Beasley Coliseum
(Canadian Fiddler)

Natalie MacMaster
Scottish-Roasted Celtic Music of Cape Breton

Tickets $12.50 public/$8.00 Student
Tickets Available at Beasley A & B CUB Select-A-Seat Outlets or 1-800-255-SEAT

You could start your paper the night before
and still get your full three hours of sleep.

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WE SUGGEST IT TO OUR READERS

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and still get your full three hours of sleep.

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and still get your full three hours of sleep.
THIS HALLOWEEN MIGHT BE SCARIER THAN YOU THINK...

"Sally, just because he was dressed like Superman and he said he was protected by a photoluminescent shield, doesn't mean you didn't need a condom."

Emergency contraceptive pills can prevent pregnancy if taken up to 72 hours after unprotected sex.

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ASUI PRODUCTIONS:

-Cafe House—Speakers: Daily

-Upcoming Events:

- Nov. 5, Bob Burgundy & Bob—Every night, 8:00 pm

- Nov. 5 & 6, Bing Theater—Terrace Lounge, 7:00 & 9:30

- Nov. 16, Bob Burgundy—Paperback Book & Concert

- Annie Wilkes Band—Lilac Street, Free Party Re.

Monday Night Football

- $1.00 Draft Beer

- $2.00 Chili Dogs

- Pool Leagues

- Prizes

Fridays

- $3.00 Ice Teas

Saturdays

- Drink Specials & Prizes

- NFL Sunday

- Full Brunches

- Drink specials all day

5 TVs

Shuffle Board

17 pool tables

Halloween Party

with purchase of any sandwich of equal or lesser value

(dine-in or carry-out only)

Shiny New Hat

(Tonight, Friday the 29th)

FREE DELIVERY

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Special express Nov 12, Monday only! Simply Nails & Tannery

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Wednesday Night

50 royal pub

60 pub

80 micro

68 micro g

67 micro

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TODAY'S CROSSWORD PUZZLE

PREVIOUS PUZZLE SOLVED

EMERGENCY: DOGS IN NEED OF HOMES!!

Woman with terminal cancer has 75 dogs that need to be adopted. Her vet can see how the dogs must be adopted or put down.

I've Australian Shepherd 1 and "Bite The Bitch" 1 Bull Mutt —? P.C.

1 Crossword Candy —? Daily Mutt 1 Hymn

1 White Australian Shepherd over J Black Hair —? Studly Fox Guy

Kit Kat Club of Dallas
(214) 877-0111 Adrienne Vincent

Adopting Pomeranian or Dog food donations
SPECIAL SECTION

VANDAL
HOMECOMING
GAME GUIDE
The Homecoming game crucial to Big West race

By Jim Rosenberg
University of Idaho Argonaut

When the Vandals (4-2, 2-0 BWC) face Big West foe Utah State (2-4, 1-0 BWC) at Martin Stadium Saturday, it may prove to be a homecoming that shapes the BWC championship race. Albeit early in the conference schedule, this game puts the winner in control of the conference.

Idaho and Utah State are two of the three teams that are undefeated in conference play. Idaho defeated North Texas and Arkansas State, while Utah State beat Arkansas State. Both teams beat the ASU Indians by six points, although Idaho needed overtime to do so.

Utah State has played impressively in their last few outings. The Aggies took 79th.

Sigma Nu wishes the Vandals good luck!

ASUI PRODUCTIONS
• Coffe House, Journeys, Flans, • Speakers
885-6465
Upcoming Events:
• Nov. 3, Sub Saturday • King... Day Night, 8:00 pm
• Nov. 5 & 6, Blvd Theatre • Tarzan, 2 showings 7:30 & 9:30
• Nov. 16, Sub Saturday • Paperbacks to Concert & Conference — Ohio, time TBA
• Annie Hopkins Band is Coming Soon, Gault Party Rm.
Vandal fans: score free stuff at the game

By Jennifer Warrick
University of Idaho Argonaut

In the mess of glorious homecoming activity this weekend, there are a few things all Vandals should take note of:

There is FREE transportation to and from Martin Stadium, which should be appealing to anyone who has attempted to find parking in the Pullman city limits. The buses will run from the Kibbie Dome parking lot beginning at 2 p.m. for early gamegoers – other bus routes include stops at the SUB and Wallace Complex.

The game is FREE to students. Vandals need only to present their student ID card at the gate for free passage and to experience the untold excitement of Aggie-and-protest (there are rumors of free Aggie burgers in the visiting teams’ locker room after the game.)

If you attend this game and the Boise State game on Nov. 20 you could drive home a FREE Dodge Neon. The drawing will take place at the Boise State game, and the more home games you attend, the more entries you have (four total.)

National television Stardom could be yours, FREE, if you attend Saturday’s game. Fox’s Saturday morning college sports show will be taping at the game, and the host, a former MTV veejay will likely roam through the crowd. Due to the sea-of-faces syndrome, those who really wish to appear on national television should dress to grab some camera time — anything goes, the crazier the better.

The pregame party begins at 3 p.m. in the fieldhouse with food and beverage vendors. Who knows, if you meet someone nice you could also score a FREE date.

- Farm House -
Good Luck Vandals!

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Come in to amaze your eyes
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CONGRATS
to the
Homecoming
Royalty

The Needle Nook

The Needle Nook
The NFL? This season, maybe it’s the LFN

By Scott J. Mahurn

University of Idaho Argonaut

The trouble with being a sportswriter is that you always look dumb.

Check that.

The trouble with being a sportswriter is that your predictions almost always make you look dumb.

That’s better.

The NFL season has been one of the strangest in recent memory. Let’s consider the following: The Broncos and Falcons, last year’s Super Bowl teams, are at the time of this column a combined 2-6. The St. Louis Rams, Washington Redskins, San Diego Chargers, Tennessee Titans and Seattle Seahawks are a combined 17-4. My pick to win the Super Bowl, the Minnesota Vikings, are below .500. What is going on here?

Many theories abound about the state of the NFL. My personal take is that the Broncos were actually more dependent on John Elway than originally thought. The Jets lost Teasdwell for the season, and Rick Mirer is a significant dropoff (as any Seahawk fan will tell you.) The Falcons have lost QB Chris Chandler and RB Jamal Anderson, and the Vikings may just be experiencing football justice for their unbelievable season last year.

Nonetheless, it remains exciting to see all of these young teams doing well. If the playoffs started today, the Rams, Bears, and Redskins would all have spots.

When was the last time that happened? Or the year before in the same season? In the AFC, the Chargers, Seahawks and Titans all look to be jockeying for position this early in the season. Indeed, it is still October, but things are looking mighty interesting.

Even in today’s wacky NFL, there are still some things you can count on. The Eagles, Bengals, and Saints are still bad. Brett Favre still wins games that he’s not supposed to. Steve Young still is setting fire.

And the predictions of sportswriters still look silly.
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University of Idaho
Halloween: 1999

On the brink of belief

by Mary Abshire

Students know it as "a creepy place," and many describe it as "a maze." But the Maze may be, but there is reason to think that it houses a supernatural presence.

Brink Hall was first built in 1956 as a men's dorm, able to accommodate 200. In addition was completed in 1938, and the building was later converted to office space. Now it is home to the Placement Center, mathematics and statistics centers, the English Department, and the English department administration and office space.

In the basement, which was once a dormitory, "unconfirmed rumors say that some students committed suicide in the building," said one student. "I heard that people used to commit suicide here. People say they heard the building."

"Someone hung themselves from sheets out a window," said another student.

Jared Mayo, during his first year as a graduate student in the English department, was working late one night in mid-September 1997 on the first floor. He was in the men's restroom, he saw a shadow on the wall above him. In an email correspondence, he described it as "not just a small thing, like a person flying above the light, but a human-size shadow, but most of it was on the wall above me and I'm 6'4." Mayo said he spun around, but he saw no one else. Nonetheless, he was uncomfortable enough that he "packed up and went home to finish his work," he said. In April 1994, this occurrence, nothing more, as the occurrence happened in the basement "that was just a little way of attention" with a corner stone and an unknown presence on the second floor. Mayo said he had an ongoing thing with the building; each time he'd come, the basement "wouldn't have done it already," he explained.

"It's probably the ghost of a janitor," joked Ron McFarland, head of the creative writing department. McFarland had never heard of the ghost, despite working in the building for many years.

Disclaimer: The stories and testimonies contained in this document are the reports and experiences of University of Idaho students, faculty, staff and alumni. The articles included within contain tales of paranormal interaction at various locations on the UI campus. The Argonaut is not responsible for any potentially harmful use of this information.

It is not the intent of the Argonaut to either incite or verify, the existence of ghosts on campus.

