

**CLIENTS**

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701-237-5902(p)  
701-237-0363 (f)  
www.teamfirstchoiceclinic.com

**MAKE A SOUND CHOICE**

701-297-7548  
www.makeasoundchoice.com



Providing education and health services to empower individuals to make life affirming choices.

CELEBRATING 26 YEARS OF EMPOWERING  
INDIVIDUALS TO MAKE LIFE AFFIRMING CHOICES!

FirstChoice Clinic's 2010

# GOLF "FORE" LIFE MARATHON

**Tuesday, June 8 – Rose Creek Golf Course**

**Join our team...**

Call: 701-237-5902  
E-mail: susan@firstchoiceclinic.com

**Support a golfer...**

Go to [teamfirstchoiceclinic.com](http://teamfirstchoiceclinic.com) (Click on 2010 Golf marathon)

We are forming a fantastic team of golfers but we still could use YOU! Put your heart and your golf swing into action by collecting pledges and joining us for a fun-filled day of golfing 100 holes!

**2010 Goals**

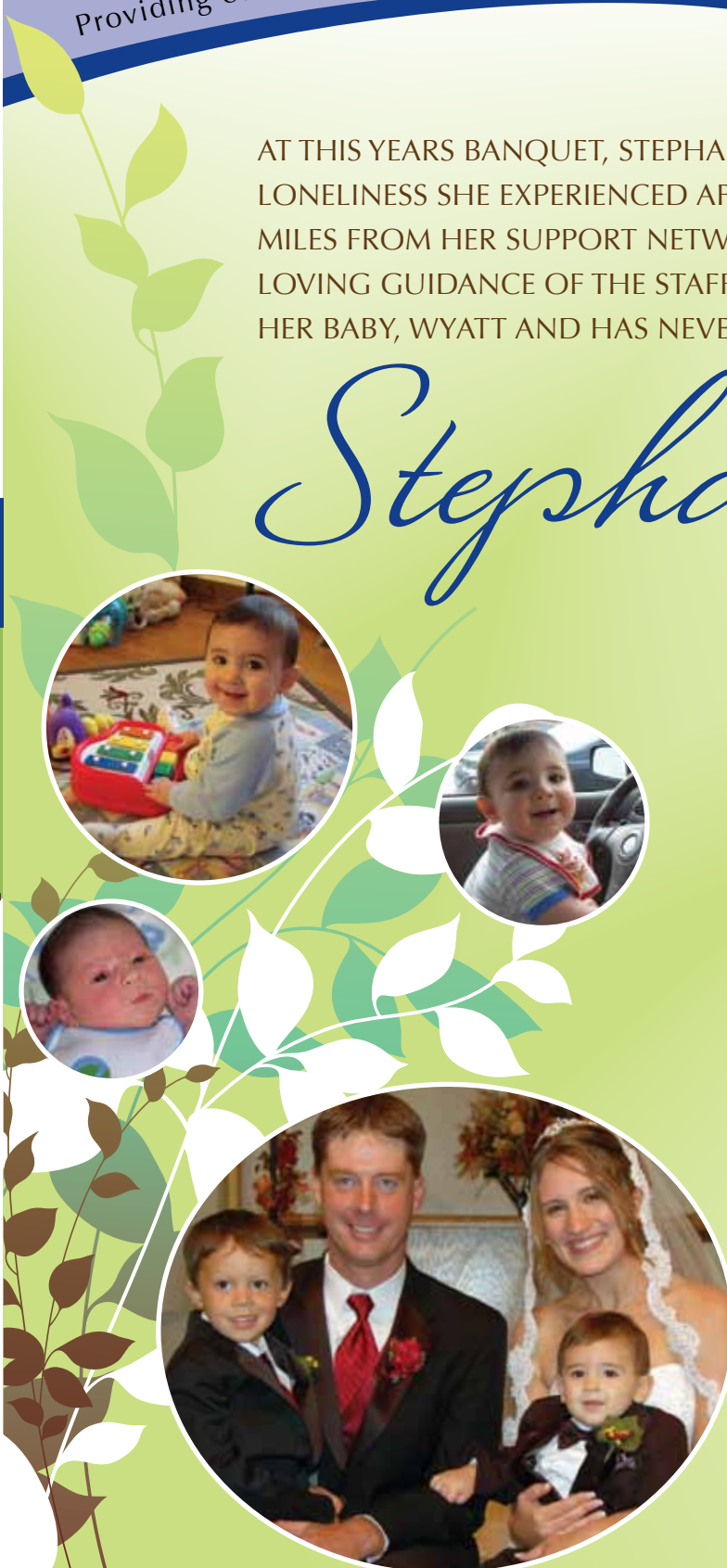
Grow our team to 40 golfers AND raise \$100,000 to support FirstChoice in the Heartland! Pregnancy help clinics in Fargo-Moorhead, Devils Lake and coming soon – Bismarck/Mandan FirstChoice Clinic West!

