



# U Know ~ News & Notes from ULCC

## Meet Tonya...

By Lisa Hunter, Executive Director

Tonya\*, a young student, came for a pregnancy test. Upon discovering she was in fact pregnant, she was shocked but brave. Jessica, our Director of Counseling and Outreach, says that she primarily needed to provide Tonya with emotional support, because Tonya made the bold choice of life for her baby!

But things suddenly changed. Her boyfriend began to accuse her of lying and she started to feel stuck. She admitted that she had started to think that abortion might be a good option!

Fortunately, Jessica kept in contact with Tonya (with her permission) and could be a continued source of support. Tonya ultimately came to us for her first ultrasound, and has continued to follow-up with a local pro-life doctor.

We thank God for all of our supporters, who help us assist people like Tonya—and her unborn baby—every day.

*\*Name has been changed to preserve confidentiality.*



## Keep Us On Campus!

**Fact:** More college-aged women in Hennepin County have abortions than anywhere else in the state.

**Fact:** ULCC did twice as many pregnancy tests during the first part of this year than this time last year.

**Fact:** Twice as many women than in the past coming for pregnancy tests learned about us because they saw the sign outside our building!

**Fact:** ULCC needs to stay in our prime Dinkytown location where we are clearly most needed.

**Fact:** Crucial funding that brought

us to our prime location is running out in just a few months.

**Fact:** We pinch & save everywhere we can, and we have increased fundraising extensively.... But the *fact* is that it's not enough.

### What can you do??

Prayerfully consider giving a one-time sacrificial gift. Or, even better, become a regular pledge partner and prayer partner. Just return the EFT form (pg. 3) or enclosed card!

**Fact:** Your help can save lives and **Keep Us On Campus!**

### Inside this issue:

Starting free STD Tests by Fall Semester	2
Counselor's Corner: The Morning After Pill	2
Save the Date! 10th Annual TLC Banquet	3
ULCC's New Board Leadership	3
ULCC's Electronic Fund Transfer Form	3
The Wishing Well: Filling our Treasures for Life!	4
Be A Servant for Life! Volunteer at ULCC	4

From now on it is only through a conscious choice and through a deliberate policy that humanity can survive.  
**Pope John Paul II**

## ULCC to provide FREE STD Tests in time for Fall Semester

Now that our ultrasound program is running smoothly, we are building our program to provide free tests to men and women for Sexually Transmitted Diseases (STDs), also called Infections (STIs). Providing STD tests at other pregnancy centers has proven to be an effective recruitment tool for potential clients who engage in risky sexual encounters. We will provide educational counseling to each client, hopefully preventing future pregnancies and abortions. The typical increase in clientele from STD tests also serves to promote our center and services to others.

We will provide tests for the two most common infections—Gonorrhea and Chlamydia—as well as referrals to test for other diseases and any necessary follow-up care. We are on track to make the tests available in time for the return of students to the U of MN campus.

These services are sponsored in part by the Minnesota Positive Alternatives Act, as well as our generous supporters.

## FAST FACTS: STDs in Minnesota

- In 2006, MN reported a record number of sexually transmitted diseases ever logged in a single year.
- 70% of the MN STDs occurred in teens and young adults.
- The most common STDs in MN and nationwide are Chlamydia and Gonorrhea.
- Both can show no symptoms and can lead to infertility if left untreated.
- Nearly 4 million teens nationwide contract STDs every year.

(Sources: Minnesota Department of Health press release 4/2/07, The Medical Institute for Sexual Health brochures on Gonorrhea and Chlamydia).



## Counselor's Corner: The false hopes of “The Morning After” Pill

*By Jessica Kartak, Director of Counseling and Outreach*

In early June, Courtney\*, a 22-year-old young woman came to our center even before we officially opened our doors asking for “the morning after” pill. It was the usual worry: the condom broke the night before and they are “just not ready for a baby right now”. The “responsible” thing to do would be to take some form of *emergency contraception* right now so they won’t have to deal with the problem later.

I was immediately concerned for her body, her future, and simply *her*. Was there even a strong possibility that she would be pregnant from this single encounter?

We started talking and I found out that she had just finished her period a few days before. Ok, this was good—because more than likely she would not be fertile now. I began to explain that fact, and it was evident that this was knowledge she had never really *heard* before.

I explained what you are really doing when a woman takes “the morning after” pill: That it increases the risk of ectopic pregnancy, that its effectiveness in preventing implantation is not high enough to take that risk, that it has been proven to cause an early abortion, and that it's a quick decision that has the potential for a ripple effect of consequences.

Courtney knew what I was talking about on some level because she had been on birth control at one point when she was younger, and this had caused a variety of unpleasant side effects. She was intrigued and was open to more information.

This story is about one of many young women who come into the University LifeCare Center asking for “the morning after” pill. They leave the conversation armed with a greater sense of the truth, and with personal empowerment about their bodies and their choices.

\*Name has been changed to preserve confidentiality.

