She Bop ... and jeezuz sed, he hoo smytz the monkey
comitz blasfamy and will burn in hell
forevernever. Aymen!

Neither plague, nor war, nor smallpox, nor a crowd of similar
evil, have resulted more disastrously for humanity than the habit
of masturbation; it is the destroying element of civilized society.

Religion was never alone on the ramparts of
sexual repression. Science, in the form of the New-
Orleans Medical & Surgical Journal, contributed
the above-cited opinion in 1850. In the same era,
American hospitals began circumcising infants as a
pre-emptive strike against future self-abuse. The procedure was
no more prompted by hygiene than graham crackers or corn
flakes were invented to relieve constipated geezers. Such bland
high-fiber foods, Sylvester Graham and John Harvey Kellogg
theorized, would dampen a boy's lustful enthusiasms. Dr. Kel-
logg, a respected sex educator who had a sexless marriage and
a fetish for enemas, advocated the circumcision of incorrigible adolescent masturbators, without anesthetic, for its "saliary ef-
fect upon the mind, especially if it be connected with the idea of punishment." Alternatively, a boy’s penis could be stitched into
his foreskin with silver sutures; for girls, Kellogg suggested a touch of coconut acid to the clitoris. Cheers.

It took more than a century of suffering or shamming or both, but masturbation is finally out of the closet, if not exactly into
the streets. Science, this time in the form of the National Sur-
vey of Sexual Health and Behavior, conducted by researchers
at Indiana University, asked 3,865 Americans between the ages
of 14 and 94 detailed questions about their sexual practices and
found what any realist has always known: people enjoy getting
off. They get themselves off from adolescence to old age, alone
or with a partner, and the army of avowed self-abusers appears
to have swelled with time.

Among people 70 or older, according to preliminary data
from the study, published October 1 in The Journal of Sexual
Medicine, 80 percent of men and 58 percent of women have
masturbated solo over a lifetime. Not bad, but the figures in-
crease with each younger age cohort until we find a veritable
generation of wankers, people age 25 to 29, whose lifetime
rates peak at 94 percent among men and 84 percent among
women. Masturbating with a partner is sneaking in the same
generational direction, only more dramatically.

It’s not unexpected that men across the ages masturbate (or
admit to it) at higher rates than women, but the study holds
a few surprises. There hasn’t been a broad national survey of
sexual behavior in America since 1992, and this is the first to in-
clude old people and teenagers and the first to ask about mutual
masturbation, among other things. Who could have guessed
that more than 57 percent of old ladies in noncohabiting re-
lationships were raising themselves to ecstasy in their homes
between March and May of 2009, when the data were collected?
America may not rightfully be called a civilized society, but at
least the human spirit endures in handmade fun.

There will be more to say about the Indiana survey as the full
results come out, but its release now, on the heels of the most
preposterous political preoccupation since 1994—when Bill
Clinton fired Surgeon General Joycelyn Elders for saying
that masturbation is a normal human behavior and should be
acknowledged as such in sex education—has the tonic effect of
exposing the gulf between what people actually do and what
those who claim to speak for them seem able to say.

Back then, Clinton was given a firm atta-boy by virtually the
entire media for sacking Elders, "a sort of off-to-the-left, out-
of-the-mainstream, embarrassing person," in the smearing
estimation of ABC’s dreadful Cokie Roberts. Two years later,
in 1996, a Christian fireball named Christine O’Donnell was
finding ecstasy in the Lord, crying and praising and shaking her
groove thing in a congregation of believers, and taking a public
position on masturbation that differed from that of Clinton and
the press only in its honesty.

The youthful O’Donnell found Elders-style sexual views
more dangerous than embarrassing, arguing that masturbation
was a form of lustfulness and thus a temptation to be avoided
in pursuit of chastity. An extreme position, to be sure, but les
damaging from a powerless twentysomething than that of the
president and his liberal corner, and well within the anti-sex
stream in which the latter were swimming, at least publicly.

Skip ahead to September 2010 and, with O’Donnell the sur-
prise GOP candidate for US Senate in Delaware, history
became inconvenient, so jokes and fulmination would have

to do. Gasbags of the right waved off as irrelevant the fact
that the most notable aspect of their girl’s résumé is a career
obession with sex, while liberals only tuttered and snickered.