Photos:
- Jared Mayo
- Ashley Linet
- Emily Yeter
- Dave Brown

Illustration:
- Mike Kiehn
- Graphic Design:
- Aspen Dyke
Tower Scares

by Keith Southern

Many people have heard the different 'ghost stories' from all around. Most of them have been heard about the ghost that haunts the Northwestern campus. But few, actually have heard the tale. The story is about a ghostly产生 the tale from someone who heard it from someone else who heard it from their roommate. The tale is one of supernatural events.

The story, as told by people who have heard it, is as follows: The story begins with a student named Simon, who was walking in the halls of the University one night. Suddenly, he heard a loud, eerie scream coming from one of the dormitories. Simon, being a brave student, decided to investigate the source of the scream.

As he walked closer to the dormitory, he heard the scream again. This time, it was closer. Simon remembered the tale he had heard and was beginning to feel uneasy. He continued walking, with his heart pounding in his chest. Suddenly, he heard the scream for the third time. This time, it was coming from one of the rooms on the top floor.

Simon was terrified, but he decided to continue. As he got closer to the room, he saw a figure standing in the doorway. The figure was wearing a long, black dress and had long, flowing hair. Simon recognized the figure as the one who had been haunting the campus for years.

Simon tried to run, but the figure was faster. He felt a terrible pressure pushing him down, and he realized that he was about to be killed. Just then, he heard a loud noise, and the ghost disappeared.

Simon was relieved, but he was also scared. He decided to go to the police and report what had happened. The police took him to the dormitory, and they found nothing.

Simon went back to his room and decided to continue telling the story. He was afraid, but he wanted to share his experience with others. Simon's story became a topic of conversation on the campus, and many students stopped going to the dormitory where the ghost lived.

The tale of the ghost has been流传 for years, and many students have heard it. Some have even tried to find out more about the story, but they were never able to find anything.

The story is one of mystery and suspense, and it has captured the imagination of many Northwestern students. Simon's story is a reminder of the power of the supernatural and the fear that it can bring.

For a personal visit or more information, call 1-800-555-4444. Or go virtual at www.nwhealth.edu.
The haunting of Hartung

By Mary Ahlgren

"I've never met anyone, said Alex Pont, a fifth year Theatre Arts major.

But stories of Oscar (the rumored theater ghost) have circulated in Hartung Theater since the beginning. D.J. Seiling and Co. of Coors Ailing were hired to build the theater; construction lasted from 1955-56, and it officially opened in April 1958. Originally the Performing Arts Center, the building was added after Ernest Hartung, UT President 1906-07.

Ed Hayes, theater arts professor, remembers a strange incident before the building was even opened. "I had been helping with the final stages of construction, and was painting in the dressing room, when he describes as the 'strangest feeling' came over him. The room became extremely cold, like a refrigerator had been opened," he said. He became uncomfortable, and soon headed home. At the time of this occurrence, no one could have possibly been in the building because it wasn't even open to students.

According to the 1978 October Argonaut, Steve Remington, technical director and stage manager, encountered the tricks of Oscar several times. "One night while I was closing up the theater, I started to get really nervous, almost panic, for no reason," he said. He turned off the lights, and headed out the back door.

"As I got halfway down the hallway, the door I'd just come out of started slamming violently, as if it were being blown by a strong wind. I started to go back to check the door when this unearthly scream started from behind it. It was just too much for Remington.

"So I called the chief and went downtown and had a drink."

But students Bob Langley and Steve Remington made a film documentary in November and December 1984 of "Oscar" encounters. By that time, tales of Oscar were not uncommon. Some students believe that the ghost favors the prop room. "That's the only place that gives me the creeps," said bearded performer Don Coburn, whose furniture being dragged have been heard in the room when the doors were locked and the lights were out.

"It's traditional for a theater to have a ghost," Langley and Clifford explained in the documentary. "Theaters are haunted because there is nothing else to do."

Several students have been recording the events on audiotape and video, to try to capture Oscar's presence. The students believe that Oscar's presence is not just a local phenomenon, but a worldwide one. The students' investigation of Oscar is not for fun, they say, but to try to understand the phenomenon. The students believe that Oscar's presence is not just a local phenomenon, but a worldwide one. The students' investigation of Oscar is not for fun, they say, but to try to understand the phenomenon. The students believe that Oscar's presence is not just a local phenomenon, but a worldwide one. The students' investigation of Oscar is not for fun, they say, but to try to understand the phenomenon.

In this day and age, sometimes the law isn't enough.

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Administration Building

Page 2
Ridenbaugh Ghost: Fact or campus legend?
by Kristi Ponder

What better place for a ghost on campus than Ridenbaugh Hall? Ridenbaugh is almost one hundred years old. Built in 1906, it was placed on the National Register of Historic Places in 1977. Enroled in mystery and vices, Ridenbaugh sits at the base of theadmin hill, occupied by practicing musicians late into the night.

Upon entering Ridenbaugh, one immediately realizes that it is indeed very old. Much of the old architecture is still in place, built in the Italian renaissance revival style, and quaint as that is, it also makes for haunting crevices and dark nooks and crannies. Even the art exhibit that currently occupies the gallery on the first floor gives off eerie vibes. The House" is an art 412 gallery class project that features four rooms of a house each a completely different style and method of construction. In 1983, Ridenbaugh was due for restoration. An article from December 24th of that year explains the restoration of Ridenbaugh unveiled new mysteries. The article states, "There are no good architectural drawings in existence so UI officials are at a loss trying to explain staircases in the attic that lead nowhere."

Ridenbaugh was originally used as a women's dormitory, but once after WWII, it was made into a music practice hall. Ridenbaugh now houses practice rooms, a few professional offices and the first class art gallery. The ghost that haunts the building is said to be a woman who hung herself in room 255, when Ridenbaugh was still a women's dormitory. Most people know the story of the ghost, but few have actually experienced the ghost's presence. I could find no one who has actually seen the ghost's apparition.

Music major Jenn Enselacher said she has heard the story of the ghost in room 255: "No one likes to practice in room 255. I used to practice there, but I don't anymore. I'm not sure why."

If this ghost does haunt Ridenbaugh, then why? What better place than Ridenbaugh Hall? A spiritual world is often thought of as the place where the dead reside. It is where the spirit of a lost soul seeks solace and comfort. Perhaps this is the case with the ghost of Ridenbaugh Hall. What better place than a building that has been around for nearly one hundred years, where the dead can find peace and rest?

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The Haunting on Blake Street

By J.P. Diener

Being completely alone in the house doesn't bother him. He's spent a lot of time alone throughout the course of his life, and a few days over Thanksgiving Break isn't a problem. It's a chance to finally finish reading that novel he's been struggling through all semester, and there is plenty of football on TV, so he'll be just fine.

It is Thanksgiving night. He's all by himself in North Parker, reading the last chapter of his novel. He stops. Was that a noise upstairs? He shakes his head and returns to his book, but pauses once more as he hears it again. Yes, there is a noise, and after listening for a moment he figures out what it is: a ball of some kind being bounced on the floor upstairs. The house is dead quiet except for the incessant bouncing. These echoes wrap around him, and he slowly gets to his feet. No one can be bouncing a ball on second deck because he's the only one in the house, and he would have heard if someone had come in. He goes to the bottom of the stairs and now the sound is unmistakable; there is definitely someone bouncing a ball on the second floor.

"Hello?" he calls out. The sound halts abruptly. A chill runs up his spine, but he stands his ground. Then the ball is bouncing again, but with each bounce it becomes louder, and with dread he realizes the ball is bouncing its way down the stairs. He is holding his breath as the ball rolls around the corner and down the rest of the stairs towards him; it comes to a rest at his feet. Recovering, he searches the house, but no one is to be found. He spends the night at a friend's.

That was a supposedly true story in a long line of tales surrounding the Kappa Sigma Fraternity Ghost. Glen. Glen Holm was a model member of Kappa Sigma in the late 1940's. As the story goes, Glen was killed on his way home for Christmas, and because at that point in his life the fraternity was so important to him, that's where his soul went to rest. According to more recent members of Kappa Sigma, Glen is not a bad ghost, he can be mischievous but overall he is friendly and just likes to make his presence known.

