
The Original Globe Reporter



Our Mother Mary
“Do whatever He tells you”



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“God knows we’re trying”



Rejoice, O highly favored daughter!
The Lord is with you.



Malice in Wonderland

By: Eugene A. Santoro
November 25, 2009

I went to sleep last night, and when I woke up America was gone.

The great people of my country were gone and in their place were underlings. We had become servants and subordinates of the government. We were regarded as of little worth or importance; we were puppets, cared for, fed by, clothed by, housed by, educated by and evaluated by the government.

They decided if one was born and when one would die. There were no taxes because all our earnings went to the government and they gave you what they decided you needed. Utilities were rationed and one decided how much to use, if you ran out, well, you ran out. Our land was called "Utopialand." Utopialand was an ideal and perfect land where everyone

lives in harmony and everything is for the best. There are no rich, no poor, no need to think or innovate, no reason to compete, no reason to plan. Then I woke up and realized the United States is vanishing. Welcome to Utopialand.

New CDC Report: Abortions Rose 3.1% in 2006, Other Research Shows Decline

Washington, DC



(LifeNews.com) -- A new report from the Centers for Disease Control claims the number of abortions has rose during 2006, the last year for which it has national data available. However, a January 2008 report from a pro-abortion group that is considered more effective in tabulating abortions shows abortions declining.

Each year, the CDC requests abortion data from 52 reporting areas, including New York City and the District of Columbia. However, just 49 areas gave the CDC abortion stats and only

46 have reported consistently over the last 10 years. California, Louisiana, and New Hampshire are not included in the annual abortion totals the CDC reports.

The new report indicates there were a total of 846,181 abortions during 2006, which the CDC says is a 3.1 percent increase over its 2005 numbers.

CDC notes the abortion rate was 16.1 abortions per 1,000 women aged 15--44 years and the abortion ratio was 236 abortions per 1,000 live births, or 23.6 percent of pregnancies ending in abortion.

Those figures are lower than and different from the statistics compiled by the Guttmacher Institute, the pro-abortion group that is the former research arm of Planned Parenthood.

In its [January 2008 report](#), considered more accurate because Guttmacher goes through abortion businesses themselves rather than relying on state health department figures and because it gets figures from the entire country, Guttmacher said abortions dropped to 1.21 million in 2005 from 1.31 million in 2000.

Cardinal: "No Way" Catholics in Congress Can Back Pro-Abortion Health Care Bill Washington, DC



(LifeNews.com) -- The outgoing head of the pro-life committee at the U.S. Conference of Catholic Bishops said recently there is "no way" Catholic members of Congress can vote for a health care reform bill that includes abortion funding.

During a press conference at the National Press Club on November 20, CNS News asked Cardinal Justin Rigali, the archbishop of Philadelphia if it would be a "mortal sin" for any Catholic to vote for the bill. The question concerned the new Senate version of the legislation Harry Reid has proposed that contains massive abortion funding.

Rigali responded that the Catholic Church would like to see better health care that does not cover abortions, but "we make a distinction between health care and killing."

"So abortion is out of the question--as we've spoken about the value of human life. And every-

one is called upon to do everything possible to see that when we are trying to get laudable health care ... that abortion will be excluded from that," he said.

Rigali said Catholic members of Congress need to vote with a well-informed conscience that reminds them abortion is "absolutely wrong" and there is "no way in the world" a health care bill deserves support if it funds abortions.

Planned Parenthood Thanksgiving Dinner Conversation Guide: Pro- mote Abortion Washington, DC



(LifeNews.com) -- When Americans gather around their dinner tables with friends and family tomorrow to celebrate Thanksgiving, they will catch up on the latest family chatter and probably talk about sports and the weather. But, Planned Parenthood's president has a suggestion for those who need a topic for discussion.

In an email today to supporters of the abortion business, Planned Parenthood president Cecile Richards unveiled her own Thanksgiving dinner conver-

sation guide.

"I don't know how things are at your Thanksgiving table, but in my house we don't just make small talk," she writes, saying she is "committed to having real conversations" that invariably turn to abortion. It is Thanksgiving "conversations like these that help" promote her pro-abortion agenda, she says, suggesting that abortion advocates follow her lead. "If your family is anything like mine, you'll want to be prepared to converse thoughtfully. Here's some help — a guide to dinner table conversation," Richards says.

Richards links to a Planned Parenthood web page urging members to help their family "avoid dirty politics by sticking to these points. If 'turkey talk' turns to health care reform, stand ready -- we've got you covered."

Despite Stupak, Rationing and Assisted Suicide Remain in House Health Care Bill

by Anna Franzonello

Even with the inclusion of the



Stupak-Pitts amendment barring federal funding of abortion in the health care reform bill

passed by the House, H.R. 3962, additional pro-life concerns remain.

H.R. 3962 includes Comparative Effectiveness Research (CER) provisions. It is laudable that CER attempts to identify, evaluate and promote medical best practices—across the spectrum of procedures, devices and drugs. But CER also presents very serious concerns regarding the possible denial of care (for instance, CER could result in a denial of care if that care is deemed not “cost effective”).

H.R. 3962 does not contain any assurance that assisted suicide and euthanasia will not be funded. The bill affords no conscience protection for health care providers regarding end-of-life concerns. Moreover, it contains a provision that allows for the promotion of assisted suicide.

H.R. 3962 Sec. 240 requires every health insurance company participating in the Exchange to make advanced directives available. A serious concern with the mandate of advance directives is that they may be used for the promotion or encouragement of assisted suicide. As the bill stands now, these mandated directives can be used to promote what is commonly understood as

“assisted suicide” in Oregon and Washington.

Boston Globe Bashes Catholic Bishop Keeping Pro-Abortion Kennedy Accountable

by Tim Graham

The Boston Globe predictably
media bias edito-

rialized on Wednesday against Catholic Bishop Thomas Tobin for “targeting” Rep. Patrick Kennedy (“Rhode Island bishop errs in targeting Patrick Kennedy.”) They predictably cavil that bishops don’t punish politicians who support the death penalty and wars.

What sets this leaden chunk of argument apart is its boast the bishop’s attention is “ironic” since the Kennedy family have long been a flock of terrific, devout Catholics that drew others into the church. They have been virtual magnets of holiness.