In an essayaccompanying some of the Indiana study data in
The Journal of Sexual Medicine Joycelyn Elders wrote, "We
have finally included masturbation in our national conversation
and as a result stopped checking our hands for growing hair;
you wouldn’t know it from the days and nights of talk-media
devoted to winks and nudges over the adventures of young
Christine. If there was a liberal commentator who took sex
as seriously as O’Donnell had in her passionate abnegation,
only from the other side, I missed it. No one said, Come on,
masturbation is one of the great, free joys of life; powerful,
relaxing, instructive too; as common as rain and as good for
you. No one punctured the absurdity of public squeamishness
on the issue and argued plainly, like the Spanish socialists in
Extremadura with their campaign for youth, that “pleasure is
in your own hands.”

Instead, it was 1994 all over again. The liberals laughed not
because they’re so at ease with the subject but because they’re
so embarrassed by it. Everything in the tone of discussion made
masturbating somehow weird and vaguely dirty, a compulsion
of the young and consolation of the lonely, perhaps; but in that
a little disgusting too, a little sad, not quite sex, never as good
as “sex,” almost unspeakable, really. MSNBC’s Rachel Maddow
called it “you-know-whatting.” Yes, I know, that was a joke.

The real joke, though, is that after warning about mastur-
bation as an affront to purity, what the fervent Christine was
saying in the video clip Maddow broadcast was a variant on
something I’ve heard from liberal women for years. “If he al-
ready knows what pleases him and he can please himself, then
why am I in the picture?” O’Donnell said, making a moan with
her mouth, cocking her pretty head, the very image of lust and
sanctity. In other words, wankers are loners, and “I’ve never
masturbated; I always had a boyfriend,” or “I don’t do it; I’m
married,” or “I want him to know how to bring me off. But I
could never masturbate in front of him”

If the Indiana survey simply blows a hole in the notion
that masturbating is always and everywhere a lonesome practice,
and thus forwards the fact that self-abuse is often also a les-
son in self-knowledge, corporal mysteries, erotic response and
how-to-have-fun-with-a-friend, maybe we can finally be done
with shame, and with the coy and irksome way the press talks
about this very homely pleasure.

— In the meantime, Christine O’Donnell the candidate may
be onto something. Having never actually betrayed embarrass-
ment about sex but rather, in the manner of Catholic mystics,
made chastity the crucible of her passion and desire, she is, in
retribution, as potently sexual as a siren. Her latest TV ad is
smooth as a seduction: “I’m you.”

JOAN WYPLUEWSKI
From: Bruce S. Hopping-Chairman
Kalos Kagathos Foundation
9/28/10

To: Savannah Miller-Newspaper
15 Starling Lane
Aliso-Viejo CA 92656

Good discussing together Kalos Kagathos Foundation’s
9/28/10 School Board proposals to alert LBHS Football Players and Parents; for need to precaution the mental
and physical disabilities sustained engaging football.

Journal of Pediatrics published the number of 14-19 Year-
olds who were football players; which tripled in the number of concussions and multiple head trauma.*

These all lead to depression and dementia later in life,
increasing the risk of Lou Gehrig’s Disease; attributed to
professional football, but, more likely high school players,
who greatly outnumber the pros and whose brains are more
susceptible to life-long damage.*

Parents are urged to consider switching their children from football to more
lifelong, beneficial athletics activities; swimming and water polo are confirmed to be best accommodating for girls and boys, lifelong physical fitness, saving
one’s life and those of others and as introductory to other, aquatic sports.*

The Foundation’s annual, Southern California high School Water Polo Awards banquet,
2011 January 18th will be celebrated by US Navy SEAL Captain Adam Curtis; who regards water polo as the ultimate source of recruits who can master the SEALS demanding
toughness.*

Swimming World & Junior Swimmer Editorial indicate the educational, social and
self-discipline qualities endowed through competition swimming; a skill uniquely
in need for all coastal area students; original proposed by Kalos Kagathos and
mandated K-12 by the Laguna Beach School Board and Superintendent, that has yet
to be activated by the District, coached by the Swim Team for Academic and
Community Services accreditation.*

With best regards, Savannah; for a great Brush & Palette Investigative Report.