However, for a long period of time there was some kind of malevolent force also making its presence known and many of the live-in members thought it was Glen gone bad. Everyone was having terrible nightmares, there were small fires started in random places around the house, things disappeared or were inexplicably broken, and so on. So in the mid 1960's the fraternity brought in experts in the field of the paranormal, and discovered that an evil spirit had taken up residence in the house. They claimed it had something to do with balance of good and evil; because Glen was "good", eventually an evil spirit was bound to move in for the sake of proper balance. So the experts proposed a scenario: Exorcism to try and remove the evil spirit from the house, yet in doing so would also remove Glen. The members agreed, and since then the frequency of strange incidences seems to have dropped off considerably. However, there is still the occasional story from a late night wanderer who claims to have glimpsed a strange figure in the shadows, or heard talking laughter in a room only to find no one there upon investigation. Whatever the explanation, there is no denying that Kappa Sigma has the oldest Fraternity House on campus and a fair amount of history... so who knows, maybe the ghost of Glen Holm really has made his eternal rest in the Kappa Sig House, and maybe, just maybe, he's not the only one.

---

**SKI SWAP**

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Truth stranger than fiction?
spooky specters scare students
by Erin Brown

Most Greek houses are rumored to have a ghost or two floating through its walls. Whether the tales are true or simply told to terrify the tender-hearted, no one can really tell.

Delta Delta Delta chapter house completed construction in 1931 and a new crop of women moved in during 1938. At the time, the all-brick structure was the largest house on campus with sleeping porches on both second and third floor.

"The whole ghost story is set on the third porch," said sophomore Koleen McCaughey. "I think it's a joke, but the whole plot is worth us recounting it during house tours."

According to legend, half of the third sleeping porch in the 1930s was the executive suite where the president and vice president lived. Both women were close friends but one had a fateful secret.

"Supposedly, the vice president was dating the president's boyfriend on the sly," said McCaughey. "When the president found out, 'Namore.'"

While the vice president was sleeping soundly the president allegedly whacked her over the head with a frying pan. The vice president died and is now, according to some chapter members, haunting the house.

"Everyone says her name is Ruth so one day we went through all our rosters from the '30s and '40s but didn't find any matches. We even asked one of our charter members a few years back but she had no recollection of any event like that," said junior Tiffany Gaulle.

Not all members believe the story is a hoax however.

"One night my roommate came home late from studying and claims she saw an apparition in the ironing room. I don't know if it's true but it makes you look over your shoulder late at night," said senior Cameron Stanfield.

The Tri Delta's alleged phantom isn't the only poltergeist that took an interest in domestic chores. The Beta Theta Pi house was built in 1926 and has its share of supposed spooks.

Alumni Bill Sevage remembers hearing stories about a friendly ghost who took a liking to housework.

"I don't remember if she was a former house mom or a cook but she had a thing for folding people's clothes," he said.

More than once members would trudge in the laundry room to find their washing already neatly stacked, according to the story.

"No one lives folding another guy's sockay's," said Sevage. "Usually they were just dumped in a pile so you notice when your clothes look like they were ready for display at the Gap."

Some members also claim they have seen this motherly figure wandering throughout the house, according to senior Todd Tenevanger.

"It's more of a cool brush of air and a vivid imagination," he said. "It's not like we're running around chanting 'Red Rum,' but I think the story is at least entertaining."

---

On Halloween...
Carry a flashlight and wear reflective material on your costume.

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Graduates

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Congratulations December Grads!

Good luck and keep in touch.
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Tony Ploha
Nicholas Piek
Michael Pusco
Ross Schlethhauser
Kevin Scott
Motohiro Shiroi
Damien Smith
Alexie Sparrel
Michael Van De Vaner
Leighton Wall
Chad Ward
Matthew Willford
Eric Wolfe

Jeffrey Daniels, MS
Roald Johnson, MS
Jesse McConnell, MS
Jue Shi, MEng
Xiaohui Wang, MS

The School of Communication is proud of its December grads!

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Elizabeth Beckett
Travis Bommerbach
Erin Braun
Amy Burn
Emily Carey
Lisa Christensen
Jaime Crea
Robert Guier
Robin Hansen
Heather Haynes
Kevin Hill
Jared Jablonski
Anne Kannegaard
Kelli Longe
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Justin Marley
Matthew McGee
Benjamin Nelson
Rebecca Palmer
Marshall Pickett
Sherry Skawinski
Joseph Taylor
Christopher Wong
Amanda Wynn

CONGRATULATIONS!
**Congratulations Graduates**

![Image](image_url)

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**CONGRATULATIONS!**

THE DEPARTMENT OF FISH AND WILDLIFE RESOURCES PROUDLY ANNOUNCES THEIR 1999 FALL GRADUATES

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**Congratulations to the**

College of Business & Economics Graduates!

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<td>Christopher Jon Guidinger</td>
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<td>Kathleen E. Mallory</td>
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Love,
Mom, Dad, Sandy,
Christy, & Ryan

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The College of Mines and Earth Resources Extends Best Wishes to Their Graduates and Welcomes Them to the COMER Constituent Alumni Association, C. A.

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Bruce W. Wakefield*
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Gongrulations!
You made it, of course! I am so very proud of you!

Love,
Mom
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**Congratulations Graduates!**

**Psychology Graduates**

**December '99**

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<thead>
<tr>
<th>Amy</th>
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<td>Stephanie</td>
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<td>Christine</td>
<td>Joyce</td>
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<td>Jean</td>
<td>Hopkins</td>
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"When I look back at where I have come from -
the guilt, the shame, and the grief of abortion -
I now live my life with a deep joy and
gratitude. Through my healing I have learned
how to have more compassion and mercy for
others. I am careful not to judge, because I
know where I have come from and how much
I needed compassion and mercy."

Like Theresa, thousands of women and
men are now sharing the joy, healing, and per-
sonal growth they have experienced with oth-
ers. They are reaching out to help those
women and men who continue to struggle
with negative feelings about past abortions.

In these pages you will meet other people
like Theresa who can teach you how to help
your loved ones—even those who haven’t told
you about their abortions. If you will only take
the time to understand just a few basic points,
you will be far better prepared to offer them
effective compassion and support.

If you have had an abortion yourself, this
publication will help you find the people and
resources that can help you overcome any
feelings of sadness, anger, guilt, or resentment
that may be holding you back from complete
healing. They can help you find the hope and
joy that you want and deserve.

This publication is for anyone who has ever
been directly or indirectly affected by abor-
tion—and that includes nearly all of us. When
you read these pages with an open heart and
mind, you will learn the secrets of hope and
healing that can directly benefit you or your
loved ones.

INSIDE
- Who is Most at Risk? ........................................... 2
- Can Relationships Survive After Abortion? .................. 6
- I’m Sorry: See Who Wants to Apologize to You ............. 7

THE RESULT:
√ Millions suffer in silence from unresolved grief, aching hearts,
  anger, and fear.
√ As many as one of every five people you know are afraid to
tell you about their secret pain.

THE SOLUTION:
√ Take time to learn about post-abortion healing.
√ Learn to listen with compassion.
√ Begin by reading this publication, Hope and Healing.
Some people seem to come through an abortion unchanged. Others struggle for years with feelings of grief, guilt, shame, anxiety, low self-esteem, anger, or depression. Still others have problems with nightmares, eating disorders, broken or abusive relationships, substance abuse, and even suicide.

It is possible for any woman to unexpectedly have a bad emotional reaction to an abortion. But researchers have identified several factors that predict which women are most likely to suffer the most severe reactions.

The best-established risk factors include: feeling pressured to have an abortion; strong maternal tendencies; a desired pregnancy; feelings of attachment to the unborn child; a history of prior psychological illness or emotional instability; lack of support from her parents or her male partner; adolescence; prior beliefs that abortion is immoral; a history of prior abortion(s); or abortion in the second or third trimester.

A woman who has one or more of these factors is likely to have strong negative reactions to an abortion. The best estimates indicate that at least four out of every five women undergoing abortion today fall into one or more of these high-risk categories. How many of these women will actually have post-abortion emotional problems is still unknown.

For a more complete list of known risk factors, plus a breakdown of the percentages of women seeking abortion who fall within many of these categories, and citations to the medical literature documenting these risk factors, visit our website at www.afterabortion.org and follow the link to the Hope and Healing version of this article.

**Finding the Right Help. . . . . Is Just a Phone Call Away**

When looking for a post-abortion counselor or support group, keep in mind that many of these groups have different philosophies and approaches.

Many are run by women who have had abortions themselves. Some are run by licensed psychiatrists, psychologists, or social workers. Others are extensions of churches or crisis pregnancy centers.

Be sure to ask lots of questions in order to find a group or counselor with whom you feel comfortable.

In some cases, especially if you have a history of psychological problems or other trauma that may complicate your abortion problems, you may need the help of a professional counselor.

Don't expect that just any licensed counselor can help you. Indeed, many professional counselors are unaware of or may even be politically hostile to post-abortion issues. Many women have reported that their therapist's insistence on looking at everything but their abortion made their problems worse.