Like other liberal media outlets, including [the snarling Chris Matthews lecture](#) (don’t call it an interview) with Bishop Tobin, the Globe makes no attempt to consider whether [Patrick Kennedy’s hot talk](#) about how the Catholic church isn’t pro-life if it protests ObamaCare and shouldn’t be “fanning the flames of dissent” on a “red herring”

like abortion.

They seem to endorse implicitly Patrick's assertion that he can be relentlessly pro-abortion and still be a "good Catholic."

Cincinnati Pro-Life Advocates Worry City Council Bill Would Limit Free Speech

Cincinnati, OH (LifeNews.com)



-- Local pro-life advocates in Cincinnati, Ohio are concerned that the city council is considering a bill

that would ultimately restrict their free speech rights. The proposed ordinance is one of several seen in large cities such as Pittsburgh and Oakland that are targeting pro-life advocates.

Paula Westwood, the executive director of Right to Life of Greater Cincinnati tells LifeNews.com that the city council voted "under the radar" last Wednesday for a new ordinance that amends several municipal codes addressing signs.

"The ordinance had quickly passed the Economic Development Committee the night before, rushing it to full council where it failed this first vote, but is expected to pass" the next time it considers the measure, Westwood explains.

"What the public does not know is that past discussions of signage in the Economic Development Committee included much time and testimony regarding those who exercise their free speech rights with signs on social concerns," Westwood said.

PUN INTENDED

1. Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.

2. A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."

3. Two peanuts walk into a bar, and one was a salted.

4. A dyslexic man walks into a bra.

5. A man walks into a bar with a slab of asphalt under his arm and says: "A beer please, and one for the road."

Barack Obama's Thanksgiving Message Emulates Bush's, Ditches Pro-Life Words

Washington, DC (LifeNews.com) --

The Thanksgiving proclamation the White House issued on behalf of President Barack Obama is creating a bit of a controversy. The dustup doesn't concern what the traditional holiday message from the president says, but rather what it doesn't say.

The proclamation has already raised eyebrows for its brevity -- coming in at just over 400 words and failing to note any accomplishments during Obama's administration to this point.

Given that, for the pro-life community, [Obama's main accomplishment](#) is aggressively promoting abortion funding at American taxpayers' expense, there is another facet of the Thanksgiving message that is noteworthy.

Blogger Jill Stanek noticed the difference, primarily because her daughter had a hand in writing the final proclamation President George W. Bush issued last year.

Stanek compared the 2008 and 2009 proclamations and found that Obama's speechwriters essentially followed the Bush template.

Bush's Thanksgiving message last year read: "We recognize that all of these blessings, and life itself, come not from the hand of man but from Almighty God.... Having arrived in the New World, these early settlers gave thanks to the Author of Life." "Today, as we look back on the beginnings of our democracy, Americans recall that we live in a land of many blessings where every person has the right to live, work, and worship in freedom," it added.

Stanek concludes, "Of course, Obama's pro-death team scrubbed all that

PUN INTENDED

6. Two cannibals are eating a clown. One says to the other: "Does this taste funny to you?"

7. "Doc, I can't stop singing 'The Green, Green Grass of Home.'"
"That sounds like Tom Jones Syndrome."
"Is it common?"
"Well, It's Not Unusual."

8. Two cows are standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning."
"I don't believe you," says Dolly.
"It's true, no bull!" exclaims Daisy.

9. An invisible man marries an invisible woman. The kids were nothing to look at either.

10. DeJaMoo: The feeling that you've heard this bull before.

Democrat Bob Casey Will Work to Remove Abortion Funding From Senate Bill

Washington, DC (LifeNews.com) -- As one of just two Democrats in the Senate who call themselves pro-life, Bob Casey of Pennsylvania is in a position to become the leader within his party on efforts to remove abortion funding from the health care bill. On Tuesday, Casey said he would do just that.

Casey confirmed he will work to try to remove the massive abortion funding in the bill that comes through the insurance plans offered in the proposed health insurance exchange via the public option and affordability credits.

The House bill includes [an amendment by Rep. Bart Stupak](#) that removed the abortion funding and Casey told Congressional Quarterly he will push for something similar, but would not say he would oppose the Senate health care bill if abortion funding remains.

Casey said there is "work to be done" on the issue of

abortion funding, adding, There's an obvious difference on where the House came down and where the Senate is."

Casey hinted that he may promote adding his [Pregnant Women Support Act](#) as an amendment to the legislation. That is a bill spearheaded by Democrats for Life of America as a way to put more abortion limits in place as well as funding for social service programs and pregnancy centers that help women with unplanned pregnancies.

"The only other way to reduce the number of abortions ... is to help pregnant women so if they choose to have a child they can get the help and support they need," he said. "I don't know what vehicle that will take, whether that will be one amendment or more than one amendment."

PUN INTENDED

11. I went to buy some camouflage trousers the other day but I couldn't

find any.

12. A man woke up in a hospital after a serious accident. He shouted, "Doctor, doctor, I can't feel my legs!"

The doctor replied, "I know you can't. I've cut off your arms!"

13. I went to a seafood disco last week...and pulled a mussel.

14. What do you call a fish with no eyes? A fsh.

15. Two fish swim into a concrete wall. The one turns to the other and says "Dam!"

Planned Parenthood Drops Lawsuit Against Former Abortion Center Director

Bryan, TX (LifeNews.com)

-- After losing its ini-



tial battle in court in its attempt to silence its former director, a Texas Planned Parenthood has dropped its lawsuit. The abortion

business targeted former director Abby Johnson, who recently quit and became pro-life, and the local pro-life group that helped her conversion.

Johnson [had been the director](#) of the Planned Parenthood center in this southeast Texas city but turned in her resignation on October 6 [after years](#) of a local pro-life group helping her see the problem with abortion. Johnson quit after seeing an ultrasound of an abortion.

Planned Parenthood officials hit both Johnson and the Coalition for Life with [restraining orders](#) requiring them not to disclose information about the abortions done at its facility. But, District Judge J.D. Langley [issued a ruling](#) earlier this month saying Planned Parenthood did not provide sufficient evidence that Johnson breached a confidentiality agreement concerning identity of an abortion practitioner who works at Planned Parenthood.