AT THIS YEARS BANQUET, STEPHANIE GRACIOUSLY RECOUNTED THE FEAR AND LONELINESS SHE EXPERIENCED AFTER SHE BECAME PREGNANT IN COLLEGE, MANY MILES FROM HER SUPPORT NETWORK. STEPHANIE SAID THAT, THROUGH THE LOVING GUIDANCE OF THE STAFF AT FIRSTCHOICE CLINIC, SHE CHOSE LIFE FOR HER BABY, WYATT AND HAS NEVER REGRETTED IT.

## Stephanie's Story

The past few years, I've been on an incredible journey – I'd like to share how FirstChoice Clinic played a vital role in that journey...I grew up in Wichita, Kansas and chose to attend college at the University of Minnesota, Crookston, 13 hours from home. That one year I spent in the dorms at UMC was brutal. I didn't have my close-knit group of Christian friends anymore and I wasn't even really plugged into a church. My desire to 'fit in' began to erode my values.

...I began dating a guy. I wasn't serious about him. But the complete erosion of my values over the past few years finally caught up with me. I got caught up in a physical relationship that I knew was wrong but I felt powerless to stop. Around that same time as I was beginning my move to Fargo to attend the U of M in Moorhead - I took a pregnancy test. And then another, desperate to NOT believe the results. They were all positive. WHAT WOULD PEOPLE THINK??? I was heading back to school and I wasn't even in love with this guy! The overwhelming feeling that I had let everyone, including God down was almost more than I could bear. In my frantic state, I considered abortion. I knew in my heart I could never go through with an abortion but I still didn't know what to do. I paged through the Fargo phone book and found FirstChoice. My boyfriend and I went there together.



*"I want women to know that an unplanned pregnancy does not mean that life is over. For me, it was an unexpected turn, but the beauty that God has brought into my life as a result is something that I will be eternally grateful for!"*

My experience at First Choice absolutely IMPACTED me. Here I was, so ashamed, so broken, unable to look myself in the eye and not sure how God could ever look at me. The nurse there met me with love and compassion. I felt worthless, but the nurse treated me like something valuable. At my first visit I had an ultrasound. I remember the love and the Godly counsel I received in a kind, loving atmosphere. We went to an Earn While You Learn parenting class as well.

My son Wyatt John was born on June 10, 2008. As I held him in my arms the first time, the thought ran through my head 'God, how could I have ever thought seriously about having an abortion?' When Wyatt was four months old, his father broke up with me. That was the darkest day I'd had since the day I learned I was pregnant. I felt so hopeless and lost. My family was 800 miles away. The week following that break-up though, God began to renew my heart. I was going to do whatever I had to do to provide for my son and give him the best life I possibly could. I was hurting, but I was awakened as well. Things were tough, but I felt so alive.

Several months later, I met my husband. He is a wonderful Christian man; I am so blessed to have him in my life! We were married in September 2009. Now, God has placed in my heart a passion for women in the same

situation that I was in, which is what has drawn me back to FirstChoice Clinic. FirstChoice Clinic impacted my life, they showed me love when I felt unlovable and they continue to be here, helping other women like me for the past 26 years. I felt that if I truly wanted to learn how to reach out and help other women, the best way I could start was to go back to the place that first helped me.

I want to share my story with others. I want women to know that an unplanned pregnancy does not mean that life is over! For me, it was an unexpected turn, but the beauty that God has brought into my life as a result is something that I will be eternally grateful for! I have grown so much stronger as a person and I have a beautiful son. The path then led me to my husband and, although he has only been in my life just over a year, I can't imagine my life without him! Two and a half years ago, I felt like my life had ended; now I realize that it had just begun. No matter what sort of struggle you may be in the midst of, you never know what God has for you just up the road a little ways! It is my wish to continue to share my story with others in hopes that it might help someone who might be in a similar circumstance and it is my prayer that, with a little more of FirstChoice's help, I can learn how to do just that!

