

When the Unthinkable... Happens

In today's world, chemical abortions are often described as safe, simple, private, and convenient. Nothing could be further from the truth. But what is never discussed is: "What happens after a mother takes the abortion drugs?" Put simply, the baby is starved to death when Mifepristone cuts off the baby's nutrition and then labor is induced by Misoprostol to empty the womb.

Most chemical abortions are done outside of a medical facility, and the human remains, blood, and residual pharmaceuticals are usually disposed of by flushing them down a toilet. They flow into a wastewater system not designed to test for or remove human remains and medical bio-waste before the wastewater is released back into the environment.

The truth is, we are living in a time where pharmaceuticals and "reproductive healthcare" are not only impacting individuals—but also communities, infrastructure, and even the environment.

That is exactly why we created our publication **FRAGILE**, but we often have people say, "Do they really find baby parts in the sewers?" or "Why don't they test the water for that?" These responses usually come from a place of disbelief. It sounds too shocking—too disturbing—to be real. But this past February, that disbelief was confronted with reality.

In Sumter County, South Carolina, authorities began an investigation after a 6-inch fetus was discovered at a local water treatment plant. Workers made the unsettling discovery during routine operations, prompting law enforcement to step in and determine what had happened and where the remains came from.

This isn't a speculation anymore. This isn't a hypothetical scenario used to provoke emotion. This is a real event — one that forces us to pause and ask deeper questions about what kind of society we want to live in.

FRAGILE was designed to start conversations that many would rather avoid. It explores the real-world effects of chemical abortion, the environmental impact of pharmaceuticals, and the broader consequences of how we define and manage "healthcare" today. Stories like the one out of Sumter County are difficult to read. They should be. They remind us that these issues are not abstract—they are tangible, visible, and deeply human.



From the President

At HLA, we are committed to building a culture that honors the dignity of every human life. Through education, social and civic engagement, and the promotion of life-affirming alternatives, we work to uphold the value of every person — from conception to natural death — and to encourage genuinely compassionate care that respects both life and human dignity.

When people think of HLA, they often think of our abortion-focused educational resources, such as our **Abortion Pill Reversal** fact cards, **This Is Not Your Only Choice** magazine, or **She's a Child, Not a "Choice"**. We are proud of these materials and the impact they have. At the same time, we are equally committed to providing resources that address other critical life issues, including end-of-life care.

Just as life begins naturally at conception, we believe life should be allowed to end naturally, without intentional actions or omissions that hasten death. This conviction led our team to update **Informed** magazine, a resource designed to help patients and families thoughtfully participate in healthcare decisions. The magazine addresses topics such as advanced directives, ventilators, hospice care, medical futility, and navigating difficult medical situations with clarity and compassion.

As a board, we have felt the growing importance of these materials through our own experiences caring for aging parents, walking alongside loved ones through illness, and grieving the loss of family members and friends. These realities remind us that good information and compassionate support are essential. Our commitment to this issue is not new. We have many publications in this area: **Informed**, **Imposed Death**, a **Minnesota Health Care Directive** in 2022, and many fact sheets, posters, and fact cards. Each resource reflects our desire to equip individuals and families with tools to make life-honoring decisions.

We are thrilled to present a brand-new edition of **Informed: A Guide for Critical Medical Decisions**. Please order your copy today, so that you and your family can be confident and prepared.

In Life,
Melanie Freimuth – HLA President

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Update from Andy

Merriam Webster's online dictionary currently defines Euthanasia as: *the act or practice of killing or permitting the death of hopelessly sick or injured individuals (such as persons or domestic animals) in a relatively painless way for reasons of mercy.* Read that again: the practice or killing or permitting the death of sick or injured people or pets.

In some places, like Canada, they started with Assisted Suicide. This meant that people, normally elderly with terminal illness, could take their own life with the help of medical professionals. They started to allow voluntary suicides for people who were depressed or poor. Now Canada has full on Euthanasia where your doctor, or the Government run healthcare system, can prescribe Euthanasia for you.

It starts by calling Assisted Suicide by a fake name with an acronym like MAID (Medical Aid in Dying), then impassioned speeches tugging on empathetic voters and politicians to give people the right to go out on their own terms, but it is a quick and slippery slope when we let the Government issue a license to kill to doctors and nurses.