Now, the Alliance Defense Fund, which has provided

legal help to Johnson and the Brazos Valley Coalition for Life, tells LifeNews.com Planned Parenthood has dropped its lawsuit.

Planned Parenthood falsely claimed she violated a confidentiality agreement and breached an employment contract, though she never had one with the abortion center, ADF legal counsel Steven Aden explained.

PUN INTENDED

16. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

17. A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse.

"But why," they asked, as they moved off.

"Because", he said, "I can't stand chess nuts boasting in an open foyer."

18. A woman has twins and gives them up for adoption. One of them goes to a family in Egypt and is named "Ahmal." The other goes to a family in Spain ; they name him "Juan." Year's later; Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Ahmal. Her husband responds, "They're twins! If you've seen Juan, you've seen Ahmal."

19. Mahatma Gandhi, as you know, walked bare-foot most of the time, which produced an impressive set of calluses on his feet. He also ate very little which made him rather frail and with his odd diet, he

suffered from bad breath. This made him. (Oh, man, this is so bad, it's good)..... A super calloused fragile mystic hexed by halitosis.

20. And finally, there was the person who sent twenty different puns to his friends, with the hope that at least ten of the puns would make them laugh. No pun in ten did.

President Barack Obama's Pro-Abortion Record: A Pro-Life Compilation

by Steven Ertelt
LifeNews.com Editor
October 12, 2009

Washington, DC (LifeNews.com) -- The following is a compilation of bill signings, speeches, appointments and other actions that President Barack Obama has engaged in that have promoted abortion before and during his presidency. While Obama has promised to reduce abortions and some of his supporters believe that will happen, this long list proves his only agenda is promot-

ing more abortions.

Post-Election / Pre-Inauguration

November 5, 2008 - Obama selects pro-abortion Rep. [Rahm Emanuel](#) as his White House Chief of Staff. Emanuel has a 0% pro-life voting record according to National Right to Life.

November 19, 2008 - Obama picks pro-abortion former Sen. [Tom Daschle](#) as his Health and Human Services Secretary. Daschle has a long pro-abortion voting record according to National Right to Life.

November 20, 2008 - Obama chooses former NARAL legal director [Dawn Johnsen](#) to serve as a member of his Department of Justice Review Team. Later, [he finalizes](#) her appointment as the Assistant Attorney General for the Office of the Legal Counsel in the Obama administration.

November 24, 2008 - Obama appoints [Ellen Moran](#), the former director of the pro-abortion group Emily's List as his White House communications director. Emily's List only supported candidates who

avored taxpayer funded abortions and opposed a partial-birth abortion ban.

November 24, 2008 - Obama puts former Emily's List board member [Melody Barnes](#) in place as his director of the Domestic Policy Council.

November 30, 2008 - Obama named pro-abortion Sen. [Hillary Clinton](#) as the Secretary of State. Clinton has an unblemished pro-abortion voting record and has supported making unlimited abortions an international right.

December 10, 2008 - Obama selects pro-abortion former Clinton administration official [Jeanne Lambrew](#) to become the deputy director of the White House Office of Health Reform. Planned Parenthood is "excited" about the selection.

December 10, 2008 - Obama transition team [publishes memo](#) from dozens of pro-abortion groups listing their laundry list of pro-abortions actions they want him to take.

Pro-Abortion Presidential Record - 2009

January 5, 2009 - Obama picks pro-abortion Virginia Gov. [Tim Kaine](#) as the chairman of the Democratic Party.

January 6, 2009 - Obama chooses [Thomas Perrelli](#), the lawyer who represented Terri Schiavo's husband Michael in his efforts to kill his disabled wife, as the third highest attorney in the Justice Department.

January 22, 2009 - Releases statement restating support for [Roe v. Wade](#) decision that allowed virtually unlimited abortions and has resulted in at least 50 million abortions since 1973.

January 23, 2009 - Forces taxpayers to fund pro-abortion groups that either promote or perform abortions in other nations. Decision to overturn [Mexico City Policy](#) sends part of \$457 million to pro-abortion organizations.

January 26, 2009 - Obama nominee for Deputy Secretary of State, [James B. Steinberg](#), tells members of the Senate that taxpayers should be forced to fund abortions. Nominee errone-

ously says limits on abortion funding are unconstitutional.

January 29, 2009 - President Obama nominates pro-abortion [David Ogden](#) as Deputy Attorney General.

February 12, 2009 - Obama nominates pro-abortion [Elena Kagan](#) to serve as Solicitor General.

February 27, 2009 - Starts the process of [overturning pro-life conscience protections](#) President Bush put in place to make sure medical staff and centers are not forced to do abortions.

February 28, 2009 - Barack Obama nominates pro-abortion [Kathleen Sebelius](#) to become Secretary of Health and Human Services.

March 5, 2009 - The Obama administration [shut out pro-life groups](#) from attending a White House-sponsored health care summit. Planned Parenthood, the nation's largest abortion business, made the invitation list as did other pro-abortion groups.

March 9, 2009 - President Barack Obama signed an executive order [forcing taxpayer funding](#) of embryonic stem cell research.

March 10, 2009 - Obama announces the creation of a new foreign policy position to focus on women's issues. He names [Melanne Vermeer](#), an abortion advocate, to occupy the post.

March 10, 2009 - [Reverses an executive order](#) to press for more research into ways of obtaining embryonic stem cells without harming human life. The order Obama scrapped would have promoted new forms of stem cell research.

March 11, 2009 - Obama signed an executive order establishing a new agency within his administration known as the White House Council on Women and Girls.

Obama's director of public liaison at the White House, [Tina Tchen](#), an abortion advocate, became director of it.

March 11, 2009 - Obama administration [promotes](#) an unlimited right to abor-

tion at a United Nations meeting.

March 11, 2009 - Obama administration [officials deny](#) negative effects of abortion at United Nation's meeting.

March 17, 2009 - President Barack Obama makes his first judicial appointment and names pro-abortion federal [Judge David Hamilton](#) to serve on the Seventh Circuit Court of Appeals.

March 26 - President Obama announced [\\$50 million for the UNFPA](#), the UN population agency that has been criticized for promoting abortion and working closely with Chinese population control officials who use forced abortions and involuntary sterilizations.

