



## ▶▶WOMEN'S HEALTH▶▶

### Victory! Governor Brown Signs the Confidential Health Information Act (SB 138)

Dear Friends,

Great news! Thanks in large part to your advocacy on behalf of the Confidential Health Information Act (SB 138), Governor Brown has signed SB 138 into law!

Governor Brown issued the following statement upon signing: "While extreme radicals in Washington shut down our government, here in California we're taking action to extend decent health care to millions of families."

As you may know, today marks the launch of California's health benefit exchange under the federal Affordable Care Act. On this historic day, thousands of Californians have the opportunity to sign up for private health insurance for the first time. SB 138 will ensure that insurance companies protect patient privacy and set an example for other states to follow.

So congratulations, and thank you for your support of SB 138!

Thank you!

Renee Bracey Sherman

on behalf of the organizational sponsors of SB 138:

*ACLU of California*

*California Family Health Council*

*National Center for Youth Law*

On <http://credoaction.com>

## ▶▶GUTTMACHER▶▶

### Title X More Important Than Ever

Recently, the Guttmacher Institute released a new report entitled, "Title X: An Essential Investment, Now More Than Ever." The report highlighted the critical importance of the national family planning program and the crucial role it will play as health care reform is implemented.

According to the report, strengthening the Title X program is critical to ensuring that low-income women continue to receive high quality sexual and reproductive health care services. Title X providers are uniquely positioned to reduce the number of uninsured by serving as gateways to health coverage. Despite the reduction in the number of uninsured, Title X providers will remain critical in communities that remain residually uninsured.

Nationally, Title X grants support over 4,100 health care professionals in the United States to provide family planning and related services. According to the report, approximately 7 out of 10 women seeking contraceptive services in safety-net health centers received care through Title X-funded health centers.

Maintaining the Title X program has proven to be effective in averting costly unintended pregnancies. In California, services provided by Title X –supported health centers in 2012 saved the state over \$1 billion. That same year, the federal government saved \$5.3 billion.

More at <http://www.guttmacher.org/pubs/gpr/16/3/gpr160314.pdf>

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## ►► PUBLIC POLICY ►►

### Victory For California Women's Health Alliance: Abortion Access Bill Enacted

By Elaine Sierra, Public Policy Director

They started mid-day on October 9 – excited emails and Facebook postings from dozens of California Alliance folks. What was the excitement about? Digitally celebrating Governor Jerry Brown's signing of the abortion access bill, AB 154. What a triumph for reproductive health and justice advocates like us: Citizens for Choice, Women's Health Specialists, our local Business & Professional Women, Planned Parenthood, the ACLU, California's NARAL, and all the other 31-member-strong organizations of the California Women's Health Alliance!

We can justly be proud of our accomplishing what no other state has managed in some time – EXPANDING, rather than restricting, access to abortion services.

From the time we joined the Alliance back in January, we have actively pushed lawmakers and the Governor to make this important advance for women's health a reality. Together with our supporters, we visited legislators in Sacramento, voiced our support at hearings, sent emails and letters, and used social media, to get our message of women's health access across.

Thank you, everyone, for making this possible. Thank you for enabling nurse practitioners, physician assistants, and certified nurse midwives to get trained and to be available to perform first trimester abortions. We've made a difference and will make a huge difference in the future to the many women who will benefit from the expanded access that AB 154 will allow.

As the bill is implemented in our community, we'll keep you posted.

## ► TEEN PREGNANCY ►

### The Importance of Prevention

In 2011, a total of 329,797 babies were born to women aged 15–19 years, for a live birth rate of 31.3 per 1,000 women in this age group. This is a record low for U.S. teens in this age group, and a drop of 8% from 2010. Birth rates fell 11% for women aged 15–17 years, and 7% for women aged 18–19 years. While reasons for the declines are not clear, teens seem to be less sexually active, and more of those who are sexually active seem to be using birth control than in previous years.

Read more at <http://www.cdc.gov/teenpregnancy/>



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### The Clinic!

120 Richardson St,  
Suite A, Grass Valley  
Near So. Pine Cafe

**Monday 10:30—5**  
**Wednesday 11 – 6**  
**No appointment necessary!**

*Contact us*  
P.O. Box 3525  
Grass Valley, CA 95945  
[www.citizensforchoice.org](http://www.citizensforchoice.org)  
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530.274.3331

Citizens for Choice messages will be retrieved weekly

### The Clinic!

530.521.3273

**24/7 Women's Health Specialists**

## ▶▶ BETTER BIRTH CONTROL FOR MEN ▶▶

### 8 Promising Possibilities

No parent wants a son depending on the young women he dates to prevent a surprise pregnancy, but the options stink. As one mother of three boys put it:

Every day teens are having sexual relations, and the method of birth control is either left to the girl (most of which aren't on anything because they don't want their parents to know), condoms (which are horribly unreliable, especially in the 20 times better hands of teens), or most often nothing. If parents were more involved and more teens had access to new methods of contraception ... more kids would have the ability to make a future. Boys need that option as much as girls.