# Barquet Update

The keynote speaker for this year's FirstChoice Clinic fundraising banquet, Kay Coles James did not disappoint the 800+ guests at our annual fundraising banquet held on March 1st. A stellar activist in the prolife movement for over three decades, Mrs. James and her husband Charles founded Black Americans for Life.

James powerful comments riveted banquet attendees: "In a free and civil society, there are some things about which there should not be a choice." She likened the common argument, "I'm personally opposed but I wouldn't deny that right to someone else," to the slavery question of old, saying if that mentality had been allowed to prevail, she and her relatives would still be in a field somewhere picking cotton.

"We are Christ's ambassadors in a foreign land," James said. "We are his representatives here on earth... If the Lord's going to show the world love and compassion, He'll do it through our arms." The banquet was another huge success, raising over \$100,000 for the work of FirstChoice Clinic! Thank you to everyone for your generous support.

## THANK YOU BANQUET UNDERWRITERS

### MAJOR SPONSORS

Pat and Brenda Nistler and Family  
Wanzek Family Foundation  
Human Life Foundation  
Dakota Medical Foundation  
Gate City Bank

### OTHER SPONSORS

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Richard and JoEllen Solberg  
Dr. Thomas and Michelle Strinden  
Olson-Legatt Roofing, Inc.  
Trandem Automotive Services  
Catholic Aid Association  
ServiceMaster of Fargo-Moorhead  
Anonymous Supporters

## DAKOTA MEDICAL FOUNDATION – GIVING HEARTS DAY IS A HUGE SUCCESS!



Thank you for your investment in FirstChoice Clinic! Many of you were part of a group of 500+ donors that raised \$101,702 for FirstChoice – putting life first! In addition to the \$101,702, Dakota Medical Foundation matched \$4,000 and awarded us the 1st place incentive gift of \$20,000 for a total of \$125,702 raised! These funds will help us to continue our work with vulnerable women and their families, helping to make their challenging choices more joyful ones!



# lakeregion news

1031 7th Street NE, 4th Floor, Mercy Hospital, Devils Lake, ND 58301  
701-662-2229 | Mon - Wed 9:30 - 5:30



## SPAGHETTI FEED

Devils Lake Knights of Columbus is hosting its 2nd Annual Spaghetti Feed fundraiser for FirstChoice Clinic on Wednesday, May 5. Serving will be from 11am-1pm and 5pm-7pm. A bake sale, sponsored by St. Joseph Altar Society, will be held in conjunction with the fundraiser from 11am-1pm. Costs are: Adults - \$6; ages 6 thru 13 - \$4; ages 5 and under are free. **All are welcome! Don't miss this terrific community event – great food and great fun!**



*Thank you Lake Region!*

YOU ARE MAKING A CRITICAL DIFFERENCE...

- Community support continues to grow for FirstChoice Lake Region. January's Largest Baby Shower filled our boutique to overflowing! Most importantly, we continue to "grow" our list of supporters, people who partner with us through their prayers, their volunteering and generous donations throughout the year.
- Our client numbers continue to grow – we had 278 total client contacts in 2009. We are grateful that these young women put their faith in us and turn to us in their time of need.

*"What on Earth Am I Here For?"*

"What on Earth am I Here For?" a new program for FirstChoice Lake Region clients', is a woman's book study based on The Purpose Driven Life by Rick Warren. We extend a special thank you to Fern Beaver who volunteers her time to lead the study on Tuesday evenings, 6 pm, at Bethel Evangelical Free Church in Devils Lake.



The 7th grade Religious Education class from Saint Joseph Catholic Church toured FirstChoice Clinic during their Wednesday evening class time. The students were able to view a live ultrasound performed by Dr. Heidi Bittner. A special thank you to our "patient", medical student, Tamara Jacobson.



Devils Lake High School Health Career students job-shadowed nurses at FirstChoice Clinic – Lake Region. During their visit, the students had an opportunity to view an ultrasound. We offer special thanks to Marla Luehring, the Health Career instructor and to the students who donated handmade quilts and baskets for our FirstChoice clients.

# make a sound choice

To create communities in our region that encourage positive, healthy decision making among youth and young adults.

## Make a Sound Choice – educators' perspectives

The note below is from Make a Sound Choice educator Angela Longtin in Walhalla - an amazing youth project!