April 7 - The Vatican has rejected three Obama [ambassador nominees](#) because of their positions in favor of abortions.

April 7 - Obama has named pro-abortion law professor [Harold Hongju Koh](#) as the top lawyer for the State Department.

April 7 - Put more abortion advocates on his White House advisory

council for [faith-based issues](#).

April 8 - Obama nominee for assistant attorney general for legislative affairs, [Ron Weich](#), is pro-abortion.

April 14 - Obama administration releases document [that claims pro-life people may engage in violence or extremism](#).

April 17 - Obama administration [releases the proposed guidelines](#) that implement his decision to allow taxpayer funding of embryonic stem cell research that involves the destruction of human life.

April 23 - Refused to appeal a ruling requiring the FDA to allow 17-year-old girls to purchase the morning after pill without either a doctor visit or parental involvement beforehand.

April 27 - Obama's women's ambassador Melanne Verveer [touted](#) Obama's decision to send \$50 million to the United Nation's Population Fund.

May 5 - Details emerge about a terrorism dictionary the administration of President Barack Obama put together in March. The [Domestic Extremism Lexicon](#) calls pro-life advocates violent and claims they em-

ploy racist overtones in engaging in criminal actions.

May 8 - President Obama releases a new budget that allows the [Legal Services Corporation](#) to use tax dollars to pay for pro-abortion litigation.

May 8 - President Obama's new budget calls for [taxpayer funded abortions](#) in the nation's capital.

May 8 - President [Obama's budget](#) eliminates all federal funding for abstinence-only education.

May 15 - Appointed pro-abortion New York City health commissioner [Thomas Frieden](#) as head of the Centers for Disease Control and Prevention.

May 17 - During his commencement speech at Notre Dame, Obama deceived listeners into thinking he wants a [conscience clause](#), [promoted embryonic stem cell research](#) and [misstated](#) his pro-abortion record.

May 26 - Appoints appeals court judge [Sonia Sotomayor](#) as a Supreme Court nominee. Sotomayor agrees that the courts should make policy, such as the Roe v. Wade case. Sotomayor is later opposed by pro-life groups and sup-

ported by pro-abortion groups and those who know her say she will support abortion on the high court.

July 2- [Calls for](#) an unlimited right to abortion at a United Nation's meeting.

July 7- The Obama administration [admits it ignored](#) the majority of Americans who opposed the proposed guidelines that would implement Obama's decision to force taxpayers to fund embryonic stem cell research.

July 14 - Obama science czar nominee [John Holdren](#) is revealed to have written before that he favors forced abortions.

July 30 - Awards several pro-abortion activists with the [2009 Presidential Medal of Freedom](#).

July 31 - Tells the National Institutes of Health to [adopt rules](#) that allow embryonic stem cell research.

August 4 - Information becomes public that [Ezekiel Emanuel](#), an Obama advisor at the Office of Management and Budget and a member of Federal Council on Comparative Effectiveness Research, supports rationing health

care for disabled Americans that could lead to euthanasia.

August 6 - Obama criticized for asking for people to "[snitch](#)" on groups and people who oppose the pro-abortion health care bills in Congress.

August 13 - Obama [wrongly said](#) a senator backed the pro-euthanasia components of the health care bill.

August 23 - Said pro-life advocates were making "[phony claims](#)" about the health care bills. Also said the claims were [false](#).

August 24 - Releases veterans guide [promoting euthanasia](#).

September 13 - [Misleads](#) on the federal conscience clause in a health care speech and [misleads](#) on abortion funding.

September 13 - Obama [waits two days](#) to comment on shooting of pro-life advocate whereas he commented immediately on shooting of abortion practitioner.

September 15 - Senate confirms Obama's new regulatory czar [Cass Sunstein](#), who is pro-abortion.

October 5 - Selected pro-abortion lawyer and

Georgetown University law professor [Chai Feldblum](#) for the EEOC.

October 5 - Announces he will give the [keynote speech](#) for pro-abortion group Human Rights Campaign.

October 19 - Obama's [serve.gov](#) web site promotes the Planned Parenthood abortion business.

October 21 - Obama administration [web site promotes](#) pro-abortion health care bills.

November 6 - Endorsed the House version of the [health care bill](#) that, at the time, contained massive abortion funding, rationing and assisted suicide promotion.

The Manhattan Declaration

A CALL OF CHRISTIAN CONSCIENCE

Christians, when they have lived up to the highest ideals of their faith, have defended the weak and vulnerable and worked tirelessly to protect and

strengthen vital institutions of civil society, beginning with the family. We are Orthodox, Catholic, and evangelical Christians who have united at this hour to reaffirm fundamental truths about justice and the common good, and to call upon our fellow citizens, believers and non-believers alike, to join us in defending them. These truths are:

the sanctity of human life
the dignity of marriage as the conjugal union of husband and wife
the rights of conscience and religious liberty.
Inasmuch as these truths are foundational to human dignity and the well-being of society, they are inviolable and non-negotiable. Because they

are increasingly under assault from powerful forces in our culture, we are compelled today to speak out forcefully in their defense, and to commit ourselves to honoring them fully no matter what pressures are brought upon us and our institutions to abandon or compromise them. We make this commitment not as partisans of any political group but as followers of Jesus Christ, the crucified and risen Lord, who is the Way, the Truth, and the Life.

Manhattan Declaration: A Call of Christian Conscience

Drafted October 20, 2009
Released November 20, 2009

Preamble

Christians are heirs of a 2,000-year tradition of proclaiming God's word, seeking justice in our societies, resisting tyranny, and reaching out with compas-

sion to the poor, oppressed and suffering.

While fully acknowledging the imperfections and shortcomings of Christian institutions and communities in all ages, we claim the heritage of those Christians who defended innocent life by rescuing discarded babies from trash heaps in Roman cities and publicly denouncing the Empire's sanctioning of infanticide. We remember with reverence those believers who sacrificed their lives by remaining in Roman cities to tend the sick and dying during the plagues, and who died bravely in the coliseums rather than deny their Lord.