Over the past 50 years, birth control for women has been refined to the point that there are now dozens of alternatives that are far safer than pregnancy, many of which have added benefits like reducing menstrual symptoms, acne, or even the risk of cancer. The array includes three kinds of long-acting "fit and forget" contraceptives that are over than the familiar "pill" but allow a quick return to normal fertility. But, after

all this time, men are still stuck choosing between two century-old choices: condoms and vasectomies.

Men want better choices, and women want better choices for men, and parents want better choices for their sons. And yet, as Dr. John Amory at the University of Washington put it, "Everybody's been saying, 'within the next five years,' for the last 30 years," but no new method for men has made it to market.

Thanks to some determined researchers and funders, things may get better in the near future. An array of promising possibilities can be found in various stages of research around the globe. Here are some of the top contenders: The "Clean Sheets Pill", RISUG, Vasalgel, ultrasound, Gamendazole, Adjudin, JQ1, and Testosterone and Progestin.

Read this complete article at <http://rrealitycheck.org/article/2013/10/02/better-birth-control-for-men-8-promising-possibilities/>

## ▶▶ LGBTQ ▶▶

What do you think of the logo for our new sex ed program, Know It and Own It? Look for the fliers letting you know we're here. We'll be looking for you...and your friends. Tell them about us and the program.



**Citizens for Choice thanks the following donors whose generous donations were received between Aug. 16, 2013 to Oct. 25, 2013.**

#### CHOICE CIRCLE

Judy Seabridge

#### BENEFACTOR

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#### SUSTAINER

Business & Professional Women of Nevada County

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Deborah & John Russell

#### FRIEND

Judy Arbuckle  
Mara Faust  
Shawna Hein

Before



Thanks to supporters of The Clinic!, we made great changes one (well-planned) weekend. Walls were painted—no more orange!--furniture moved in, and an in-charge attitude took over. Thanks so much! We celebrate your help and energy. It feels so good to look so professional!

After



### Anti-Choice Legislation Blocked in Texas

Today, a federal judge struck down Texas' anti-choice restrictions just one day before they were to go into effect.

In a 26-page order issued this afternoon, Judge Lee Yeakel of the United States District Court in Austin declared that requiring doctors who provide abortions to have admitting privileges at local hospitals is unconstitutional, and that unnecessary restrictions on medication abortions put an undue burden on women seeking the procedure.

As anti-choice legislation is knocked down by federal and local courts across the country, the message is clear: Americans are tired watching elected leaders waste their hard-earned tax dollars pursuing legislation that is unnecessary and unconstitutional.

In the words of Texas State Senator and mainstream Republican Sarah Davis, "A traditional Republican perspective is personal freedom, individual responsibility and limited government. That is, to me, what being a Republican is." The anti-choice legislation passed by extremists in Texas this summer are an unwanted overreach of the government into the personal medical decisions of Citizens.

Portions of the law not included in the lawsuit are still scheduled to go into effect soon, including a ban on abortions after twenty weeks of pregnancy. Texans are still facing some of the harshest restrictions in the nation, especially poor women and those living in rural areas.

[www.GOPChoice.org](http://www.GOPChoice.org)

## ► THE NEW SURROGACY ►

By Marlene Katz, Board Member

Male bachelors are facing the male equivalency of “biological clocks” - as do women. The wish to become fathers by some has become desperate as they have not met the right person to marry. So surrogacy is one option for these men. Another decision may be made to adopt as a way to fatherhood.

This process is a relatively new undertaking and gay couple, singles, and straight couples may choose egg donation, surrogacy, or adoption.

Single men or gay male couples more often choose surrogacy. Costs incurred for the procedure may exceed \$175,000 (usually for twins). Needless to say, one needs to be very affluent.

Surrogacy is an arrangement in which a woman agrees to become pregnant and deliver a child for a contracted party.

Agencies abound which provide many services, including legal consultation, advice on seeking where to do the surrogacy, and also provide foreign surrogacy. (Israel is a country not providing any legality for such an arrangement.)

The numbers of men deciding on fatherhood in this manner is not known. However, many single men are very successful businessmen, juggling children and their work lives, many working from home. One man reported on his three children—a set of twins and a single birth. The men involved have made total commitments to fatherhood and work out all details of daily arrangements for the children in their lives.

Some groups maintain that a child growing up with one or two dads is truly unhealthy. It appears that this claim is not true. Children will thrive in a family

which is full of love and care.

There are some famous children down through ages of history who were from gay families: Ann Heche, Charles the I of England, and 50 cent, to name some.

## ► WELCOME NEW BOARD MEMBER ►

Crystal Cook lives in Nevada City, CA, with her family. She is married, with two children. Crystal has lived in Nevada County for 4 years. She works online with a consulting firm, specializing in Search Engine Optimization and Online Reputation.

