

►► C-H-O-I-C-E ►►

By Kimberly D'Urso, President

What a powerful little six-letter word. "Choice," generally defined as "An act of selecting or making a decision when faced with two or more possibilities," sounds pretty clear, until you to make one. That's precisely when someone else's perspective may just smack you in the face.

When it comes to reproductive choice, the choices we make over our own bodies, you have yours and I have mine, right? Well, shockingly, in the last two years, if you have a v-a-g-i-n-a (shhhh...don't say it out loud), it's just not that simple anymore. "In 2012 alone, 43 abortion restrictions were enacted in 19 states." (The Daily Beast)

We all can relate to the challenge of choice in our lives. Choices come in many varieties: "the good, the bad and the ugly"; or more accurately, the easy, the difficult, and the ones we just don't want to have to make, ever.

As a woman, I ask myself what kind of choice is an abortion really? Is it a "bad" choice? Are you a "bad" person if you have one? I vote a resounding no; but let's check out some facts published by the Guttmacher Institute to examine the demographics and statistics on who's really having abortions and if they're just "bad women, sluts, irresponsible teenagers" – insert your own judgmental thought here. Once we have the education, I promise, we can debate the morality issue later.

- Did you know that by age 45, half of women in the United States will have experienced an unintended pregnancy and that one in three will choose to have an abortion?

- Did you know that 88 % of those abortions are in the first 12 weeks of pregnancy? (If you listened to the Pro-life propaganda, one might think that all abortions are late-term, which is a bold-faced lie.)
- Did you know that 73 % of women choosing to have an abortion are religiously-affiliated; and 6 in 10 already have a child? Is that surprising to you?
- Did you know that 87 % of counties in the U.S. do not have an abortion provider and that 35 % of women live in those counties? Many times women must travel over 50 miles to find a provider.

Factor in unnecessary ultrasounds, biased counseling, parental consent requirements and ridiculous waiting periods, and you get the idea. This is no easy choice. And though not easy, all women should have the right to make her own reproductive choice and not be forced to choose otherwise because of religious righteousness or male repression. (Just calling it like I see it.)

The next time you hear someone say, "Well, you make your choice, but I (aka the government) shouldn't have to pay for your abortion,"

enlighten them with these facts:

- Did you know that 71 % of abortions are paid for privately: 57 % out-of-pocket; 12 percent by private health insurance; and 2 % "other"-- perhaps a loan by a friend or family member?

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▶▶ OPTIONS ▶▶

CRISIS PREGNANCY CENTERS

By Marlene Katz, PhD

Abortion restrictions continue to pile up everywhere. And now mobile crisis pregnancy centers are growing like Topsy.

A recent article in the Sunday New York Times (January 5) reports how they are gaining such influence in the U. S.

S O S—sonograms-on-site vans are ultrasound units of the mobile variety. These vans haven't much on board each of them—no doctors or nurses, nor the ability to provide pap smears or breast exams. Neither is there SDI testing, condoms or scientific information. However, Planned Parenthood handles thousands of people with their services while crisis pregnancy centers are NOT women's health centers.

The pro-lifers—Care Net, Americans United for Life, Birthright International, Heartbeat International —(mainly conservative Christian organizations) and their pregnancy centers number about 2500. Abortion providers have dwindled to 1800. And now the CPCs assert that they are now armed with bundles of compassion.

Options counseling is the extent of counseling services offered at these CPC's including prayer and Bible study. In addition, they are also touting unscientific pronouncements; one example being that abortions cause many health problems, especially cancer.

Hopefully, the community of choice people can counter their growing influence by finding a way to fund our own VANS and stop the proliferation of their exaggerated claims as well.

These pro-life nonprofits counsel women how to keep their babies, practice abstinence, and perhaps give children up for adoption. And, more importantly as Christian organizations, they are receiving funding from the U. S. government to the tune of \$30 million going to over 50 of them. The CPCs continue to target black and Hispanic women for pregnancy tests. Many S O S's park outside high schools.

According to NARAL the pro-life organizations mislead and manipulate women who may have an unintended pregnancy.

Many cities have passed ordinances to make sure that the CPCs do not operate because there are no medical people on board their vans nor in their "clinic" and they do not provide contraceptives or abortions. Some cities require signs be posted at the sites to tell of their limited offerings.