After the barbarian tribes overran Europe, Christian monasteries preserved not only the Bible but also the literature and art of Western culture. It was Christians who combated the evil of slavery: Papal edicts in the 16th and 17th centuries decried the practice of slavery and first excommunicated anyone involved in the slave trade; evangelical Christians in England, led by John Wesley and William Wilberforce, put an end to the slave trade in that country. Christians under Wilberforce's leadership also formed hundreds of societies for helping the poor, the imprisoned, and child laborers chained to machines.

In Europe, Christians challenged the divine claims of

kings and successfully fought to establish the rule of law and balance of governmental powers, which made modern democracy possible. And in America, Christian women stood at the vanguard of the suffrage movement. The great civil rights crusades of the 1950s and 60s were led by Christians claiming the Scriptures and asserting the glory of the image of God in every human being regardless of race, religion, age or class.

This same devotion to human dignity has led Christians in the last decade to work to end the dehumanizing scourge of human trafficking and sexual slavery, bring compassionate care to AIDS sufferers in Africa, and assist in a myriad of other human rights causes – from providing clean water in developing nations to providing homes for tens of thousands of children orphaned by war, disease and gender discrimination.

Like those who have gone before us in the faith, Christians today are called to proclaim the Gospel of costly grace, to protect the intrinsic dignity of the human person and to stand for the common good. In being true to its own calling, the call to discipleship, the church through service to others can make a profound contribution to the public good.

Declaration

We, as Orthodox, Catholic, and Evangelical Christians, have gathered, beginning in New York on September 28, 2009, to make

the following declaration, which we sign as individuals, not on behalf of our organizations, but speaking to and from our communities. We act together in obedience to the one true God, the triune God of holiness and love, who has laid total claim on our lives and by that claim calls us with believers in all ages and all nations to seek and defend the good of all who bear his image. We set forth this declaration in light of the truth that is grounded in Holy Scripture, in natural human reason (which is itself, in our view, the gift of a beneficent God), and in the very nature of the human person. We call upon all people of goodwill, believers and non-believers alike, to consider carefully and reflect critically on the issues we here address as we, with St. Paul, commend this appeal to everyone's conscience in the sight of God. While the whole scope of Christian moral concern, including a special concern for the poor and vulnerable, claims our attention, we are especially troubled that in our nation today the lives of the unborn, the disabled, and the elderly are severely threatened; that the institution of marriage, already buffeted by promiscuity, infidelity and divorce, is in jeopardy of being redefined to accommodate fashionable ideologies; that freedom of religion and the rights of conscience are

gravely jeopardized by those who would use the instruments of coercion to compel persons of faith to compromise their deepest convictions.

Because the sanctity of human life, the dignity of marriage as a union of husband and wife, and the freedom of conscience and religion are foundational principles of justice and the common good, we are compelled by our Christian faith to speak and act in their defense. In this declaration we affirm: 1) the profound, inherent, and equal dignity of every human being as a creature fashioned in the very image of God, possessing inherent rights of equal dignity and life; 2) marriage as a conjugal union of man and woman, ordained by God from the creation, and historically understood by believers and non-believers alike, to be the most basic institution in society and; 3) religious liberty, which is grounded in the character of God, the example of Christ, and the inherent freedom and dignity of human beings created in the divine image.

We are Christians who have joined together across historic lines of ecclesial differences to affirm our right—and, more importantly, *to embrace our obligation*—to speak and act in defense of these truths. We pledge to each other, and to our fellow believers, that no power on earth, be it cultural or political, will intimidate us into silence or acquiescence. It is our duty to

proclaim the Gospel of our Lord and Savior Jesus Christ in its fullness, both in season and out of season. May God help us not to fail in that duty.

Life

So God created man in his own image, in the image of God he created him; male and female he created them.

Genesis 1:27

I have come that they may have life, and have it to the full.

John 10:10

Although public sentiment has moved in a pro-life direction, we note with sadness that pro-abortion ideology prevails today in our government. The present administration is led and staffed by those who want to make abortions legal at any stage of fetal development, and who want to provide abortions at taxpayer expense. Majorities in both houses of Congress hold pro-abortion views. The Supreme Court, whose infamous 1973 decision in *Roe v. Wade* stripped the unborn of legal protection, continues to treat elective abortion as a fundamental constitutional right, though it has upheld as constitutionally permissible some limited restrictions on abortion. The President says that he wants to reduce the “need” for abortion—a commendable goal. But he has also pledged to make abortion more easily and widely available by eliminating laws prohibiting government funding, requiring waiting

periods for women seeking abortions, and parental notification for abortions performed on minors. The elimination of these important and effective pro-life laws cannot reasonably be expected to do other than significantly increase the number of elective abortions by which the lives of countless children are snuffed out prior to birth. Our commitment to the sanctity of life is not a matter of partisan loyalty, for we recognize that in the thirty-six years since *Roe v. Wade*, elected officials and appointees of both major political parties have been complicit in giving legal sanction to what Pope John Paul II described as “the culture of death.” We call on all officials in our country, elected and appointed, to protect and serve every member of our society, including the most marginalized, voiceless, and vulnerable among us.

A culture of death inevitably cheapens life in all its stages and conditions by promoting the belief that lives that are imperfect, immature or inconvenient are discardable. As predicted by many prescient persons, the cheapening of life that began with abortion has now metastasized. For example, human embryo-destructive research and its public funding are promoted in the name of science and in the cause of developing treatments and cures for diseases and injuries. The President and many in Congress favor the expansion of embryo-research to include the taxpayer funding of so-called “therapeutic cloning.” This would result in the industrial mass production of human embryos to be killed for the purpose of producing genetically customized stem cell lines and tissues. At the other end of life, an increasingly powerful movement to promote assisted suicide and “voluntary” euthanasia threatens the lives of vulnerable elderly and disabled persons. Eugenic notions such as the doctrine of *lebensunwertes Leben* (“life unworthy of life”) were first advanced in the 1920s by intellectuals in the elite salons of America and Europe. Long buried in ignominy after the horrors of the mid-20th century, they have returned from the grave. The only difference is that now the doctrines of the eugenicists are dressed up in the language of “liberty,” “autonomy,” and “choice.”