# SAVE THE DATE: 10th Annual TLC Banquet & Silent Auction!

Please join us once again on **September 29** for the annual **TLC and LifeCare Centers Banquet & Silent Auction** at the Sheraton Bloomington Hotel.

Back by popular demand from last year will be comedian and storyteller Mike Williams—come

hear the second half of his hilarious but moving presentation!

Kalley Yanta will once more fill the role of Mistress of Ceremonies.

This wonderful annual celebration of Life provides crucial funding directly to us at ULCC *if you come as one of our guests.*

Please prayerfully consider sponsoring a full or half table (\$500 for table of ten), or you may order individual tickets for \$50 each.

To sponsor or to join a University LifeCare Center table, please contact Lisa at 612-623-3211 or [lmh@ulifecare.org](mailto:lmh@ulifecare.org).

## ULCC Welcomes New Board Leadership

The Board of Directors of the University LifeCare Center announces the following results of its April 2007 elections:

### President

**Christopher T. Lenhart, JD**  
Partner, Dorsey & Whitney, LLP

### Vice President

**Nancy J. Utoft**  
(Recent) Catholic Charities of St. Paul and Minneapolis

### Treasurer

**Brady Mergenthal**  
Wells Fargo Home Mortgage

### Secretary

**Kevin Carlisle**  
Karl Dungs, Inc.

### Members

**Derik Mantel**  
Genesis10 Business & Technology Consultants

**Maria Amundson**  
Church of St. Timothy

**Amy Novak, JD (in absentia)**  
City of St. Paul

For more information about supporting ULCC through Board membership, please contact Lisa at 612-623-3211.

## FAST FACTS: Fetal Development



By 13 days after fertilization, every part of the body has begun to form.

### University LifeCare Center Electronic Fund Transfer (EFT) Form

Deductions from your account will commence on or about the 10<sup>th</sup> day of each month (or in the case of a quarterly contribution, the 10<sup>th</sup> day of January, April, August and November). You can later increase, decrease or cancel (by the terms listed below) an existing EFT contribution.

#### Donor Information

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone ( ) \_\_\_\_\_

#### Authorization Agreement

I (we) hereby authorize the University LifeCare Center to initiate EFT debits and to initiate, if necessary, adjustments for any debits in error to my account and the depository bank named below. This authority is to remain in force until the University LifeCare Center has received written notification from me of its termination in such time and manner as to afford both the University LifeCare Center and my depository bank a reasonable opportunity to act upon it.

#### Account Information

Name of Depository Bank: \_\_\_\_\_ Branch: \_\_\_\_\_  
Monthly Installment Amount: \_\_\_\_\_ Start Month: \_\_\_\_\_  
Quarterly Installment Amount: \_\_\_\_\_ Start Quarter: \_\_\_\_\_

#### Signature

Authorized Signature (Primary): \_\_\_\_\_ Date: \_\_\_\_\_  
Authorized Signature (Joint): \_\_\_\_\_ Date: \_\_\_\_\_

Please attach a voided and unsigned check and return this form to the University LifeCare Center  
P.O. Box 13150 Minneapolis, Minnesota 55414

UNIVERSITY LIFECARE CENTER

1315 4th Street SE, Suite 200  
P.O. Box 13150, Dinkytown  
Minneapolis, MN 55414

Phone/Fax: 612.623.3211  
E-mail: info@ulifecare.org  
Website: www.ulifecare.org

A Pregnancy Resource Center

Non-Profit Org.  
U.S. Postage  
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Minneapolis, MN  
Permit No. 285



## Wishing Well: Help supply our "Treasures for Life"



ULCC relies on the generosity of our donors, prayer partners, volunteers, and grantors to provide the materials in our Treasures for Life program—the everyday items that parents and babies need to thrive. Our top needs right now include:

### CLOTHING

- Boys summer, 12 mos—4T
- New kids' socks and underwear
- New newborn clothing
- Nursing bras

### DIAPERS—Sizes 4 and 5

### SPECIALTY ITEMS

- New Baby Bottles
- Baby Lotion
- Baby Oil
- Baby Wash

- Baby Shampoo
- Oral gel
- Diaper Rash Ointment
- Baby Powder

### BABY EQUIPMENT

- Potty-training Chairs
- Other gently used/clean baby equipment

FOR NEW MOMS - new/used copies of the book "What to Expect When You're Expecting" to give to pregnant women.

### Wish List for the Center:

- Computer or laptop (with Windows XP)
- Computer speakers for training CD-ROMs and DVDs
- Window blinds
- Artificial trees

Thanks in advance for your help!

## Be a Servant for Life!



A little time.

A little love.

That's all it takes!

You can help us build the CULTURE OF LIFE— one life at a time.

Our generation has grown up with the reality of ABORTION.

But that doesn't mean that we have to live with it.

Make a CHOICE right now to make a DIFFERENCE.

Choose to help a man, woman, or baby at ULCC know they have ETERNAL VALUE.

VOLUNTEER. Be part of the generation that changes it all—one life at a time.

**Internships now available for 2007-08!**

A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history.  
**Mohandas Gandhi**