Here are some links to the kinds of mobile vans which are part of the anti-choice movement:
communitymobilesonogram.com, choices-for-life.org, www.pregnancycenterhhi.org

▶▶ THANK YOU ▶▶

When you read the list of the 2013 Board of Directors in this issue, you'll note many changes.

We're saying "Welcome" to Susan Fivelstad and Debra Worth and saying "Thank you and so glad you're not going too far ..." to Elaine Sierra and Miranda Lamon Wensel.

Elaine has served on the Board since 2004—as President, and VP for Administration and will continue in the position which she has held since 2010—Director of Public Policy. Some highlights of Elaine's many important contributions to our organization are the opening of The Clinic!, setting the pace for fund development and Board recruitment, encouraging and educating participants at Reproductive Freedom Day, and keeping us informed as advocates of reproductive justice legislation.

Miranda has brought us kicking and screaming into the world of Google as Board Secretary and Communications Director. Our brochure and website were both completely revised as Miranda worked extensively with our copywriter and site administrator. Look for her postings on our Facebook page and be sure to check our website!

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Contributors to this issue:

Charlotte Cammon
Kimberly D'Urso
Susan Fivelstad
Marlene Katz, PhD
Sharon O'Hara
Elaine Sierra
Debra Worth

So let's get clear about the real number we're arguing about. We are arguing about 29 % of abortions being "paid for by the government," a percentage of which are paid by Medicaid and /or the financial assistance of a grant, loan, or reduced payment.

When we factor in that 58 % of abortions are for women in their 20's, is it really that hard to believe that these young women might not be able to pay out-of-pocket by themselves? And should they have to? Isn't it more often than not the male counterpart that has left it up to her to "deal" with the pregnancy, but who may not be willing to help financially? Didn't it take two to create this choice? Until we hold men accountable for abortion also, doesn't a woman have the right to confidentiality and financial help from our government during a very tough time?

Which brings up reproductive justice for all. If we are to truly understand the demographics of abortion, we can't ignore the statistics. All abortion choices are not created equal. Let's face it, many times economic status equals reproductive justice, and the financial means to avoid an abortion.

- Did you know that 42 percent of women who have abortions are classified as "poor." Poor women are 5 times more likely to have an unintended pregnancy and abortion.
- Did you know that per 1,000 unintended pregnancies in women, that 91 are African American, 36 Caucasian and 82 Hispanic?

Finally, let's talk about the other elephant in the room, late-term abortion. We already know that 88 % of abortions are early abortions, but let's talk about the 12 percent that are not. Why would a woman choose a late-term abortion, ignoring the horrible supposition and accusations that are thrown in her face?

Importantly, and not to be ignored, is that fact that 7 in 10 women surveyed would prefer to have had an abortion earlier, but many times cannot, due to travel costs, childcare costs and missed time from work/income.

So when someone tells you, "There is no excuse for a late-term abortion," ask them, "Aren't there reasons we don't talk about which make women choose later term abortions, even if they don't want to? Don't these harsher rules and restrictions CAUSE later term abortions? I'm sure there are exceptions, but do you know anyone who would willingly CHOOSE to have a later-term abortion if the majority of times they weren't forced to?"

Here are some ways women are forced to have later-term abortions:

- Restrictions on insurance coverage cause a woman to wait until she can pay for an abortion herself, which means a later-term abortion.
- Waiting periods...ditto.
- Transportation. Being forced to drive 50 miles in some counties to find a provider or find transportation if she doesn't drive... ditto.
- Childcare: If seven out ten women have children already, most likely she'd have to secure childcare before she could even schedule an abortion.

In synthesizing these Guttmacher Institute statistics published January 8th, 2013, my hope is that you've gained a deeper perspective of who is actually having abortions today and how reproductive "choice" isn't actually made in a truly "free" way by a woman. Rather, it is further complicated in relationship to not only one's own morality – or that of others -- but even more so constrained by the political climate in one's nation, state and county.

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Monday 10:30—5
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WHO WERE *ROE* AND *WADE*?