We will be united and untiring in our efforts to roll back the license to kill that began with the abandonment of the unborn to abortion. We will work, as we have always worked, to bring assistance, comfort, and care to pregnant women in need and to those who have been victimized by abortion, even as we stand resolutely against the corrupt and degrading notion that it can somehow be in the best interests of women to submit to the deliberate killing of their unborn children. Our message is, and ever shall be, that the just, humane, and truly Christian answer to problem pregnancies is for all of us to love and care for mother and child alike.

A truly prophetic Christian witness will insistently call on those who have been entrusted with temporal power to fulfill the first responsibility of government: to protect the weak and vulnerable against violent at-

tack, and to do so with no favoritism, partiality, or discrimination. The Bible enjoins us to defend those who cannot defend themselves, to speak for those who cannot themselves speak. And so we defend and speak for the unborn, the disabled, and the dependent. What the Bible and the light of reason make clear, we must make clear. We must be willing to defend, even at risk and cost to ourselves and our institutions, the lives of our brothers and sisters at every stage of development and in every condition.

Our concern is not confined to our own nation. Around the globe, we are witnessing cases of genocide and “ethnic cleansing,” the failure to assist those who are suffering as innocent victims of war, the neglect and abuse of children, the exploitation of vulnerable laborers, the sexual trafficking of girls and young women, the abandonment of the aged, racial oppression and discrimination, the persecution of believers of all faiths, and the failure to take steps necessary to halt the spread of preventable diseases like AIDS. We see these travesties as flowing from the same loss of the sense of the dignity of the human person and the sanctity of human life that drives the abortion industry and the movements for assisted suicide, euthanasia, and human cloning for biomedical research. And so ours is, as it must be, a truly consistent ethic of love and life for all humans in all circumstances.

Marriage

The man said, "This is now bone of my bones and flesh of my flesh; she shall be called woman, for she was taken out of man." For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. Genesis 2:23-24

This is a profound mystery—but I am talking about Christ and the church. However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. Ephesians 5:32-33

In Scripture, the creation of man and woman, and their one-flesh union as husband and wife, is the crowning achievement of God’s creation. In the transmission of life and the nurturing of children, men and women joined as spouses are given the great honor of being partners with God Himself. Marriage then, is the first institution of human society—indeed it is the institution on which all other human institutions have their foundation. In the Christian tradition we refer to marriage as “holy matrimony” to signal the fact that it is an institution ordained by God, and blessed by Christ in his participation at a wedding in Cana of Galilee. In the Bible, God Himself blesses and holds marriage in the highest esteem.

Vast human experience confirms that marriage is the original and most important institution for sustaining the health, education, and welfare of all persons in a society. Where marriage is honored, and where there is

a flourishing marriage culture, everyone benefits—the spouses themselves, their children, the communities and societies in which they live. Where the marriage culture begins to erode, social pathologies of every sort quickly manifest themselves. Unfortunately, we have witnessed over the course of the past several decades a serious erosion of the marriage culture in our own country. Perhaps the most telling—and alarming—indicator is the out-of-wedlock birth rate. Less than fifty years ago, it was under 5 percent. Today it is over 40 percent. Our society—and particularly its poorest and most vulnerable sectors, where the out-of-wedlock birth rate is much higher even than the national average—is paying a huge price in delinquency, drug abuse, crime, incarceration, hopelessness, and despair. Other indicators are widespread non-marital sexual cohabitation and a devastatingly high rate of divorce. We confess with sadness that Christians and our institutions have too often scandalously failed to uphold the institution of marriage and to model for the world the true meaning of marriage. Insofar as we have too easily embraced the culture of divorce and remained silent about social practices that undermine the dignity of marriage we repent, and call upon all Christians to do the same.

To strengthen families, we must stop glamorizing promiscuity and infidelity and restore among our people a sense of the profound beauty, mystery, and holiness of faithful marital love. We must reform ill-advised policies that contribute to the weakening of the institution of marriage, including the discredited idea of unilateral divorce. We must work in the legal, cultural, and religious domains to instill in young people a sound understanding of what marriage is, what it requires, and why it is worth the commitment and sacrifices that faithful spouses make.

The impulse to redefine marriage in order to recognize same-sex and multiple partner relationships is a symptom, rather than the cause, of the erosion of the marriage culture. It reflects a loss of understanding of the meaning of marriage as embodied in our civil and religious law and in the philosophical tradition that contributed to shaping the law. Yet it is critical that the impulse be resisted, for yielding to it would mean abandoning the possibility of restoring a sound understanding of marriage and, with it, the hope of rebuilding a healthy marriage culture. It would lock into place the false and destructive belief that marriage is all about romance and other adult satisfactions, and not, in any intrinsic way, about procreation and the unique character and value of acts and relationships whose meaning is shaped by their aptness for the generation, promotion and protection of life. In spousal communion and the rearing of children (who, as gifts of God, are the fruit of their parents' marital love), we discover the profound reasons for and benefits of the marriage covenant.

We acknowledge that there are those who are disposed towards homosexual and polyamorous conduct and relationships, just as there are those who are disposed towards other forms of immoral conduct. We

have compassion for those so disposed; we respect them as human beings possessing profound, inherent, and equal dignity; and we pay tribute to the men and women who strive, often with little assistance, to resist the temptation to yield to desires that they, no less than we, regard as wayward. We stand with them, even when they falter. We, no less than they, are sinners who have fallen short of God's intention for our lives. We, no less than they, are in constant need of God's patience, love and forgiveness. We call on the entire

Christian community to resist sexual immorality, and at the same time refrain from disdainful condemnation of those who yield to it. Our rejection of sin, though resolute, must never become the rejection of sinners. For every sinner, regardless of the sin, is loved by God, who seeks not our destruction but rather the conversion of our hearts. Jesus calls all who wander from the path of virtue to "a more excellent way." As his disciples we will reach out in love to assist all who hear the call and wish to answer it.