"This year has been exceptionally busy, but good. The Make a Sound Choice's Game Plan is going strong and has had a HUGE impact on our library reading materials in regards to magazines. All of the illicit ones have been removed and the kids did a great job of creating surveys and reviewing magazines at a local discount store to work on replacement of those magazines using hobbies, interests, and other cool ideas from peers on topics that were significant, the Cavalier Chronicle published an article for the local papers in our area just this week. We have been having fun with the project!"  
Best wishes, Angela Longtin (teaches 9th grade)



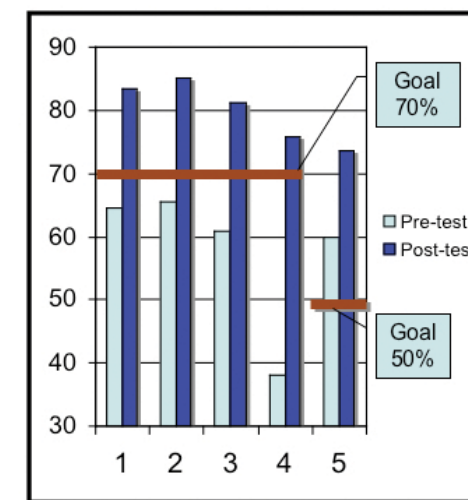
An educator from Casselton sings the praises of the Make a Sound Choice staff and program:

"Just thought I'd share with you how helpful the "Make a Sound Choice" material was with my adolescent unit in health this year. Each semester I dug into the "stuff" given to me for instructional purposes and found it all to be very helpful. The videos I used were very good and powerful. I had a few students comment on the video of Pam Stenzel, that they liked the video. Very good material and I like how we as teachers are kept up to date on new things happening. Usually we go to an in-service or class and they forget about you, but these ladies at "Make a Sound Choice" really make an effort to provide teachers with up to date material and things. That's what I like, as nurses, you are the first to hear about health issues, as teachers, we are second or third in line. You guys are the real experts in health issues, we are here to just pass the message along - so to have a connection of some sort with the health world - is very helpful to us as health teachers and for the benefit of our students. Thanks for introducing this curriculum!"

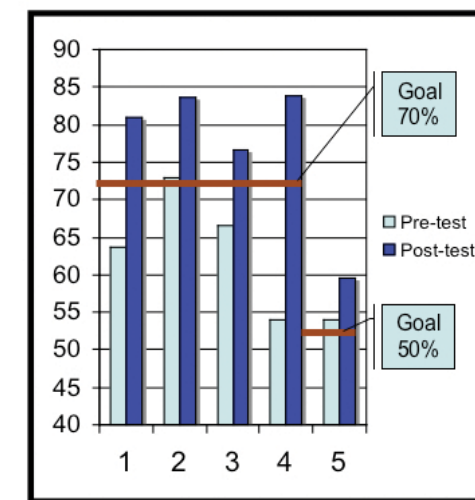
## Teen Birthrates Decline After Two-Year Increase Washington, DC – April 9, 2010

Reversing slight increases in teen birth rates from 2006 and 2007, the CDC released 2008 figures that illustrate a continuing downward trend. Teen birth rates hit a high of 62/1000 in 1991. The rates dropped to 41.5/1000 in 2008. The decline was most notable (4%) among teens aged 18-19. Valerie Huber, Executive Director of the National Abstinence Education Association noted: "So that the positive trend begun a decade ago can continue, we should redouble our efforts to help teens avoid all the consequences of sexual activity, including teen childbearing."

## Part of the solution – the effectiveness of the Make a Sound Choice program:



Learning Gains in grades 6-8



Learning Gains in grades 9-12

### BENCHMARKS OF LEARNING GAINS

1. Understand the meaning of abstinence
2. Agree that abstinence is a healthy personal choice
3. Understand the potentially negative consequences of sexual activity
4. All adolescents can benefit by choosing to be abstinent in the future
5. Plan to be abstinent until marriage



## CONGRATULATIONS GRADUATES OF DR. DAD!

We recently had three “graduates” of our innovative Dr. Dad workshop, a program where future dads learn basic health and safety parenting skills to better care for their children. Special thanks to pediatrician Dr. Leah Mason for teaching these dads how to care for their children, to Rebecca and Paul Meidinger for sharing about how to be Godly parents and to Vicki Larson for her passion to help fathers become active in their child’s healthcare. This program positively impacts our community and enables these new families to set a course for a healthy future!