By Elaine Sierra, Public Policy Director

Like many of you, I have talked with friends and relatives about the 40th anniversary of the Supreme Court decision in *Roe v. Wade*, on January 22. As a strong supporter of reproductive rights, I was eager to engage in meaningful discussions about the many implications of *Roe* and to defend it. To my surprise, the first question several women raised was – who is *Roe* and who is *Wade*? And, to my chagrin and embarrassment (me, a Boalt Hall graduate), I found that had forgotten. So, before I go into the significance of the case and why so many of us celebrate it as a victory for reproductive rights and women's rights, let me set the record straight. (If you already know, you may skip the next paragraph.)

Roe was the fictitious alias given to Norma McCorvey, an unmarried pregnant woman who sued the State of Texas in 1969, when she was unable to get an abortion because it was a crime under state law (unless the pregnancy was due to incest or rape). Henry Wade was the Dallas County District Attorney who represented the state in the suit that was finally decided as *Roe v. Wade* by the Supreme Court (at 410 U.S. 113 (1973)). By that time, laws banning abortion had been in effect in virtually every state for over 150 years. So, McCorvey was representative of uncounted numbers of women in the United States who had resorted to illegal, often unsafe and sometimes fatal, abortions or who had attempted to prove that they were victims of rape or incest or otherwise entitled to legal abortions, and, who, if unsuccessful, had eventually borne children resulting from unintended and unwelcome pregnancies. (McCorvey gave birth before the case was decided; she has since joined the anti-abortion movement and opposes the *Roe* decision. But, that's a long and complicated story that I won't go into now.)

The Supreme Court decided in *Roe* that a woman has a fundamental right, based on a right of privacy under the U.S. Constitution,

to decide whether or not to terminate her pregnancy; and, it invalidated state laws that had criminalized abortion. That is why the case is considered a landmark on the issue of abortion.

However, *Roe* did not decide that a woman's right to decide whether to terminate her pregnancy is absolute. Rather, the Court ruled that states also have a right, to regulate abortion. That is, states may pass laws regulating abortion in order to further two important, legitimate government interests: protecting prenatal life and protecting women's health and safety. Following *Roe*, most states have, in fact, enacted laws affecting abortion.

Roe established a framework for deciding whether such laws are Constitutional. It depends on whether protecting a fetus's potential life or protecting a woman's health outweighs her right to decide whether to have an abortion. As applied to real life situations, a woman's right to terminate earlier in a pregnancy is considered of greater weight, so abortion restrictions affecting the first trimester are generally not allowable. Later in a pregnancy's term, restrictions are increasingly justifiable. Even outright bans on abortion may be upheld once a fetus becomes viable – able to live outside the uterus. In one case, *Gonzales v. Carhart* (2007), a more recent Supreme Court upheld a Congressional ban on a specific late-term abortion method. (Yes, the makeup of our current Supreme Court is a cause for concern for advocates of abortion rights.)

With the recent flood of increasingly restrictive abortion statutes, it is especially important to emphasize and celebrate *Roe*'s central finding – that every woman has a fundamental right to decide whether to terminate her pregnancy. And, under *Roe*, laws restricting abortion must be aimed at protecting a woman's health or the potential life of a fetus, under circumstances that outweigh a woman's rights. Without *Roe*, what would limit legislators from again making abortion illegal? What would stand in the way of the many laws already passed

Citizens for Choice thanks the following donors whose generous donations were received between Oct. 21, 2012 to Jan. 25, 2013.

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▶▶▶ ROE V. WADE ▶▶▶

We marked the 40th anniversary of *Roe v. Wade* on Jan. 22nd, the Supreme Court decision legalizing abortion. But in some states, access to facilities that perform abortions remains limited.

In part, that stems from another Supreme Court ruling from 20 years ago that let states impose regulations that don't cause an "undue burden" on a woman's abortion rights.

Texas, for instance, requires that a woman seeking an abortion receive a sonogram from the doctor who will be performing the procedure at least 24 hours before the abortion. During the sonogram, the doctor is required to display sonogram images and make the heartbeat audible to the patient.

The law went into effect on Feb. 6, 2012; Carolyn Jones had an abortion two weeks later. It thrust her into the complicated world of abortion politics and led her to write an article in the *Texas Observer* titled "We Have No Choice: One Woman's Ordeal with Texas' New Sonogram Law."