We further acknowledge that there are sincere people who disagree with us, and with the teaching of the Bible and Christian tradition, on questions of sexual morality and the nature of marriage. Some who enter into same-sex and polyamorous relationships no doubt regard their unions as truly marital. They fail to understand, however, that marriage is made possible by the sexual complementarity of man and woman, and that the comprehensive, multi-level sharing of life that marriage includes bodily unity of the sort that unites husband and wife biologically as a reproductive unit. This is because the body is no mere extrinsic instrument of the human person, but truly part of the personal reality of the human being. Human beings are not merely centers of consciousness or emotion, or minds, or spirits, inhabiting non-personal bodies. The human person is a dynamic unity of body, mind, and spirit. Marriage is what one man and one woman establish when, forsaking all others and pledging lifelong commitment, they found a sharing of life at every level of being—the biological, the emotional, the dispositional, the rational, the spiritual—on a commitment that is sealed, completed and actualized by loving sexual intercourse in which the spouses become one flesh, not in some merely metaphorical sense, but by fulfilling together the behavioral conditions of procreation. That is why in the Christian tradition, and historically in Western law, consummated marriages are not dissoluble or annulable on the ground of infertility, even though the nature of the marital relationship is shaped and structured by its intrinsic orientation to the great good of procreation. We understand that many of our fellow citizens, including some Christians, believe that the historic definition of marriage as the union of one man and one woman is a denial of equality or civil rights. They wonder what to say in reply to the argument that asserts that no harm would be done to them or to anyone if the law of the community were

to confer upon two men or two women who are living together in a sexual partnership the status of being “married.” It would not, after all, affect their own marriages, would it? On inspection, however, the argument that laws governing one kind of marriage will not affect another cannot stand. Were it to prove anything, it would prove far too much: the assumption that the legal status of one set of marriage relationships affects no other would not only argue for same sex partnerships; it could be asserted with equal validity for polyamorous partnerships, polygamous households, even adult brothers, sisters, or brothers and sisters living in incestuous relationships. Should these, as a matter of equality or civil rights, be recognized as lawful marriages, and would they have no effects on other relationships? No. The truth is that marriage is not something abstract or neutral that the law may legitimately define and re-define to please those who are powerful and influential.

No one has a civil right to have a non-marital relationship treated as a marriage. Marriage is an objective reality—a covenantal union of husband and wife—that it is the duty of the law to recognize and support for the sake of justice and the common good. If it fails to do so, genuine social harms follow. First, the religious liberty of those for whom this is a matter of conscience is jeopardized. Second, the rights of parents are abused as family life and sex education programs in schools are used to teach children that an enlightened understanding recognizes as “marriages” sexual partnerships that many parents believe are intrinsically non-marital and immoral. Third, the common good of civil society is damaged when the law itself, in its critical pedagogical function, becomes a tool for eroding a sound understanding of marriage on which the flourishing of the marriage culture in any society vitally depends. Sadly, we are today far from having a thriving marriage culture. But if we are to begin the critically important process of reforming our laws and mores to rebuild such a culture, the last thing we can afford to do is to re-define marriage in such a way as to embody in our laws a false proclamation about what marriage is.

And so it is out of *love* (not “animus”) and prudent *concern for the common good* (not “prejudice”), that we pledge to labor ceaselessly to preserve the legal definition of marriage as the union of one man and one woman and to rebuild the marriage culture. How could we, as Christians, do otherwise? The Bible teaches us that marriage is a central part of God’s creation covenant. Indeed, the union of husband and wife mirrors the bond between Christ and his church. And so just as Christ was willing, out of love, to give Himself up for the church in a complete sacrifice, we are willing, lovingly, to make whatever sacrifices are required of us for the sake of the inestimable treasure that is marriage.

Religious Liberty

The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners. Isaiah 61:1

Give to Caesar what is Caesar's, and to God what is God's. Matthew 22:21

The struggle for religious liberty across the centuries has been long and arduous, but it is not a novel idea or recent development. The nature of religious liberty is grounded in the character of God Himself, the God who is most fully known in the life and work of Jesus Christ. Determined to follow Jesus faithfully in life and death, the early Christians appealed to the manner in which the Incarnation had taken place: “Did God send Christ, as some suppose, as a tyrant brandishing fear and terror? Not so, but in gentleness and meekness..., for compulsion is no attribute of God” (Epistle to Diognetus 7.3-4). Thus the right to religious freedom has its foundation in the example of Christ Himself and in the very dignity of the human person created in the image of God—a dignity, as our founders proclaimed, inherent in every human, and knowable by all in the exercise of right reason.

Christians confess that God alone is Lord of the conscience. Immunity from religious coercion is the cornerstone of an unconstrained conscience. No one should be compelled to embrace any religion against his will, nor should persons of faith be forbidden to worship God according to the dictates of conscience or to express freely and publicly their deeply held religious convictions. What is true for individuals applies to religious communities as well.

It is ironic that those who today assert a right to kill the unborn, aged and disabled and also a right to engage in immoral sexual practices, and even a right to have relationships integrated around these practices be recognized and blessed by law—such persons claiming these “rights” are very often in the vanguard of those who would trample upon the freedom of others to express their religious and moral commitments to the sanctity of life and to the dignity of marriage as the conjugal union of husband and wife.

We see this, for example, in the effort to weaken or eliminate conscience clauses, and therefore to compel pro-life institutions (including religiously affiliated hospitals and clinics), and pro-life physicians, surgeons, nurses, and other health care professionals, to refer for abortions and, in certain cases, even to perform or participate in abortions. We see it in the use of anti-discrimination statutes to force religious institutions, businesses, and service providers of various sorts to comply with activities they judge to be deeply immoral or go out of business. After the judicial imposition of “same-sex marriage” in Massachusetts, for example, Catholic Charities chose with great reluctance to end its century-long work of helping to place orphaned children in good homes

rather than comply with a legal mandate that it place children in same-sex households in violation of Catholic moral teaching. In New Jersey, after the establishment of a quasi-marital “civil unions” scheme, a Methodist institution was stripped of its tax exempt status when it declined, as a matter of religious conscience, to permit a facility it owned and operated to be used for ceremonies blessing homosexual unions. In Canada and some European nations, Christian clergy have been prosecuted for preaching Biblical norms against the practice of homosexuality. New hate-crime laws in America raise the specter of the same practice here.