If you want a professional counselor, make sure you find a therapist who has experience and training specifically in the field of post-abortion counseling. Your local post-abortion ministry or crisis pregnancy center can probably refer you to one.

The following is a partial list of the many organizations offering post-abortion counseling either by phone or by providing referrals to a network of counselors around the country.

In recent years, many crisis pregnancy centers have also begun to offer post-abortion counseling. You may want to inquire about post-abortion counseling by calling your local crisis pregnancy center or asking for a referral from a sympathetic pastor at your local church. Many post-abortion counseling services are free.

<table>
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<tr>
<th>Name</th>
<th>Phone</th>
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<tr>
<td>CARNET</td>
<td>(703) 478-5561</td>
<td>National Memorial for the Unborn</td>
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<tr>
<td>Fathers &amp; Brothers</td>
<td>(303) 494-2092</td>
<td>National Office of Post-Abortion Reconciliation and Healing</td>
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<tr>
<td>Healing Hearts Ministry</td>
<td>(808) 297-8679</td>
<td>Rapha</td>
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<tr>
<td>HEART, Inc.</td>
<td>(513) 528-6040</td>
<td>Rapha only for licensed counselors</td>
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<td>Left Harvest Ministries</td>
<td>(971) 840-3553</td>
<td>Rachel's Vineyard Retreats</td>
</tr>
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<td>Men's Abortion Recovery</td>
<td>(408) 384-3390</td>
<td>Victims of Choice</td>
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<td>America's Crisis Pregnancy Helpline</td>
<td>(800) 672-2296</td>
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We also have a limited amount of funds available for matching grants. Under this program, if your church or organization raises the costs for inserting this publication into a local or college newspaper—typically around $50 per thousand—we will provide the inserts to you at a reduced cost, or at no cost if sufficient grant monies are available to us at that time.

Donations to this matching grant campaign are welcome and should be sent to:

Elliot Institute, PO Box 7348-H, Springfield, IL 62791-7348.

Published by Elliot Institute, PO Box 7348, Springfield, IL 62791-7348. Editor: David C. Reardon, Ph.D. Assistant Editor: Amy Salke. © 1998 Elliot Institute. The Elliot Institute was founded in 1988 to promote post-abortion healing and to undertake original research and education on the impact of abortion on women, men, siblings, and society. Contributions to the Elliot Institute, a non-profit, 501(c)3 organization, are tax deductible. More information is available on our website at www.afterabortion.org.
Everyone has an opinion about abortion. That's fine—up to a point.

The problem is when these political and moral views get in the way of efforts to help those who are hurting because of a past abortion.

Just for the moment, set aside the question of whether or not abortion should be legal, and ask yourself, “Shouldn’t we all offer understanding and compassion to our friends and family members who are feeling grief over a past abortion?”

Most people would answer yes. Indeed, this is one of the few areas of common ground between both sides of the abortion debate. Unfortunately, people on each side generally believe that while they are understanding and compassionate, those on the “other side” are not.

The truth is closer to this: both sides really want to be understanding and compassionate, and both sides are blind to the ways in which they are failing in this regard.

As a result, women and men who are struggling with unresolved grief over an abortion are caught in a trap. They’re boxed in by the politics of abortion.

On one side, they are afraid to share their grief with friends who are “pro-life” because they fear being condemned and rejected. On the other side, they’ve learned that when they turn to friends who are “pro-choice,” their grief may not be acknowledged as truly valid.

Pro-Choice Denial

In the latter case, pro-choice friends typically try to offer support with words like, “Just forget about it. It was your best choice at the time. It wasn’t really a baby yet. You can have another baby some day.”

These statements are meant to offer reassurance. But those grieving a past abortion hear something else: “Just forget it. You didn’t lose anything that was real.” They walk away feeling that their grief is irrational, unimportant, or even abnormal, and so they bury their pain once more.

But this buried pain is exactly their problem! They want to express it, work through it, and get beyond it—and they need the support of their loved ones to do this.

This is why people of every culture hold funerals and wakes. It is a time of open grieving when we acknowledge and validate each other’s loss.

In abortion, something is lost. Whether you want to call it the loss of a child or just the loss of an “opportunity” to have a child, the loss is real. It has to be grieved and released. If friends and loved ones deny this grief, the grief process will actually be prolonged.

Yet pro-choice advocates often hesitate to recognize the reality of post-abortion grief because they fear this means they have to recognize the death of a baby, which may somehow undermine the political argument for legal abortion. Some extremists will even go so far as to deny that abortion can ever cause emotional suffering, a claim that is insulting to the millions of women and men who know differently from their own experience.

In short, the politics of abortion are getting in the way of post-abortion healing. Those who are experiencing grief do not need rationalizations or slogans. They need the reality of their emotional experience to be understood, accepted, and respected.

Pro-Life Judgmentalism

Now let’s look at the other side of the trap.

Do women and men struggling with a past abortion feel comfortable talking about it with their pro-life friends? Rarely. This is because the pro-life movement has done a far better job of condemning abortion than of promoting compassion for those who have experienced it.

Most pro-lifers probably do want to be compassionate. They really do “hate the sin, but love the sinner.” Unfortunately, this seldom comes through in their anti-abortion rhetoric.

Consider, for example, this comment made by many pro-lifers: “I can’t understand how anyone could have an abortion.” Sadly, anyone who says this is merely exposing his ignorance of the immense pressures which drive people to choose abortion.

Polls show that at least 70 percent of women having abortions believe abortion is immoral. Most of these women thought they would never have an abortion. Many even considered themselves to be pro-lifers. But when they found themselves trapped in a hard situation, they ended up submitting to the “evil necessity” of abortion as their “only choice.”

With this fact in mind, a more humble pro-life attitude would be to say, “Who am I to throw stones at others?”

Secondly, pro-lifers who say, “I don’t understand how anyone could have an abortion” are blind to how hurtful this statement can be. Think about it. What is the implication of this comment to a person who has had an abortion? Won’t it be heard as, “Only an evil person could ever have an abortion?”

This is not what most pro-lifers intend to say, but it is the message that is heard.

Faced with comments like these, it is no wonder that most women and men hurting over a past abortion will go to great lengths to hide their secret. Would you share your secret grief over a past abortion with someone who “just can’t understand” how anyone like you could do such a thing? Of course not.

Most pro-lifers probably don’t intend to be condemning. Indeed, most would genuinely want to offer comfort and understanding. But the truth is, most don’t know how.

Let’s Face Their Reality

Bottom line: whether you consider yourself pro-choice or pro-life, it is essential to acknowledge the feelings of those who do feel pain after an abortion.

Your political and moral views about abortion will not change how they feel. Pushing your views may simply prolong or aggravate their negative feelings.

Everyone, on both sides, can do better. Our friends and loved ones need us to do better. Reading this publication will help you do better.

David C. Reardon, Ph.D., is the director of the Elliot Institute and author of Healing Abortion Pain: A Healing Strategy for a Divided Nation.
My childhood was brutal. I was abandoned by my father when I was two-and-a-half. Then when he reappeared in my life again at the age of eight, it became worse. I survived incest, starvation, and beatings.

I clung to life. It was my two abortions that nearly destroyed me.

When I became pregnant for the fifth time in seven years, my doctor asked me if I really thought I should "continue the pregnancy." Abortion had never occurred to me until he suggested it.

My husband said, "It's your decision. Do what you want," and left for work. Naively, I began looking for women who had had abortions. But I couldn't find anyone who would admit to having had one. I asked my doctor and he said, "It only takes a few minutes and it's over."

Having already had four babies, I am now appalled at how ignorant I was about fetal development. My doctor said the baby—at six-and-a-half weeks—was "just a blob," and I believed him. Afterwards, before I even got home, I began to cry. It didn't help.

When finally I stopped crying on the outside, I kept crying on the inside. I felt so dirty and alone. Something deep inside of me froze, I think. I dreamed a lot about snow and ice, as well as about babies. I felt cheated, betrayed, and manipulated.

I went to counseling and the psychologist said, "forgive yourself," and "let yourself go on."

She didn't say how.

Two years later, I had another abortion as an act of self-punishment. I wanted to die, or at least go crazy so I could escape the torment, the nightmares about babies, the self-disgust and the degradation I felt.

.....

I wasn't told that there could be complications which wouldn't be discovered for years. I wasn't told that the strength of the suction machine is such that it can turn a uterus nearly completely inside out. I had to have an early hysterectomy because of it.

I wasn't told that after having an abortion an unbelievable self-hatred would consume me and lead to distrust, suspicion, and the utter inability to care about myself or others—including my four children. I wasn't told that hearing babies cry would trigger such anger that I wouldn't be able to be around babies at all.