On February 6th, New York Governor Kathy Hochul made New York the 13th state to authorize physician-assisted dying for certain terminally ill patients. It is becoming increasingly urgent to have meaningful conversations about how our society cares for the seriously ill and vulnerable.

For those of us who cherish life from conception until natural death, we need to stay informed and vigilant. In our latest edition of **Informed: A Guide to Critical Medical Decisions**, we created a map to see where Assisted Suicide is legal, not legal, or up for debate by lawmakers. A lot of people in the United States are trying to copy Canada's single payer health care plan, and with that comes the slippery slope to Euthanasia. The untold secret of Single Payer Health Care is that it is based on cost of care, not quality or quantity of care provided. Canada has discovered that it is cheaper to kill a patient than to heal and care for them.

Stories from Canada have also brought these questions into sharper focus. The death of Kiano Vafaeian, a young man who received MAID while facing complex health challenges, has stirred deep reflection for many. It is profoundly sad when anyone feels that death is the answer to suffering. His story reminds us of the importance of surrounding those who struggle with genuine care, meaningful support, and hope — so that choosing life and rejecting death remains a real, viable option.

At HLA, we believe that true compassion means walking with people through suffering, not eliminating the sufferer. Our goal is to provide resources that empower individuals, families, and healthcare providers to pursue care that affirms life, relieves suffering, and respects the inherent worth of every person.

As conversations about end-of-life care continue, we remain dedicated to offering education that encourages thoughtful reflection, informed decision-making, and a renewed commitment to protecting life at every stage.

God bless,
Andy Aplikowski
Executive Director

Advanced Directives

Who will make medical decisions for you if you become incapacitated? If you don't know the answer to this question, it's time to learn about safeguarding your health (and life) by filling out an advanced healthcare directive.

Advance Healthcare directives are legal documents by which competent adults express their wishes regarding medical treatment in the event of a future illness or injury. The safest type of advance directive is the Medical Power of Attorney (MPA).

In your MPA, you name a trusted person, usually a family member or friend, as your agent and instruct them on your wishes. Your agent can then make medical decisions for you if you are unable to do so yourself, based on your values, current medical condition, and treatment options. You may also appoint a secondary agent in case your primary agent is unreachable in a medical crisis.

The wording of your MPA is very important, and it needs to follow your state laws. It should also clearly state that no one, not even your agent, has the authority to approve any act or omission that will directly or intentionally end your life. This limitation protects you and also your agent from being pressured to approve any such decision.

A life-affirming MPA is essential for everyone 18 years and older. Anyone, at any age, can become seriously ill or get injured. Filling out your MPA will take only a few minutes—a few minutes that could mean the difference between life and death.

Learn more about MPA's and crisis medical planning in **Informed**. HLA offers a Minnesota compliant version. humanlife.org/healthcaredirectiveMN

Heaven Sent

"Your First 8 Weeks cards are terrific to hand out at events! I love these pamphlets. These are perfect for events that are about education, teaching people about fetal development. Thank you so much, and God bless you!"

—Mary H.

"Life Begins: An Amazing Adventure is a great magazine and wonderfully done. We are ordering 500 to pass out at a local event for children that we will be attending." —Ruth R.

"I very much appreciate the magazine '**Informed – Guide for Critical Medical Decisions**' I have had a concern over this for a long time. It has an up-to-date answer to questions all in one place instead of individual pamphlets. Please send me 20 more copies so I can put them out in my church. Thank you." —Joyce

Please email us at feedback@humanlife.org and let us know how our materials help you.