Following that article's publication, Jones wrote a series for the *Observer* examining the impact of cuts to family planning services in Texas. Jones reported that since the state Legislature voted in 2011 to cut Texas' family planning program by two-thirds, 146 clinics lost state funds, and more than 60 of those clinics closed.

▶▶▶ KUTCH AWARD ▶▶▶

CONGRATULATIONS, CHARLOTTE!

The 2012 Outstanding Volunteer Award honoree is Treasurer Charlotte Cammon. As her thank you card said..."For all you do and do and do!"

She began as Board treasurer in 2009 and has worked diligently to make our financial records complete, transparent, and easy to understand. She oversaw the transition to an updated database, and is always finding ways to give our organization an improved profile in the community. Storing our archival records correctly, filing our IRS forms, helping to expand our e-Scrip donor base and handling the myriad details regarding fund development is done with patience and good humor. We are very grateful for all the diverse tasks Charlotte does. She is indeed an outstanding volunteer!

This award was established in 2005 to honor Board member Stefani Kutch who as Chair of the Referral Program maintained a telephone referral line for callers seeking information on a wide range of reproductive health concerns. Stefani faced major health challenges but continued to volunteer for this important service. The award is named for Stefani who was the first honoree and the plaque hangs in the waiting room of The Clinic! Past recipients are John Holland, Elaine Sierra, Ingrid Elsel, Nancy Eubanks, Linda McManus and Sharon O'Hara.

~

Public Policy cont. from page 4

and ready to go into effect that would ban abortions, regardless of risks to the health or life of a mother? What would prevent a resurgence in the rate of maternal deaths due to illegal, unsafe abortions?

Roe is significant not because of who the parties to the suit were. We celebrate it because of what it means to every American woman who may have an untimely, unintended and unwanted pregnancy in her lifetime, and what it should mean to every legislator who would like to limit what options are available to her.

Edith Lufkin
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Linda Ream
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Bill Toensing
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▶▶ WELCOME BOARD MEMBERS ▶▶

DEBRA WORTH AND SUSAN FIVELSTAD



Debra Worth lives in Penn Valley, California with her husband, Ed Patterson; two dogs, Brindi and Buddy and two cats, KC and Callie.

Debra raised two children in Penn Valley and three granddaughters as well. She is the proud grandmother of nine granddaughters and one grandson.

Debra fought for passage of *Roe v Wade* in the early 1970's as well as passage of the ERA amendment (still hopefully waiting). Debra

remains in the fight for equality for women and affordable and easily available reproductive rights for her daughters and granddaughters, and for young women everywhere.

Debra graduated with honors from University of California at Chico in 1998 in Geography and Planning. She serves on the Board of Education in Penn Valley and stays active in local politics as an election judge for the past decade. Debra is committed to the wellbeing of all children and wants to insure that every child is wanted and nurtured and planned; and that every woman has every choice available for her reproductive life. She is honored to be on the board of Citizens for Choice.



I'm very pleased to be returning to the Citizens for Choice Board. I was on the Board when The Clinic was started. I'm thrilled to come back to Citizens for Choice, bigger and better than ever.

I'm a retired teacher from the San Francisco Bay Area, who saw the light and came to the Sierra foothills. Actually, my husband took a school superintendency. I wanted to know the community as a working teacher and I was able to do that until I retired in 2008. I've gotten involved with several valuable organizations here; the American Association of University Women and Rotary, as well as Citizens for Choice. I am a docent at the North Star House. I ap-

preciate the many non-profits working here in Nevada County giving back to our community. I am proud that Citizens for Choice provides information and support to individuals and organizations and honored to be part of the organization.

Baskets!

The following businesses and offices have graciously allowed us space in their store to display our informational baskets. We thank them!

- Asylum Down
- Behind Closed Doors
- BriarPatch
- Cafe Mekka
- Classic Tattoo
- Common Goals
- CoRR (Community Recovery Resources)
- DVSAC
- Foggy Mountain Music
- Good Times Skate Shop
- Maternity Health Center
- The Mine Shaft
- Nito's T-shirts & Accessories
- Sierra Care Physicians, Grass Valley
- Sierra Care Physicians, Penn Valley
- Sierra College Health Services
- Sierra Family Medical Clinic
- Sierra Mountain Coffee Roasters
- Tribal Weaver
- Valentina's Bistro and Bakery
- WIC (Women, Infants, and Children Services)
- Yuba Docs



▶▶▶ A LOOK BACK AND AHEAD: ▶▶▶

ADVOCATING FOR REPRODUCTIVE RIGHTS, HEALTH AND JUSTICE

Some of you worked actively with our Public Policy team last year to support access to reproductive healthcare and reproductive rights. Others supported our cause in other ways. Some focused on California legislation. Others on national issues. To all of you, please accept our gratitude and recognition of your efforts.