I wasn't told that it would become impossible to look at my own eyes in a mirror. Or that my confidence would be so shaken that I would become unable to make important life decisions. My self-hatred kept me from pursuing my goal of becoming a registered nurse. I didn't think I deserved success.

I wasn't told that I would come to hate all those who advised me to have my abortions, because they were my accomplices in the murders of my babies. I wasn't told that having an abortion with my husband's consent would end up causing me to hate the father of my children, or that I would be unable to sustain ANY satisfying, lasting, fulfilling relationships.

I wasn't told that I could become suicidal in the fall of every year, when both of my babies should have been born.

I wasn't told that on the birthdays of my living children, I would remember the two for whom I would never make a birthday cake, or that on Mother's Day I would remember the two who would never send me a card, or that every Christmas I would remember the two for whom there would be no presents.

My abortions were supposed to be a "quick-fix" for my problems, but they didn't tell me there is no "quick-fix" for regrets.

.....

I went to a psychiatric hospital and they gave me shock treatments. They didn't help. The nightmares continued.

I became a workaholic. Work didn't help. I became a compulsive eater. Food didn't help.

I became an anorexic as another form of self-punishment. That came close to killing me; I had two strokes.

I tried alcohol. It only helped temporarily. The torment would still be there when I woke up. That effort to escape the pain only lasted two months.

Three things finally helped. First, I participated in a ten-week post-abortion healing program. It was incredible! It did so much for me.

Second, I took the training to help lead others through the post-abortion healing program. Every time I lead a group, I witness the miracle of God's mercy restoring the joy to these women's lives. That has helped me.

Third, in September of 1997 I received a phone call at two in the morning. A girl in Texas had seen a brochure containing my testimony. She was scheduled to have an abortion at three o'clock the next day. We talked until five in the morning. Later, she called back and said she had decided against having the abortion.

Finally, I knew with certainty that God had used my experience to save someone else from making my terrible mistake. That helped a lot. Healing does not mean forgetting. I will always regret what I did, and I will always miss my babies until the day I am with them in Heaven. But I know now that God can use every part of our lives, even the worst parts, to allow us to help others.

Praise the Lord. He is kind and merciful. He has done wondrous things in my life.

.....

Judith welcomes correspondence from anyone who has had an abortion or is considering an abortion. She can be reached at talcrft@kans.com.

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1. Recognize that you are not alone. Others have been through the same experience and the same trials. Their experiences and understanding can help you. They want to help you, just as you may want to help others after you have finished going through the healing process. (See "Don't Go It Alone," page 12)
2. Recognize that the road to full recovery will take time and effort. God's forgiveness can be had instantly. But sorting out your feelings and overcoming the ever-present temptation to give in to despair and doubt—these take time.
3. Recognize that it is normal and good to mourn the loss of a loved one. Just as mourning the loss of a parent or spouse takes time, so does mourning the loss of an aborted child. In the case of abortion, the mourning process is often cut short and never completed because of denial or feelings of guilt.

   Couragously allow the mourning process to get back on track. Accept your grief as normal rather than something which must be covered up or pushed away. Recognize that the pain of your loss will fade as your healing progresses.
4. Admit your personal responsibility but also recognize that others, too, were involved. Pray for the strength to forgive both yourself and everyone else who either encouraged you to have the abortion or failed to help you avoid it.
5. Give your child over to the care of God. Know that he or she is loved, happy, and well cared for in heaven. Do not try to hold onto your child by prolonging your grief. Hold onto him or her by remembering your child's happiness in heaven.
6. Forgive others. Recognize that they, too, acted out of ignorance, fear, or petty human selfishness. If possible, let them know that you forgive them.
7. Forgive yourself. Remember that because your child lives in the love and mercy of God, he or she is beyond earthly malice. Your son or daughter does not resent or condemn you. Instead, your child, like God, wants you to be healed and restored to the fullness of joy and happiness.
CLEARING THE AIR ABOUT THE
PSYCHOLOGICAL
EFFECTS OF ABORTION
Martha Shuping, M.D.

Why do women have abortions?

At least 70 percent of women having abortions say they believe it is immoral. But they choose against their conscience because of pressure from others and their circumstances.

Most women choose abortion out of fear—fear of not being able to raise a child, fear of losing their partner if they do not have an abortion, fear of losing control over their lives, etc. Some polls show that more than 80 percent say they would have completed their pregnancies under better circumstances or with more support from the people they love.

It is precisely because so many women who abort are acting against their consciences and maternal instincts that the psychological impact of abortion can be so profound.

Didn't former U.S. Surgeon General C. Everett Koop conclude that there are no psychological consequences from abortion?

Actually, no.

What Dr. Koop reported to President Reagan was that all the studies on abortion complications were seriously flawed. As a result, the data was simply inadequate to determine the extent and degree of the psychological impact of abortion. He made a recommendation for a government-funded study to answer this question.

Unfortunately, this study was never done.

Some extremists have twisted Dr. Koop's letter to the President to mean, "Koop didn't find anything, so nothing exists." Dr. Koop has publicly refuted this misrepresentation of his views. He has stated that he is personally convinced, even by the existing evidence, that many women do suffer serious post-abortion psychological problems. It is the degree of this problem that has not been measured.

Still, don't most experts agree that there is no significant psychological impact from abortion?

While many abortion proponents will discount the psychological costs of abortion, others are more candid. For example, Dr. Julius Fogel has personally performed more than 20,000 abortions. He is unique in that he is both a psychiatrist and an obstetrician, and he insists that "every woman, whatever her background or sexuality, has a trauma at destroying a pregnancy...[It] is not as harmless and casual an event as many in the pro-abortion crowd insist."

In fact, there are more than 375 studies dealing with the psychological impact of abortion on women. All show that at least a minority of women, typically between 10 and 20 percent, have one or more negative reactions shortly after an abortion. Studies looking at long-term reactions indicate that the longer after an abortion one looks, the more negative reactions will be reported.

So what are the psychological aftereffects of abortion?

Every woman is different. They each have different responses in different time frames. Some women repress or are unaware of any aftereffects for many years.

Commonly reported reactions include: feelings of guilt, shame, anxiety, helplessness, grief and/or remorse; uncontrollable crying; feelings of anger, bitterness, and resentment; feelings of distrust and betrayal; lowered self-esteem; avoidance of babies, small children, or anything to do with pregnancy; fear of future pregnancies or, alternatively, a desire to have a "replacement" baby; flashbacks to the abortion experience; nightmares or sleeping disorders; depression; sexual dysfunction; eating disorders; substance abuse; self-destructive behavior; broken or abusive relationships; problems bonding with other children; suicidal thoughts or tendencies; and other problems.

A trained post-abortion counselor can be of tremendous help in resolving these problems.

You said that some of these reactions might be delayed or repressed. Are there times or circumstances when negative reactions are more likely to occur?

Delayed reactions are often triggered by subsequent life events such as the birth of a child, the death of a loved one, the end of a relationship, a religious conversion, or even physical changes like menopause.

Many women have "anniversary reactions," such as anxiety attacks, depression, suicidal impulses, or abdominal cramping around the anniversary date or month of the abortion or around the time when their babies would have been due.

Dr. Martha Shuping, M.D., is a psychiatrist with more than two years of experience in helping women with post-abortion issues. Supporting information is posted at www.afterabortion.org

MY NAME IS AMANDA

My name is Amanda and I am 18 years old. When I told my boyfriend [I was pregnant] he blamed me for getting pregnant and insisted that I have the abortion.

My mom told me that I either had to have an abortion or get out of her house.

No one would support me, not my boyfriend and not my family. I felt alone and trapped. I went through with the abortion but I never wanted to do it.

The amount of guilt I feel is tremendous. Everything reminds me of what I did. I am trying very hard to get through this.

The only advice that was ever offered by my boyfriend and my mom was to just not think about it. They said that it was the right thing and that I did what I had to do. I think that is a joke.

I just can't get over it.
Many women choose abortion in an effort to save their relationship or "keep" a boyfriend from leaving.

Sometimes this choice is the result of an outright threat of abandonment if the woman won't "do the right thing" and abort. Other times, the pressure is more subtle: "It's your decision, but...."

Unfortunately, all the evidence shows that abortion to "save a relationship" almost never works. Most relationships between unmarried couples come apart shortly after an abortion. Others survive only because the partners are still bound together by grief. These relationships often turn into prolonged, mutually destructive mourning rituals. Even married couples are often driven apart by an abortion unless they can find a way to complete the grieving process together.