Memorials & Celebrations

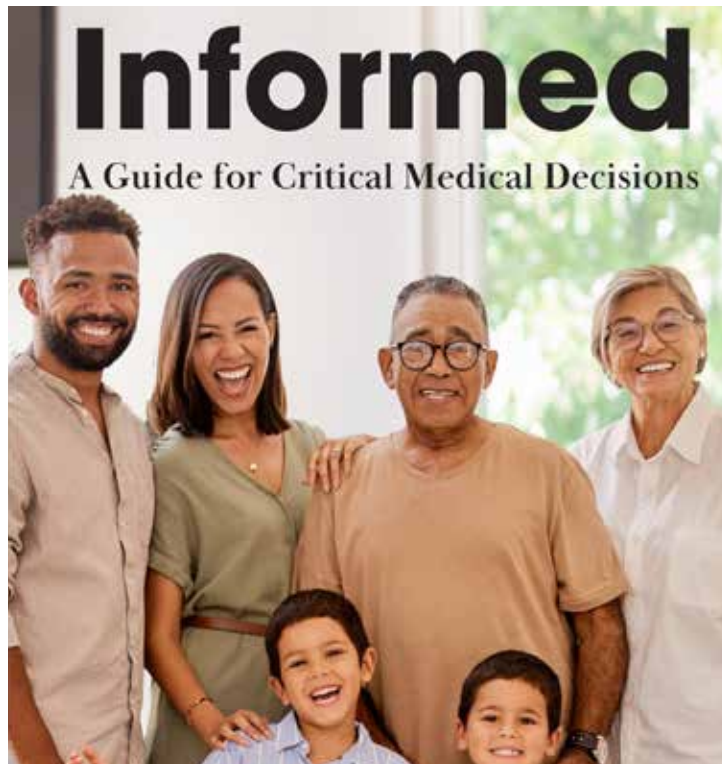
In memory of: **Margaret Langfeld**
From: Walter Matthews

In memory of: **Jean Swenson**
From: Joan Flanders

Spotlight on Informed

We are proud to announce the updated edition of **Informed** magazine. **Informed** is a guide for critical medical decisions. We were thrilled to work with our former HLA team members who now run **Healthcare Advocacy and Leadership Organization (HALO)** to help ensure accuracy and excellence throughout the editing process.

Informed is designed to equip patients and their loved ones to actively participate in healthcare decisions with confidence and clarity. The magazine explores important topics such as advance directives, ventilator use, hospice care, medical futility, and other critical considerations at the end of life. Readers will find practical guidance and meaningful insights to help them navigate real-world medical situations and make informed choices.



Get your copy of **Informed** at our website: humanlife.org

Our Publications

We're excited to share several new and updated educational resources that have been added to our collection!



She's A Child, Not A "Choice" Now Available in Spanish

As you know, we set out to raise funds to translate **She's a Child, Not a "Choice"** into Spanish and thanks to your incredible generosity, we did it! Because of the many individuals who supported this effort, we were able to complete a professional translation to ensure the highest level of accuracy and dialect clarity.

Great care was taken to use Spanish that is widely understood across different regions, rather than a specific dialect, so that the message can reach and resonate with as many people as possible. We are truly thrilled to have this resource available and grateful for the opportunity to expand its impact to Spanish-speaking communities.

Updated "When Does Life Begin?" Fact Sheet in Spanish

We just updated our **When Does Life Begin?** series of posters and fact sheets to match the design in our latest magazines and resources. Many now come in both English and Spanish.

As always, please let us know if there are other resources you could use in other languages.



We also just finished the 2026-2027 redesign of **Just 4 Girls | Just 4 Guys**, our teen focused Sexual Risk Avoidance magazine, with a companion website: j4gmagazine.com. Stay tuned for the release in April.

The Abortion – Euthanasia Link

What do abortion and euthanasia have in common? Both are used to rid a person or persons of the responsibility of having to care for another human being, by killing him or her. Abortion prevents birth. Euthanasia prematurely imposes death.

Prenatal tests were initially developed with the best of intentions: to catch health conditions in utero so many unborn children could receive life-saving care as early as possible. These tests have saved many lives, and they can be helpful tools for doctors and expectant parents to save many lives.

Sadly, they are now often used more as weapons than as tools. Many use them to test for certain genetic conditions in order to "prevent" giving birth to a child who isn't considered perfect or may be seen with less value than a "perfect" baby. Keep in mind, genetic screening has a high false-positive rate. A common mentality is that if anything negative shows up in the prenatal test, the parents are counseled to abort this child and try again. Think of Iceland and its "eradication" of Down Syndrome. They aren't curing Down Syndrome; they are just killing unborn humans who have it. This prenatal futile care theory is a form of Abelism.