## TRUTH, BEAUTY AND GOODNESS OF WOMAN



During an afternoon session entitled, ‘The Truth, Beauty and Goodness of Woman’, Renee Johnson, RN, Kay Kiefer, RN and Vicki Larson met with 11 female students from NDSU’s Christian Pharmacists and Nurses Fellowship. Some of the topics discussed were the nature and dignity of woman, fertility appreciation and natural family planning.

## Prayer Service...

**PEOPLE:** Lord we hold before you, our Mission of the Month, FirstChoice Clinic, as they are a living witness of the gospel as they provide loving care for mothers and their children and the children that are in their mother’s womb.

**LEADER:** Lord God, Heavenly Father, we thank You for the gift of life and everything in Your creation that enriches life, especially the forgiveness of sins and the gift of new life in Your Son, Jesus Christ. Bless the caring advisors, staff and director of FirstChoice Clinic, whom You have blessed as they commit their lives in caring for your redeemed unborn children. We thank you for the blessing of life you have given us. Enable us your children as a witness of your unconditional love as we are given the opportunity to support this great mission.

*Prayers from Zion Lutheran Church, Gwinner North Dakota – Rev. Kirk Douglas*

P.S. Thank you to Zion Lutheran for your successful Baby Bottle Boomerang project – raising over \$2000 for FirstChoice Clinic!



### In Celebration & Thanksgiving of...

To honor special individuals, the following gifts were sent to FirstChoice Clinic...

#### Fr. Gary Benz – Year of the Priesthood

Given by: St. Anthony’s KC Council 5955 – Linton

#### Christopher, Ryan, Michael, Jenna, Courtney, Caitlin, Kayla, & Brock

Given by: Chip and Brenda Posch

#### Tracey Frei’s Birthday

Given by: Mary Kay Schott  
Sandy Thiel

#### Marguerite Hammerschmidt’s 87th Birthday

Given by: Bob and Adele Hanson  
Brian and Harriet Turner

#### Alice Klocke’s Birthday

Given by: John and Jan Klocke

#### Shirley Klocke’s Birthday

Given by: John and Jan Klocke

#### Jim and Bev McAllister’s 40th Anniversary

Given by: Wanda Gage

#### Mom

Given by: Susan Kinkle

#### Dr. Janet Smith’s Birthday

Given by: Dr. Jeff and Debora Blickenstaff

### In Loving Memory of...

The following individuals made memorial donations to FirstChoice Clinic in loving remembrance of...

#### All babies destroyed by abortion

Given by: James Kennelly

#### Bernice Bucholz

Given by: Wilford and Wilda Brown

#### Kirstin Cantler-Booke

Given by: Triumph Lutheran Brethren Stamping Group

#### Clark Christianson

Given by: Chuck and Gert Solum

#### Bertha Dallman

Given by: Zion Lutheran – Edgeley, ND

#### Baby Daughter Maria Faith

Given by: Brian and Roxanne Madson

#### Daryl Fee

Given by: Bruce and Debra Eidsmoe

#### James Frey

Given by: Joan Frey  
Lee Vidger

#### Cliff and Goldie Harper

Given by: Craig and Vicki Harper

#### Brandy Hartse

Given by: Vanessa Kovash

#### Glenda Homl

Given by: Lynn and Arla Strege

#### Barb LaBarre

Given by: Ramsey County Right to Life  
Tim Senger

#### Lawrence LaHaise

Given by: Pete and Marie Anderson  
Bremer Bank  
Todd and Lori Braun  
Nicholas Hall  
Doris Jensen  
Greg and Lori LaHaise  
Ed and Sandy Tupa

#### Megan LaMotte

Given by: Rodney and Connie Heisler  
Kyle and Luanne Krein

#### James Lee

Given by: Robert and Joyce Lee

#### Mariah

Given by: Frank and Carole Turchin

#### Harry G. Nelson

Given by: Steve and Mary Bracken  
Cheryl and Kelly Fischer  
Kermit and Glenna Garske  
Kyle and Luanne Krein  
Fred and Luella Rance  
Emil and Darlene Schoenfish

#### Rev Daniel Noah

Given by: Todd and Lori Braun

#### Carmen Jean Rausch

Given by: Norman and Claudia Lee  
Thomas and Karen & Family  
Delwin and Jaime & Family  
Ethan