Abortion breeds anger, resentment, and bitterness toward the partner who was not supportive or who ignored their partner's desire to keep the baby.

At the same time, there is often tremendous pressure in the relationship to conceal one's true feelings of grief or guilt. This can especially be a problem for men, who are often taught to hide their emotions. Men may also feel obligated to appear "strong" so as not to upset the woman any further.

Men can be affected by abortion in many of the same ways as women. Many men have reported post-abortion problems such as feelings of grief, helplessness and guilt; sexual dysfunction; substance abuse; self-hatred; fear of relationships; risk-taking and suicidal behavior; depression; greater tendencies toward becoming angry and violent; and a sense of lost manhood.

When either women or men carry the emotional baggage of an unresolved abortion into a subsequent relationship, it can cause trouble in subtle and even dramatic ways.

This is especially a problem when they keep the abortion a secret from their spouses, who are then unable to understand their emotional cycles. The distortions in behavior that result when spouses keep secrets from each other can be devastating to a marriage.

At the very least, the "need" to keep a past abortion secret prevents couples from giving and receiving unconditional love. This deprives the relationship of the opportunity to reach its full potential.

It is no coincidence that the abortion rate and the domestic violence rate have risen almost side by side. Abortion, for both women and men, is associated with self-hatred, self-punishing behavior, and an increased tendency to act out anger and rage toward others.

A woman who is self-destructive or suicidal, but afraid to deliberately harm herself, may be more likely to become involved with a violent man. A violent relationship may allow her both to express her own rage and to experience what she unconsciously feels is the "punishment I deserve." Because of self-hatred and low self-esteem, she may remain in the relationship because she thinks she doesn't deserve anything better.

Certainly, there are many other causes of domestic violence. But substantial statistical evidence and many case studies show that abortion is contributing to this national tragedy.

Until these women and men are provided with an environment that promotes post-abortion healing, they are likely to remain trapped in these cycles of violence.

Dr. Theresa Kaminski Burke is a psychotherapist and founder of Isabella's Vineyard Ministries. Supporting citations are posted at www.afterabortion.org
I feel like I'm speaking for all mothers. I want to say to my daughter and to every daughter who ever felt pressured to abort by her mother, I'm sorry. I had no right to ask that of you.

I had no right to insist that you choose between your love for your baby and your love for me or your father. I honestly thought it would help to save the future we always wanted for you. I never imagined how it could affect you forever. Can you ever forgive me?

I want to tell my boyfriend, whose baby I aborted, I'm sorry.
I did it without even telling you, except afterwards...just to make you feel the same hurt I was feeling.

For myself, and all of us women who have used our abortions to dump on men, I'm sorry. We were just so confused, frightened, and hurting.

I'm sorry for all the times I was insensitive.
I'm sorry for the times I did not speak on abortion when I had a chance to shape your future choices.
I'm also sorry for the times when I did speak on abortion without emphasizing God's love for you, and my love for you.

Instead, I only said how wrong it was—piercing your soul with words of blame—when what you really needed was a gentle word, a reminder that we all make mistakes. We all fall short.

But our God is so loving that if we run to Him when we fall, He will always tend to our wounds and make us whole again. This is what I knew. This is what I wanted to share with you. But so often, the words never came out right. I'm sorry.

Allow me to speak for every minister of every denomination who has ever failed you: I'm sorry. Every minister of God tries to faithfully preach both God's law and His mercy. But so often we end up preaching more of one than the other, and the message becomes unbalanced.

Please, forgive us our failings, just as God will surely forgive you yours.
This year's March for Life, in which 45,000 abortion opponents picketed the Supreme Court, didn't have the emotional impact on me that these events often do. I was on my way out of town on business and scarcely noticed.

Looking at news reports later, it seemed that everyone had been on his or her best behavior. The abortion opponents were making it plain that they oppose the use of violence to close clinics. The counter-demonstrations by abortion rights advocates, as we're careful to call them, were rare.

It's all a little confusing to me. I don't know anyone who—in his or her heart—doesn't hate abortion. And it seems odd to see Christian conservatives so eager to force their will through the armed authority of the state when they already have at hand the far more powerful weapon of prayer.

Anyway, I like prayer. It's all I have left.

And pain.

When I go up to the river on vacation this summer, he won't be going boating with me on the lovely old wooden runabout that I can't really afford to put in the water but can't bring myself to discard, either.

He won't be lying on the grass by the tent at night, looking at the starry sky and saying, "What's that one called, Dad?"

Because there was no room on the Earth for Thomas.

He's dead.

The latest numbers show abortions in America have been running at about 1.5 million annually. That's a lot of pain.

Secular men's groups have tended to be focused on the "no say, no pay" issue. "These men feel raped," says Mel Feit of the National Center for Men. "They lose everything they worked for all their lives. In many cases they had an agreement with the woman not to have a baby and when she changes her mind they call me up and say, 'How can she do this to me? How can she get away with it?"" Feit plans to bring suit in federal court.

I'm more interested in the traumatic pain that many men, as well as women, often feel after an abortion. A healing process of recognition, grieving and ultimately forgiveness is needed.

"There's a lot of ambivalence for men when they get in touch with their pain," says Eileen C. Marx, formerly communications director for Cardinal James A. Hickey of Washington and now a columnist for Catholic publications. "They didn't have the physical pregnancy, so often they feel they're not entitled to the feelings of sadness and anger and guilt and loss that women often feel."

She tells of one man, a friend, whose wife had an abortion. "He pleaded with her not to have it. He said his parents would raise the child, or they could put it up for adoption. The marriage broke up as a result of the abortion and other issues. He was really devastated by the experience."

Marx has recently written about a post-abortion healing ministry called Project Rachel, in which more men are becoming involved—husbands, boyfriends and even grandfathers. There are 100 Project Rachel branches, including one in Washington.

I found it helpful just talking to Marx, a caring person, on the phone, though it was a little tough when she mentioned being pregnant and hearing the heartbeat and feeling "this wonderful celebration of life inside you."

She said not to be too hard on myself, that healing is about forgiveness and God forgives me. I said sure, that's right, but some things are still hard. Like looking in the mirror.

Can an abortion affect one’s parenting skills?

Obviously, if women and men are having emotional problems because of their past abortions, this is going to have an impact on their families. For example, women who have had an abortion are more likely to report subsequent substance abuse. Clearly, alcoholism and drug abuse have a negative impact on families.

Women who have had abortions are also more likely to become depressed for long periods of time. This, like other prolonged reactions to abortion, can affect children’s emotional development, which is modeled on their parents.

A post-abortion can also have a direct impact on one’s parenting “style.” For example, in one study of women who had post-abortion problems, nearly half reported that they feared they would be “punished” for their abortions by some harm coming to their other children.

In many cases, these women choke back their love and are afraid to bond with their children. They fear that if they love their children “too much,” they’ll be punished by losing them.

Conversely, nearly half of the women in this study reported a “compulsion to be a perfect mother.” These tendencies have led many women to report that they have become overly protective and “smothering” of their subsequent children. They too may be motivated by a fear of harm coming to their children, so they are deadly afraid of letting them out of their sight.

Unfortunately, some parents with unresolved grief want their born children to serve as “replacements” for the one who was aborted. This can result in the born children constantly being judged against the unattainable standard of “what might have been.”

But aren’t these problems offset by the fact that abortion has reduced child abuse by reducing the number of unwanted children?

This “fact” isn’t a fact at all. Indeed, after decades of study, researchers haven’t found a single shred of evidence to support the conclusion that abortion reduces the risk of child abuse. Instead, numerous studies have shown the opposite: a history of abortion is statistically associated with higher rates of child abuse.

These findings are supported by clinical experience. A substantial number of women and men seeking post-abortion therapy have reported a link between their unresolved post-abortion feelings and patterns of emotional or physical abuse of their subsequent children.

One woman described feelings of intense rage whenever her newborn baby cried: “I did not understand why she crying would make me so angry. She was the most beautiful baby, and had such a placid personality. What I didn’t realize then was that I hated my daughter for being able to do all these things that my lost (aborted) baby would never be able to do.”

Are you saying abortion can cause child abuse?

Yes. The reasons for child abuse are complex, and can’t be fully dealt with here. But let me make a couple of quick points.

Difficulty bonding with subsequent children because of fear, shame, or guilt is commonly reported by post-abortion parents. Lack of adequate bonding is also one of the most significant risk factors for child abuse. When inadequate bonding is combined with feelings of anger and rage, which are common aftereffects of abortion, a dangerous mix can result.

