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FAIRFAX COUNTY IMPLEMENTS HARMFUL CURRICULUM

FAIRFAX COUNTY, VA - The Fairfax County School Board voted 10-1 this week for children to be taught, without parents' permission, that their biological sex is meaningless and that they can transition to a different sex than the one "assigned" to them at birth.

The school board will now implement the Family Life Education Program (FLE) to become the most radical sex-ed curriculum in the country, despite a record-breaking number of objections from parents. According to a tally sheet published two days before the vote, the school board received 1,300 comments with 83 percent opposing the removal of "biological sex" to be replaced with "sex assigned at birth."

The board also voted to instruct every high school student, without their parents' permission, about the daily homosexual sex pill PrEP, recommended for the "very high risk" behavior of condom-less sex with multiple partners of unknown HIV status. PrEP has a 10 percent failure rate for preventing HIV infection and even AIDs Health organizations warn against it.

The FLE curriculum will also include teaching and promoting the harmful practice of anal sex, discouraging abstinence by falsely claiming it is not 100 percent effective, encouraging sex before marriage and promoting permissibility, and loosening the dress code standards for students to

avoid "slut shaming." Some of the content will be moved out of the FLE curriculum and into a general health curriculum called "Emotional and Social Health," making those lessons mandatory with no opt-out, regardless of parents' wishes.

Additional FLE lessons related to gender identity beginning in 7th grade include:

Grade 7: "Students will be provided definitions for sexual orientation terms heterosexuality, homosexuality, and bisexuality; and the gender identity term transgender.

Grade 8: Individual identity will . . . be described as having four parts - biological gender, gender identity (includes transgender), gender role, and sexual orientation (includes heterosexual, bisexual, and homosexual). The concept that sexuality is a broader spectrum will be introduced.

Grade 9: Students will recognize development of sexuality as a life-long aspect of personality. Instruction will include that individuals are sexual beings from birth to death and that sexuality evolves from infancy to old age. Sexual orientation terms heterosexual, homosexual and bisexual; and the gender identity terms transgender will be defined.

Grade 10: "Emphasis will be placed on an understanding that there is a broader, boundless, and fluid spectrum of sexuality that is developed

throughout a lifetime. Sexual orientation and gender identity terms will be discussed with focus on appreciation for individual differences."

This school board also voted 10-1 in 2015 to become the only school system in Virginia to unlawfully add "sexual orientation," "gender identity," and "gender expression" to its policy and student handbook despite an overwhelming majority of citizens in attendance expressing opposition. Virginia follows the "Dillon Rule," which requires local nondiscrimination laws to not be more stringent than the state law. State law does not include "sexual orientation," "gender identity," or "gender expression."

"The Fairfax County School Board is harming the health, safety and well-being of the students and ignoring parental rights by forcing these ridiculous unscientific ideologically driven notions about gender," said Mat Staver, Founder and Chairman of Liberty Counsel. "This disregard for the rights of the parents and for the overwhelming community opposition is absurd. The school board promotes the idea that people are randomly 'assigned sex at birth,' when the reality being male or female is hardwired. It is not a mere mistake of some random assignment at birth. The school board members who approved these changes are endangering children not educating them. This is not education, but indoctrination," said Staver.

8 Surprising Health Benefits of Sex

Of course sex is healthy, but did you know that a good sex life can provide specific health benefits? We spoke to the experts to find out just how sex improves our health (not that you needed any convincing).

1. It May Make You Thinner

Dread working out? Don't break up with your treadmill just yet. But if it's late and you haven't made it to the gym, don't forget that sex counts as exercise, too! "Sex burns between 75 and 150 calories per half-hour," says Desmond Ebanks, MD, founder and medical director of Alternity Healthcare in West Hartford, Connecticut. It's comparable to other physical activities, he says, like yoga (114 calories per half-hour), dancing (129 calories per half-hour) or walking (153 calories per half-hour).

Bonus: Sex may also help your muscles stay lean in the process. "Sexual arousal and orgasm releases the hormone testosterone, which, among other things, is necessary to build and maintain bone and lean muscle tissue," he adds.

2. It May Improve Your Heart Health

You're probably already aware that heart disease is the number-one killer of women. Eating a healthy diet, and keeping your cholesterol low and sodium in check are great ways to stay on top of heart health, but so is having sex. "Sex is exercise that raises heart rate and blood flow," says Dr. Ebanks. "In a study published in the Journal of Epidemiology and Community Health, researchers found that having sex twice or more a week reduced the risk of fatal heart attack by half." While the study results were focused on men, Dr. Ebanks suspects similar effects for women, too.

3. It Can Help You Get a Better Night's Sleep

What do you do to help you sleep? When chamomile tea and other remedies aren't doing the job, sex may help—especially if you're having trouble sleeping due to anxiety or stress. "People having frequent sex often report that they handle stress better," notes Dr. Ebanks. "The profound relaxation that typically follows orgasm for women and ejaculation or orgasm for men may be one of the few times people actually allow themselves to completely relax. Many indicate that they sleep more deeply and restfully after satisfying lovemaking."

4. It Can Boost Your Immune System

With all the concerns about cold and flu viruses, combating germs can sometimes feel like a full-time job. Surprisingly, there may be something you can do in the bedroom to keep your immune system strong, says Dr. Ebanks, who points to a study by researchers at Wilkes University in Pennsylvania. "Individuals who have sex once or twice a week show 30 percent higher levels of an antibody called immunoglobulin A, which is known to boost the immune system," he says. So, make this your new cold-and-flu season mantra: Wash your hands and make a bedroom date with your sweetie—often!

5. It Can Improve Your Mental Health

The quickest way to boost your mood, fight depression and beat anxiety? Patricia Tan, MD, a board-certified internist in Arizona and medical expert for JustAnswer.com, says the answer is simple: sex (in a loving, committed relationship, of course). "Psychologically, sex improves one's mental health by building intimacy and reducing stress," she says. "The stress reduction component lowers a person's cortisol level, thereby reducing the chances of increased blood pressure, hyperglycemia and increased acidity in the abdomen."

6. It Can Help Relieve Pain

You might change "Not tonight, honey, I have a headache" to "Yes, tonight, honey, I have a headache," or so says Dr. Ebanks, who believes there's a real correlation between sex and pain management. "Through sexual arousal and orgasm the hormone oxytocin is secreted in your body, which in turn causes the release of endorphins," he explains. "Because of these natural opiates, sex acts as a powerful analgesic."

7. It Can Help You with Bladder Control

It may sound weird—the idea that sex can help you minimize incontinence—but it's true, say experts. Sex therapists have long recommended that women do Kegel exercises (flexing the muscles in your pelvic floor) throughout the day, but also during sex. Why? Not only can the exercises help increase pleasure, they also strengthen the muscles associated with incontinence. You can do Kegels anywhere (including during intercourse), so don't be shy! Gently flex and tighten your pelvic floor muscles in the same way you would to stop the flow of urine. Hold for three seconds, then release.

8. It May Give You Healthier Skin

Could sex make you more beautiful? It sounds far-fetched, but Eric Braverman, MD, founder of PATH Medical Center in New York City, says having sex releases a key compound in the body that is good for all kinds of things—including improving your complexion. During sex, your body produces a hormone called DHEA (dehydroepiandrosterone). "It can boost the immune system, give you healthier skin and even decrease depression," he says. So much for the \$79 night cream!