Prenatal genetic screening, particularly in the first and early second trimesters (pre-viability), are typically abortion-directed. The most common screenings are the NIPT in first trimester and the Quad Test in second trimester. Most women are offered these tests regardless of family history or any indications from ultrasounds.

Tests involving ultrasound or performed in third trimester typically aim to help with fetal and maternal wellbeing, particularly during birth and immediately after. Parents can discuss treatment plans with doctors before birth, particularly for high-risk pregnancies.

Many parents, when faced with adverse genetic test results, are told by medical professionals about all the difficulties their child will experience, as well as the expense and trouble the child's care will bring to the family. Often, families are told that ending the lives of their children is the most loving choice they can make. The support group **Prenatal Partners for Life** helped a family who had been told, "We recommend that you compassionately dissolve your pregnancy. This would be the best course of action for you and your family."

Thankfully, there are wonderful groups like **Prenatal Partners for Life**, who support families in these challenging situations. These groups not only help the parents to choose life, but they continue to support them after birth. Most of all, they help the parents to have joyful hope for their child's future.

Some tests can be beneficial, others less so; which would you use or recommend, and which would you not? You can find inspiring stories and further research at **Prenatal Partners for Life's** website: prenatalpartnersforlife.org.

For help navigating a prenatal diagnosis, please visit fetalconcerns.com

What a great start to the year!

We kicked off the year at SEEK in Ohio, where thousands of Catholic college students from across the country gathered alongside priests, religious sisters, seminarians, and missionaries. It was a joy to connect with pro-life student groups and share the latest information on abortion with priests and seminarians, helping equip them to better guide and support their communities.

Closer to home, our team bundled up to participate in the Minnesota Citizens Concerned for Life March for Life. It was inspiring to stand alongside so many others united for such an important cause. We were also grateful to provide 800 copies of **She's a Child, Not a "Choice"** as bag inserts for the Cardinal O'Connor Conference, helping extend life-affirming education to even more attendees.

In February, we were blessed to once again join the St. Joseph Business Guild. We always appreciate the opportunity to table at their quarterly meetings and are looking forward to returning for the St. Joseph Fair this May! Check it out at: www.sjbusinessguild.org/sjf

We wrapped up March at the Heartbeat International Conference in Ohio. It seems we're becoming quite familiar with the trip! This gathering is always a meaningful time to connect with pregnancy help leaders and share resources that support their vital work of supporting families.

Looking ahead, we are excited about several conferences coming later this year, including the Vision for Life Illinois Pregnancy Resource Center Conference in July and the Life Matters Worldwide and Michigan Coalition 2026 Summit. We are honored to participate in these events and to provide materials to pregnancy resource centers that rely on them in order to serve women and families.

If your state is hosting a conference or if your pregnancy center is planning an event, we would love to hear from you. Please feel free to reach out. We are always grateful for opportunities to attend, connect, and serve whenever possible.

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About Human Life Alliance

HLA is a non-profit, 501(c)(3), tax deductible organization that promotes awareness of the inherent dignity and personhood of human life, born and preborn, without exception or compromise. HLA exists to inform, inspire, and involve the pro-life community through comprehensive pro-life publications presenting the truth about abortion, assisted suicide, and euthanasia. We equip sidewalk counselors, pregnancy centers, churches, campus groups, and community members to build a culture of life.

HLA has served the pro-life community around the world since 1977 by pioneering educational initiatives, working with policymakers, assisting unwed mothers, reaching teens, and saving the lives of women and their babies—especially young women between the ages 15 and 24 who are in the greatest danger of unexpected pregnancies. HLA presents the truth about abortion and supports life-affirming alternatives to infanticide, euthanasia, assisted suicide, and the so-called "safer-sex" myths to change hearts and save lives every day.

Over the years, HLA has established an extraordinary record of service—an unrelenting commitment and dedication to developing respect for all human life. HLA's goal is to distribute its life-saving materials around the globe to make abortion not just illegal, but unthinkable. Since beginning printed educational campaigns in 1990, HLA has reached over 240 million people in all 50 States, 88 countries, and on all 7 continents.