Crystal is passionate about reproductive justice, freedoms, and rights. She has been passionate about the pro-choice movement since the young age of 14. The struggle continues, and she is proud to serve our community on the board of Citizens for Choice.



## 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)  
Dr. Wm. Durbrow, MD  
DVSAC  
Foggy Mountain Music  
Good Times Board Shop  
HAALo  
Ink Expressed Tattoo  
Dr. E. Lernhardt, MD  
The Mine Shaft  
Sierra Care Pediatrics, Grass Valley  
Sierra Care Physicians, Penn Valley  
Sierra College Health Services  
Sierra Family Medical Clinic  
Sierra Mountain Coffee Roasters  
The Stone House  
Tribal Weaver  
Valentina's Bistro and Bakery  
WIC (Women, Infants, and Children Services)



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and teen deserves reproductive justice: "The ability to make educated choices about their reproductive lives and health, and access to the affordable care they need."

Please join us on November 14th for our Fall Fundraiser, where we will share food and drink, our renovation photos, our sex-ed program highlights, and our 2014 goals.

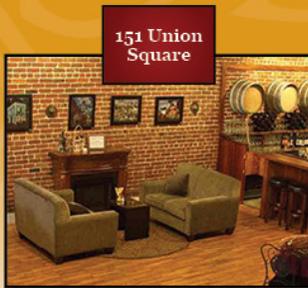
We welcome your input and support. And in closing, I will leave you with my favorite Margaret Mead quote: "Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."

All my best,  
Kimberly D'Urso, President  
Nevada County Citizens for Choice  
kimberly.c4c@gmail.com  
(530) 521-2948

## Fall Fundraiser Event

*Celebrating 25 years of promoting reproductive justice through education, health care access and advocacy.*

Please join us for our annual Fall Fundraiser.  
Your support helps us to inform and enable  
choice in Nevada County.  
~ Thank You! ~



**Thursday, November 14th, 2013**  
**5:30 - 8:00 p.m.**

**151 Union Square • 151 Mill Street, Grass Valley**

NEVADA COUNTY  
**Citizens**  
EDUCATED CHOICES *for* LIFE  
**Choice**

**For tickets \$30, or to make a donation:**

By Mail: PO Box 3525, Grass Valley, CA 95945  
By Paypal: <http://www.citizensforchoice.org/why-donate/>

[www.citizensforchoice.org](http://www.citizensforchoice.org)

### COOKIES, CUPCAKES, CONDOMS, AND CANDY

CHOICES club held a fundraiser called Cookies, Cupcakes, Condoms and Candy on October 29. Condoms were provided by Citizen for Choice. CHOICES sold homemade treats at Sierra College Campus in Grass Valley. This Halloween-themed event provided a lot of fun and delicious treats. Prices for treats started at \$1.00 and donations were greatly appreciated! The club donated the proceeds to various groups that are like minded in support of women.

### AFFORDABLE CARE ACT (ACA) APPLICATION PROCESS GETTING SPEEDIER

If you or someone you know needs health insurance, now is the time to get started with an application for a health plan offered through one of the new health marketplaces established under the Affordable Care Act. Anyone who enrolls by December 15 can get coverage that starts January 1, 2014. What a great way to start a new year!

We know that the application process has been slow getting started in some states, and women have been frustrated by wait times to shop on marketplace websites, ask a question on marketplace call lines or get an appointment at navigator agencies. The good news is that the wait times are getting shorter. Covered California, for example, reported that wait times for people contacting its call center went from 15 minutes during the first week of operation to 2 minutes last week.

Read more about applications and wait times at <http://www.raisingwomensvoices.net>

## ▶▶ Condom Fairies ▶▶▶

by Crystal Cook  
Volunteer Coordinator

Sarah Molaro, the original Condom Fairy and previous board member, and I revitalized the "Condom Fairy" program for Nevada City's Art Walk on October 4, 2013.

Condom Fairies at the Art Walk went over *\*very\** well! The crowds were pretty receptive, even though we hit the streets early from 5 - 8pm. We got a \$5 tip from a grateful gentleman. A street musician improvised a song about the two of us handing out condoms all over town. And a local bartender was so excited to see us. He said he missed seeing condom fairies come into his bar on a regular basis.

Based on the reactions, I believe the Condom Fairy program is worthwhile trying to start up again on a regular basis. If you are a Citizens for Choice supporter who has time to volunteer, let me know if you are interested in finding ways to help us with our education and outreach. I will be in touch to discuss this program and more. Please email me at [crystalc.c4c@gmail.com](mailto:crystalc.c4c@gmail.com) or [info@citizensforchoice.org](mailto:info@citizensforchoice.org). I look forward to hearing from you!

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

▶▶▶▶▶▶▶▶▶▶ [www.citizensforchoice.org](http://www.citizensforchoice.org)