We urge you to continue acting in whatever ways work for you to expand access to affordable healthcare, abortion services and birth control. “Like” us on Facebook. Email us about becoming an activist for choice who responds to our calls to action. Support us with a contribution that is meaningful to you. Or, come meet our new President, Kimberly D’Urso, and other board members, at one of our public events. You would be making a difference, having a positive impact, and, just maybe, enjoying yourself, in the company of other like-minded community members.

Here are just a few examples of what we did as advocates in 2012.

CALIFORNIA LEGISLATION

A group of us attended the annual Reproductive Freedom Day in Sacramento, kicking off our advocacy to increase access to safe, early abortion. The bill to do that failed, but we will be supporting a similar bill introduced on *Roe v. Wade*’s 40th anniversary (AB 154), as part of the California Women’s Health Alliance and as active members of the California Coalition for Reproductive Freedom.

FEDERAL POLICY AND LEGISLATION

We can point to a highly significant legislative success – Congress’s inclusion of the Shaheen Amendment in a defense bill -- which eliminated the ban on insurance coverage for abortions in the case of rape or incest for our women in the military. Let’s all applaud that outcome! We will continue to oppose restrictions on federal funding for abortion, which we recognize as a long-term goal.

We urged approval of over-the-counter emergency contraception, and will continue to work toward that goal. Other recurring national issues include adequate funding for teen pregnancy prevention and dedicating more funds to effective fact-based sex education, rather than ineffective abstinence-based instruction.

We made some strides last year. And, with your help, we’ll have more victories this year.

Your new President Kimberly and 3 other board members joined me in attending the 2013 Women’s Policy Summit in Sacramento in mid-January. We support the three Recommendations on Reproductive Health, Rights and Justice for California that were presented there – including enacting safe and early abortion access legislation. To view them, go to our website’s recommended readings.

Bill of Reproductive Rights

We the people of the United States hereby assert the following as fundamental human rights that no government may deny, and that our governments at every level must guarantee and safeguard for all.

One

The RIGHT to make our own DECISIONS about our reproductive health and future, free from intrusion or coercion by any government, group, or individual.

Two

The RIGHT to a full range of safe, AFFORDABLE, and readily ACCESSIBLE reproductive health care including pregnancy care, preventive services, contraception, abortion, and fertility treatment—and accurate information about all of the above.

Three

The RIGHT to be free from DISCRIMINATION in access to reproductive health care or on the basis of our reproductive decisions.

Center for Reproductive Rights

Reproductiverights.org

▶▶ DONATE ▶▶

NEW WAYS TO GIVE

By Charlotte Cammon, Treasurer

Citizens for Choice has come into the electronic age at last with four new ways to donate. As of November 2012 we now have the capability of receiving stock transfers through our broker directly to our checking account. We have had many requests for this in years past and finally accomplished the fete. If you wish to contribute in this manner please have your broker call our broker's representative, Yuba River Wealth Management at 530 265-9272 for the transfer information. The process is very quick and easy. We have updated the donation page on our web site, www.citizensforchoice.org, to a very efficient PayPal link.

We also joined an eScrip program linked to the SPD loyalty card www.spd.com. This is a painless way to give. SPD donates % of your purchase to Citizens for Choice when you show them your card.

We recently purchased a PayAnywhere devise to use at street fairs and conferences. Your credit/debit card is swiped on this small unit attached to our phone and you sign with your finger.

Zip, done.

These programs are all working very well and in the near future we will be adding a QR, quick response application for Smartphones that will link to our web donation page.

And of course we still accept the good old fashioned paper check made out to Citizens for Choice, P O Box 3525, Grass Valley, CA 95945.

Thank you for your valued support.

Please share this newsletter-an easy way to double our circulation and exposure!

▶▶▶▶▶▶▶▶▶▶ www.citizensforchoice.org