In recent decades a growing body of case law has paralleled the decline in respect for religious values in the media, the academy and political leadership, resulting in restrictions on the free exercise of religion. We view this as an ominous development, not only because of its threat to the individual liberty guaranteed to every person, regardless of his or her faith, but because the trend also threatens the common welfare and the culture of freedom on which our system of republican government is founded. Restrictions on the freedom of conscience or the ability to hire people of one’s own faith or conscientious moral convictions for religious institutions, for example, undermines the viability of the intermediate structures of society, the essential buffer against the overweening authority of the state, resulting in the soft despotism Tocqueville so prophetically warned of.¹ Disintegration of civil society is a prelude to tyranny.

As Christians, we take seriously the Biblical admonition to respect and obey those in authority. We believe in law and in the rule of law. We recognize the duty to comply with laws whether we happen to like them or not, unless the laws are gravely unjust or require those subject to them to do something unjust or otherwise immoral. The biblical purpose of law is to preserve order and serve justice and the common good; yet laws that are unjust—and especially laws that purport to compel citizens to do what is unjust—undermine the common good, rather than serve it.

Going back to the earliest days of the church, Christians have refused to compromise their proclamation of the gospel. In Acts 4, Peter and John were ordered to stop preaching. Their answer was, “Judge for yourselves whether it is right in God’s sight to obey you rather than God. For we cannot help speaking about what we have seen and heard.” Through the centuries, Christianity has taught that civil disobedience is not only permitted, but sometimes required. There is no more eloquent defense of the rights and duties of religious conscience than the one offered by Martin Luther King, Jr., in his *Letter from a Birmingham Jail*. Writing from an explicitly Christian perspective, and citing Christian writers such as Augustine and Aquinas, King taught that just laws elevate and ennoble human beings because they are rooted in the moral law whose ultimate source is God Himself. Unjust laws degrade

human beings. Inasmuch as they can claim no authority beyond sheer human will, they lack any power to bind in conscience. King's willingness to go to jail, rather than comply with legal injustice, was exemplary and inspiring.

Because we honor justice and the common good, we will not comply with any edict that purports to compel our institutions to participate in abortions, embryo-destructive research, assisted suicide and euthanasia, or any other anti-life act; nor will we bend to any rule purporting to force us to bless immoral sexual partnerships, treat them as marriages or the equivalent, or refrain from proclaiming the truth, as we know it, about morality and immorality and marriage and the family. We will fully and ungrudgingly render to Caesar what is Caesar's. But under no circumstances will we render to Caesar what is God's.

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Reid's Senate Health Care Bill Has No Stupak Amendment to Ban Abortion Funding

Washington, DC (LifeNews.com) -- Senate Majority Leader Harry



Reid has released the text of his new government-run health care bill to members of the Democratic Party. The new measure reportedly does not contain the [Stupak amendment](#) found in the House version that bans virtually all abortion funding.

The text of the legislation has not yet been made available to the public, but pro-life Sen. Ben Nelson of Nebraska said late Wednesday that it has language designed to prevent abortion funding. Whether or not that language will be verified by pro-life organizations as actually banning abortion funding under the public option or through the affordability credits is another story.

Nelson told The Hill, a magazine that covers Congress, that Reid assured him that his concerns about stopping taxpayer funding of abortions through the health care bill had been met. "What he said was, he thought the way in which he handled it would satisfy my concerns," Nelson said. Reid told him "it was a good faith effort to try to find a compromise."

Nelson emphasized that he had not yet seen the language and could not sign off on Reid's claims that abortion funding is truly prohibited, but he indicated the language would not be the same as the Stupak amendment added to the House bill on a lopsided bipartisan vote.

One Capital Hill source tells LifeNews.com that the Reid bill reportedly contains the phony [Capps amendment](#), a fake amendment opposed by all pro-life groups and the Catholic bishops that still leaves massive abortion funding in place. To ensure the bill does not fund abortions, Sen. Orrin Hatch has said he [will propose an amendment](#), although it will likely not have enough votes to pass

Funny Story

**I was walking past the mental hospital the other day,
And all the patients were shouting, '13....13....13.'
The fence was too high to see over, but I saw a
Little gap in the planks, so I looked through to see what was going on..... Some jerk poked me in the eye with a stick!
Then they all started shouting '14....14....14'.**

OLD VERSION:

The ant works hard in the withering heat all summer

long, building his house and laying up supplies for the winter.

The grasshopper thinks the ant is a fool and laughs and dances and plays the summer away.

Come winter, the ant is warm and well fed.

The grasshopper has no food or shelter, so he dies out in the cold.

**MORAL OF THE STORY:
Be responsible for yourself!**

TODAY'S VERSION:

The ant works hard in the withering heat all summer long building his house and laying up supplies for the winter.

The grasshopper thinks the ant is a fool and laughs and dances and plays the summer away.

Come winter, the shivering grasshopper calls a press conference and demands to know why the ant should be allowed to be warm and well fed, while others are cold and starving.

CBS, NBC , PBS, CNN, and ABC show up to provide pictures of the shivering grasshopper next to a video of the ant

in his comfortable home with a table filled with food. **America is stunned by the sharp contrast.**

How can this be, that in a country of such wealth, this poor grasshopper is allowed to suffer so?

Kermit the Frog appears on Oprah with the Grasshopper and everybody cries when they sing, 'It's Not Easy Being Green.'

Acorn stages a demonstration in front of the ant's house where the news stations film the group singing, 'We shall overcome..' Rev. Jeremiah Wright then has the group kneel down to pray to God for the grasshopper's sake.

Nancy Pelosi & Harry Reid exclaim in an interview with Larry King that the ant has gotten rich off the back of the grasshopper, and both call for an immediate tax hike on the ant to make him pay his fair share. Finally, the EEOC drafts the Economic Equity & Anti-Grasshopper Act retroactive to the beginning of the summer. The ant is fined for failing to hire a proportionate number of green bugs

and, having nothing left to pay his retroactive taxes, his home is confiscated by the Government Green Czar.

The story ends as we see the grasshopper finishing up the last bits of the ants food while the government house he is in, which just happens to be the ant's old house, crumbles around him because he doesn't maintain it.

The ant has disappeared in the snow.

The grasshopper is found dead in a drug related incident and the house, now abandoned, is taken over by a gang of spiders who terrorize the once peaceful neighborhood.

MORAL OF THE STORY: Be careful how you vote in 2010.

I love this Doctor

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not

make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn.. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all.. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain....Good!

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING!!! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Merry Christmas!