In some rare instances, abortion can also lead to complete emotional breakdown with tragic results. Renee Nicely of New Jersey experienced a “psychotic episode” the day after her abortion which resulted in the beating death of her three-year-old son, Shawn. She told the court psychiatrist that she “knew that abortion was wrong” and that she “should be punished for the abortion.” Unfortunately, Shawn became the victim of her pain and guilt.

Sadly, in years to come it may be shown that post-abortion trauma was a major cause of the dramatic rise in child abuse cases in the last two decades.

Can abortion have an impact on siblings who were already born?

Yes. Some children experience “survivor guilt” over the abortion of a sibling. They feel guilty that they were the ones “chosen” by their parents to live. Some may even feel that they are responsible for the abortion of their sibling; if they had not been “so much trouble,” perhaps their parents would not have felt it necessary to abort “another burdensome child.”

One expert in the treatment of child abuse, Dr. Philip Ney, has noted that children who know they were “wanted” may not feel they were simply “welcomed” for who they are. This subtle shift, from being unconditionally “welcomed” into a family toward being “wanted” to satisfy their parents’ expectations, may have a lasting impact on the child’s self-perception.

Dr. Martha Shuping, M.D., is a psychiatrist with more than ten years of experience in helping women with post-abortion issues. Supporting clinicians are posted at www.afterabortion.org

Post-Abortion Stress Quiz continued from page 6

Q6: Was there a period after your abortion when you experienced an increase in the use of alcohol or drugs? Have you experienced other forms of emotional deadening?

Have you experienced any suicidal thoughts? Do you take risks that put your life in danger? Have you developed any eating disorders?

Q7: Do you have trouble finding, building, or maintaining good relationships with people of the opposite sex? Do you have trouble with issues of trust and control?

Do you get involved in hurtful or abusive relationships? Do you tolerate abuse because you feel you don’t deserve any better?

Q8: Have you lost the desire for sexual intercourse? Do you have increased pain during intercourse?

Have you become promiscuous because of low self-esteem?

Have you lost a previous desire to have children, or are you filled with an anxious desire to have a child as soon as possible?

Q9: Do you experience periods of depression, heightened anxiety, or cramping during certain months of the year, particularly during the months that would correspond to the month of your abortion or the due date of the aborted pregnancy?

Q10: Did you have a faith in God that you have now lost? Are you afraid of God? Are you angry at God? Have you rejected your religion for emotional rather than thoughtful reasons?

If you have answered yes to three or more of the previous questions, post-abortion counseling may help. Skilled and understanding people, many of whom have been through the same things you are going through now, want to help. Many services are free. See page 2 for a list of referral centers.

www.afterabortion.org

Page 9
How Safe Is Abortion?

Dr. Beverly McMillan is an obstetrician. In 1975, she became the first woman to open an abortion clinic in Mississippi. She ceased doing abortions in 1978 when she became convinced that the abortions she was performing were causing everyone involved for far more harm than good.

What are the physical complications of abortion?

The most common, immediate, and short-term complications include excessive bleeding, chronic and acute infections, intense pain, high fever, convulsions, shock, coma, incomplete removal of the baby or placenta (which can cause life-threatening infections and sterility), pelvic inflammatory disease, punctured or torn uteruses, and even death.

Abortion can also result in uterine scarring, a weakened cervix, blocked fallopian tubes, and other damage to reproductive organs that can make it difficult to conceive or carry a child to term in the future. This latent morbidity of abortion results in long-term and sometimes permanent damage.

Women who have had abortions also experience more ectopic (tubal) pregnancies, infertility, hysterecromies, stillbirths, miscarriages, and premature births (the leading cause of birth defects) than women who have not had abortions. Abortion has also been linked to increased risks of developing breast, cervical, and uterine cancer.

I'll admit that abortion is not a good thing. And it may have physical and psychological risks. But don't you have to admit that legal abortion is safer than illegal abortion?

No. More than 90 percent of illegal abortions were already performed by doctors.

When abortion was illegal, abortionists had to be very careful to avoid infection, laceration, and puncturing of the uterus, since a visit to the emergency room was an invitation for a police investigation.

Not anymore. Today, abortionists are free to operate on an assembly-line basis. The faster they work, the more money they make. When women get hurt...well, that's just the risk that goes with any surgery.

I still think that legal abortions must be at least marginally safer than illegal abortions. Certainly women who suffer physical complications can get emergency medical treatment faster now without being afraid of becoming involved in a criminal investigation.

That's true. But that is the only health benefit of legalized abortion.

The overall impact is still very negative because the total number of women having abortions has increased dramatically.

Why? Because legalizing abortion has made it easier to pressure reluctant women into having abortions. Before 1973, women could resist an unwanted abortion on the grounds that it was illegal and unsafe.

But now people assume that since abortion is legal, it must be safe. That makes it harder for women to resist unwanted abortions for health or safety reasons.

As a result, the number of abortions has increased ten- to fifteen-fold with only a minimal improvement, if any, in safety.

So, while the percentage of deaths from hemorrhage and infections may have gone down, the actual number of women suffering these complications has gone up far more.

In addition, since psychological complications are even more common than physical complications, the number of women experiencing complications of one type or another has increased dramatically.

Do people have to believe in God to benefit from post-abortion counseling?

Post-abortion therapy is prepared to help people of every religious background, or no religious background. Most are very respectful of the religious beliefs (or non-belief) of the woman and tend to avoid

The Emotional Effects of Abortion

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Emotional Effects</th>
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<tbody>
<tr>
<td>92%</td>
<td>Emotional deadening (Reported either feeling less in touch with their emotions or feeling a “need to stifle their emotions”)</td>
</tr>
<tr>
<td>86%</td>
<td>Increased tendency toward anger or rage (48% reported they became more violent when angered)</td>
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<tr>
<td>80%</td>
<td>Had a fear of others learning of the abortion or a greater sense of fear for unknown reasons</td>
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<tr>
<td>82%</td>
<td>Greater feelings of loneliness or isolation</td>
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<tr>
<td>75%</td>
<td>Had less self-confidence</td>
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<tr>
<td>73%</td>
<td>Sexual dysfunctions (Increased pain during intercourse, promiscuity, frigidity, or loss of pleasure)</td>
</tr>
<tr>
<td>63%</td>
<td>Denial (Respondents were asked, “Was there a period of time when you would have denied the existence of any doubts or negative feelings about your abortion?” Of those responding yes, the average period of denial that they reported was 5.25 years.)</td>
</tr>
<tr>
<td>58%</td>
<td>Suffered from insomnia or nightmares</td>
</tr>
<tr>
<td>57%</td>
<td>Greater difficulty in maintaining or developing relationships</td>
</tr>
<tr>
<td>56%</td>
<td>Suicidal feelings</td>
</tr>
<tr>
<td>53%</td>
<td>Increased or began use of drugs or alcohol</td>
</tr>
<tr>
<td>39%</td>
<td>Eating disorders which began after the abortion (binge eating, anorexia, or bulimia)</td>
</tr>
<tr>
<td>28%</td>
<td>Attempted suicide</td>
</tr>
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</table>

These statistics were drawn from a survey of 216 women who, on average, had their first abortion 10.6 years prior to being surveyed. These women were volunteers who either were seeking post-abortion counseling, had participated in post-abortion counseling in the past, or had a history of prior abortion and were seeking help or a crisis pregnancy center to carry a subsequent pregnancy to term.

These feelings appear to be representative of the reactions of the group of women who experience negative emotional reactions to abortion. These figures may not be representative of the entire population of women who have had abortions, of whom very little is known.

For more information on this study and other research, visit our website at www.afterabortion.org.
Do you realize that you can promote post-abortion healing without ever talking to people about their past abortions?

You don’t even have to know if someone has had an abortion. And you don’t have to know if someone has had an abortion. And you certainly don’t have to become a trained counselor or an expert in post-abortion issues. All you have to do is sow a few words of healing into your everyday conversations.

In every case, your goal is merely to plant the seeds of understanding, empathy, and hope that can lead to future healing. You are not trying to complete the healing process. But you can help break down some of the obstacles to healing.

In a simple, conversational way, cover the following three points:

(1) Announce that you have come to a whole new understanding of the abortion issue, including why people choose abortion and how it affects them;

(2) Express your compassion for women and men who have had abortions, knowing that they must constantly face the fear that others are judging or condemning them, and that they may be experiencing feelings of doubt and regret; and

(3) Describe how you have heard of new programs that help women and men find freedom from the burdens of secrecy and shame associated with past abortions.

For example, you might simply say, “I read an interesting article that gave me a whole new understanding of why women have abortions. I really understood before how much pressure many are under to have an abortion.”