#### Darlyne Reiger

Given by: Rodney and Connie Heisler

#### Ellen Risovi

Given by: Mr. C.H. Risovi

#### Michael Schenatzki

Given by: Myron and Linda Hankel

#### Peter Schuck

Given by: Donna Young

#### Pershing Sims

Given by: John and Jan Klocke

#### Henry Steifel

Given by: Wilford and Wilda Brown

#### Joseph Wald

Given by: Maguerite Hammerschmidt  
John and Betty Moraghan  
Mark and Jennie Rivard  
Carmen Seifert

#### Alvin Wolf

Given by: Msgr. Wendelin Vetter  
Rosemary Wolf

### Special Thanks to...

It is so good when we are sent little reminders of God’s constant care... in the kindness of people like all of you ~ Special thanks to...

### BOUTIQUE DONATIONS...

Jessica Erb, Malarie and Brad Huddleston, Andrea Loegering, Sam and Satia Petersen, Ashley Pokrzywinski, Mona Robley, Ray and Phyllis Simon, Toni Stremick, Jean Tofteland, Lisa Vining



Grace Lutheran Students-Fargo, Believer’s Fellowship Church-Moorhead, Hankinson Teens for Life, Holy Spirit Catholic Church-Fargo, Meadow Ridge Bible Chapel-Moorhead, Northern Cass School Students, Preceptor Iota Sorority-Devils Lake, Resurrection Free Lutheran-Beltrami, Red River Church-West Fargo, Skizzer Gifts, St. Anthony of Padua Church-Fargo, St. Catherine’s Catholic Daughters-Valley City, St. Joseph’s Catholic Church-Devils Lake, St. Joseph’s Catholic Church-Fertile, St. Rose of Lima-Hillsboro, Triumph Lutheran Brethren Church-Fargo, Zion Lutheran Church-Gwinner, NDSU Collegians for Life

### DEVILS LAKE AREA FOUNDATION

Grant for new parents educational packets

### CATHOLIC AID ASSOCIATION

FOUNDATION Grant for community wide educational event on the Theology of the Body held in February with Janet Smith, PhD

### MISSION

FirstChoice Clinic is a nonprofit Christian clinic providing education and health services to empower individuals to make life-affirming choices.

### VALUES

The mission rests on a foundation of Christian values and guiding principles that drive our actions and influence the choices that we make in our day-to-day business operations:

- We uphold the sanctity of every human life which is core to our ministry.
- We uphold sexual integrity throughout life; saving sexual expression for marriage and faithfulness within marriage.
- We maintain a respect for marriage and family, recognizing this as a God-given institution.
- We reach out to those in need with love and compassion.
- We demonstrate integrity through professional, confidential and trusting relationships with our clients, the community and each other.
- We seek to demonstrate our faithfulness by being true to God in our day-to-day ministries.

FirstChoice Clinic (founded in 1984) is a 501(c)3 charitable organization, all contributions are tax deductible.

### BOARD OF DIRECTORS

Marilyn Loegering – *President*  
Jerry Kensok – *Vice President*  
Jim Dunkel – *Treasurer*  
Joy McCormick – *Secretary*  
Wade Sandy, CPA  
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Heidi Bittner, M.D. (Lake Region Center)

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George Economon – *Special Projects Director*

### ULTRASOUND IMAGING

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Margo Ames, RDMS, RVT  
Kim Rayl, RDMS  
Jane Stein, RDMS

### STAFF

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Pauline Economon, RN, MSN, MA – *Executive Director*  
Susan Richard – *Special Events Coordinator*  
Vicki Larson – *Outreach and Events*  
Patti Alex – *Administrative Assistant*  
Dorothy Flood – *Administrative Assistant*

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Rena Setter, RN – *Staff Nurse*  
Renee Johnson, RN – *Fertility Care Nurse*  
Debra Roesler, RN – *Client Educator*  
Elysia Bates – *Client Educator*

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Darlene Schoenfish, RN, BSN – *Staff Nurse*  
Luanne Krein – *Administrative Assistant*

### MAKE A SOUND CHOICE

Kay Kiefer, RN – *Director*  
Heather Bjur, MA, LAMFT – *Field Supervisor*  
Lora Miller – *Administrative Assistant*  
Roberta Johnson, MSW – *Resource Coordinator*  
Rebecca Meidinger – *Outreach Coordinator*

### FIRSTCHOICE ADMINISTRATION AND MAIN CLINIC

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Friday 9:00 to 1:00

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