“I also didn’t realize before how much they feel judged and condemned by others. That fear of judgement can really make it hard for them to complete the healing process. Did you know that on average it takes around ten years for women to recover emotionally from a past abortion?“

“The good news is that there are a lot of new programs now to help women and men who are dealing with post-abortion problems.”

That’s it. You have planted the seeds. Perhaps someone will ask for more information, in which case you can give them a copy of this publication or refer them to a post-abortion ministry in your area.

Just remember these three key words: understanding, compassion, and hope.

The first step, expressing understanding, respects the mind.

The second step, expressing compassion, soothes the emotions.

The third step, offering hope, feeds the spirit.

Wouldn’t our world be a better place if everyone would begin to sow the seeds of understanding, compassion, and hope?

We have prepared this publication precisely to raise up millions of people, like you, to sow the seeds of post-abortion healing. Together we can create a much more loving and healing environment for those who are burdened by a past abortion.

So use this tool. Get some extra copies of this publication to leave around school or at work, to place in the literature rack at your church, or wherever. Encourage your friends and family to read it.

If this publication has opened your heart or mind in any way, it will help others, too.

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**How to Help Others**

**DO**

- Do listen patiently. They are trying to sort out their feelings. Verbalizing them with someone who will listen helps. Expect and allow them to repeat themselves and to bring the subject up again later. Listen for clues to their deeper feelings to which you can respond later.

- Do reassure them that we are all making mistakes, and all religions teach that our mistakes/sins can be forgiven. God wants to forgive us. All we have to do is to admit that we need and desire it.

- Do reassure them that their feelings are normal. Others have experienced the same thing and found healing. Build up a sense of hope that they can be healed and reconciled with God and their child in heaven.

- Do allow them to vent their anger toward others. Remind them that it is a sign of an even greater hurt that lies beneath the anger. Encourage them to get in touch with both the anger and the hurt, which they need to do before they can “let go” of their anger and approach forgiveness. Encourage them to see that the people they blame were also confused, scared, or just looking for the fastest way out of a hard situation.

- Do allow them to regret their choice. Remind them that we all learn from our mistakes. Women and men who have found healing after an abortion often become more humble, compassionate, and sensitive. Even a negative experience can be used to help others.

- Do encourage them to entrust their child completely to the care of God. Reassure them that, on a spiritual level, their loss is only temporary. Someday they can be with their child in heaven, and they will be able to ask for and receive their child’s forgiveness.

- Do give them a copy of this publication, an 800 number to a post-abortion hotline, or some other referral information. If you don’t have it on hand, promise to get it to them within the week. Then keep your promise.

- Do show that you care by keeping in touch and continuing to be a sounding board for them. Make at least one follow up call to see how they are doing.

**DON’T**

- Don’t shut them off by changing the subject.

- Don’t condemn them for making a bad or immoral choice.

- Don’t deny that they lost a child.

- Don’t encourage them to blame others for the abortion. But don’t push them to forgive others either, especially when they are in the initial stages of venting their anger and rage.

- Don’t insist that they did the “right thing” or the “best thing” at the time.

- Don’t suggest that having another child “someday” can make up for the one that was lost. Future children are a blessing and comfort, but they can never replace the child who was lost.

- Don’t leave them without encouraging them, over and over again, to find and accept the help of post-abortion counselors or peer support groups.

- Don’t be afraid to follow up.

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**Give Us Feedback**

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**Give Us To Others**

Our goal is to distribute Hope and Healing as a paid advertising insert in college and community newspapers throughout the country. With your help, we can reach millions of people with this message of understanding and compassion. You can help us place Hope and Healing in newspapers by sending your tax-deductible donation to: Elliot Institute, PO Box 7345-11, Springfield, IL 62791-7345. Thank you.
It's scary to talk about an abortion experience with others. What if they don't understand? What if they condemn you, withdraw from you, or start acting weird whenever you're around? These are all reasonable fears. We have them because it is important for all of us to see and feel that people around us care about us, love us, and understand us. So we often hide the things about ourselves that we fear will drive people away. We put up a defensive wall, a fake persona, to protect us from the negative judgments of others.

That may be all right for short periods of time, but if that defensive wall becomes a permanent part of ourselves, it is no longer just a defense; it is a prison. It is a prison that keeps people from really knowing us. It is a prison that keeps us from fully experiencing the love and compassion of people who are willing to understand our abortion experience.

To break out of this prison of fear, grief, and isolation, it is essential that you or your loved ones talk with someone who understands what it is like. It may be especially helpful to talk with someone who has gone through the healing process themselves. Their enthusiasm can energize you by giving you a foretaste of the great joy of release that will soon be yours.

This is why post-abortion counseling programs and peer-support groups are so helpful. The people you will talk to have heard it all. Many, if not most, have been there themselves.

This is why they have a great yearning in their hearts to help you and your loved ones. They know about your fears. But they also know about the great joy of having this secret weight lifted off your back.

Know that post-abortion healing is a process. It takes time. Often you will make tremendous progress in just a short time, then plateau for a while, and then complete the process in a few more smaller steps. But the involvement of others is always essential to that process.

For example, Kathy Williams was able to "stuff" the grief of her abortion away for many years. The birth of her second child, however, dredged up an enormous amount of repressed grief, regret, and guilt. After one great episode of tears, she cried out to God and experienced a great sense of mercy and forgiveness.

Years later, Kathy decided to volunteer at a crisis pregnancy center. The director asked her to participate in the center's post-abortion healing program first. Kathy felt it was unnecessary because she had already been spiritually healed, but finally she agreed.

Through the class, Kathy found healing for many areas of her life where her abortion was still causing problems. She worked through issues of forgiveness and isolation. Most of all, she felt a tremendous experience of healing by becoming involved in "a small, intimate group, made up of abortion victims like myself."

I could be confident of their acceptance of me," Kathy said. "[I learned] that while it takes the blood of Jesus to deliver us from guilt, it takes the acceptance of others to deliver us from shame.

The acceptance of others will deliver you from shame, isolation, and loneliness, too. The place to begin is with post-abortion ministries that understand exactly what you have been through and know how you can recover the full sense of freedom and joy in your life that you desire.

Don't go it alone. There are so many who want to help you along the journey to healing. They've been there before you. And someday you yourself may be able to help others along the same path.

Help is there for all who need it. You only need to accept it. Please call one or more of the post-abortion counseling numbers on page two.

To those who mourn,

When I was seventeen years old I underwent a second trimester, saline abortion. Although I wanted to have my baby, my parents pressured me to submit to the abortion.

After many hours of labor, I gave birth to a dead baby boy. To say that this had a major impact on my life is an understatement.

When I look back at where I have come from—to all the guilt, the shame, and the grief of abortion—it is with continual amazement. I now live my life with a deep joy and gratitude. Instead of doubting the mercy and goodness of God, I have come to expect it.

It is said that God can bring good out of even the worst situations. There was a time when I would have found this hard to believe, but I know through personal experience that it is true.

Through His grace, those who have had abortions can come to find peace, healing, and even joy in their lives.

I know some of you are probably thinking, "but I had more than one abortion—n” or "mine was probably worse than hers," or "nobody forced me to abort," etc.

My answer to you is that the process of healing from abortion isn't about who you are and what you've done, it is about who God is and what He has done.

The mercy of God is there for the taking—if you only dare to trust His lead on the journey of healing. His mercy will bring you to a new level of life, one that is filled with peace. I feel this peace because God now lives within me.

I no longer feel the need to be perfect, because I know that God loves me in spite of my imperfections—and even because of them.

I no longer fear abandonment, for I have learned that He never abandoned me—even after my abortion.

Through my healing I now have more compassion and mercy for others. I am careful not to judge, for I know where I come from and how much I needed compassion and mercy. Through my child lost to abortion, God has taught me about true love, as opposed to the self-centered attachments I always wanted.

Through the forgiveness I have received from God and others, I have learned how to forgive others—and even myself. Because of the love I have found in God, I am less afraid of suffering, because I know I am never alone in this life. He is with me.

I won't lie to you. It was a difficult journey. You must face yourself honestly, and it is frightening to confront the many faults we have.

For those of us who are post-abortive, often the very things we have to face are the same fears that caused us to choose abortion in the first place. The paradox is that facing these things—pride, self-love, fear of abandonment, etc. —is what will set us free from them.

No matter how hard the journey, it is never as difficult as what you are living with now.

So I invite you to begin your journey toward healing, and I pray that you will begin by reaching out to those who can help you.

Remember that you are not alone in your feelings. There are reasons for them. There is no room for "politics" or controversy in post-abortion healing. We have lost our children. We must be allowed to grieve for them.

Through healing you will become a better person in spite of your abortion. God, through His mercy and love, is waiting for you.

I will be praying for you.

Theresa Annajanta