*(see attached documents)
Concussions Rise Among Student Athletes

BY JENNIFER CORBETT DOOREN

Concussions among children playing sports rose sharply in recent years, a new study found, prompting pediatricians' groups to recommend schools and sports groups adopt stricter safety controls.

The study, published in Pediatric, is the first to look at the prevalence of concussions among children as young as 8. It found concussion rates appeared to have more than doubled among students participating in five common sports like basketball, soccer and football from 1997 to 2007 even with participation in those sports declined.

The American Academy of Pediatrics, in a separate paper, said young children take longer to recover from brain injuries than adults and older athletes and called for a “more conservative approach” for allowing young athletes to return to competition.

The academy said children need to rest “physically and cognitively” until they have no symptoms in the week or two.

Indeed, many high schools have already adopted tougher standards on the 2010-2011 school year. The updated rules, set by the National Federation of State High School Associations, included additional criteria for return to play.

Some states have recently passed legislation “censoring” on schools to be more strict in concussion management regulations. However, many elementary and middle school-age children participate in organized sports programs run by their local community action groups without strict concussion management protocols established by private sports associations that fall outside the jurisdiction of school boards.

A concussion is caused when the brain is jarred from being hit. The condition temporarily interferes with the way the brain works, affecting things like memory, balance, judgment and sleep patterns.

The study, by researchers at Hasbro Children's Hospital and Brown University, both in Providence, R.I., looked at emergency-room visits for concussions in children ages 8 to 19 from 2001 to 2005. Of the approximately 502,000 ER visits for concussions, more than 252,000 were related to sports, which included individual sports like bicycling and snow-skiing as well as team sports.

Among children ages 8 to 13, 53% of all concussions were related to sports, compared with 46% among 14- to 19-year-olds.

The study's lead author, Lisa Bakhos, who is now a pediatric emergency room doctor at the Toms River Medical Center in Neptune, N.J., said the study shows that many children have not been treated in the past for concussions. Dr. Bakhos also noted that the study looks at only two years' worth of data, which may not be representative of the current concussion landscape.

The study also looked at concussions in children and compared them with participation in organized sports—baseball, basketball, football, ice hockey and soccer—from 1997 to 2007. During that decade, participation in those sports declined by about 12%, but visits for concussions related to the same sports rose substantially. Visits for children ages 8 to 13 doubled, from about 3,800 to 7,600, and among children ages 14 to 15, visits tripled from about 7,000 to 22,000.

Dr. Bakhos said researchers don't know if the reasons behind the increase are that team sports have become more competitive, or if it's because of an increase in reporting rates, or both.

She also noted that the study looks at only two years’ worth of data, which may not be representative of the current concussion landscape. Dr. Bakhos also noted that the study looks at only two years’ worth of data, which may not be representative of the current concussion landscape.

The National Institutes of Health estimates there are more than one million concussions annually in both children and adults.

Dr. Bakhos said parental awareness shouldn’t shy away from letting kids participate in sports, but should make sure they and coaches are following good prevention strategies such as wearing helmets. While most athletes wear proper helmets and other protective gear, playing football games, for instance, Dr. Bakhos said she’s seen practices conducted without helmets.

Signs of a concussion include headache, nausea and vomiting, but Dr. Bakhos said parents should seek medical attention after a head injury in cases where “your child just doesn’t seem right.”

Los Angeles Times

Sports and the brain

New studies on the dangers of concussion among athletes show the need for greater precautions.

FOR YEARS, THE NFL has tried to reduce the risks of head injuries. But researchers are still looking for ways to prevent and treat concussions.

The NFL has been changing its protocols and practices to allow fuller recovery from concussions. But there’s a lot more to be done.

There are a lot more high school athletes, than—professionals. And many researchers believe concussions endanger the health of young brains more than adults.

The lead researcher in the Pediatrics study, published in the journal Pediatrics in August, examined U.S. emergency department visits from 1997 to 2007, the number of concussions related to the top five most competitive youth sports more than doubled among this age group, even though participation in those sports declined slightly. Among 14- to 19-year-olds, the number tripled. Altogether, there were about 250,000 concussions among young competitive athletes.

The numbers might reflect parents and coaches seeing immediate medical attention for children’s head injuries. But researchers believe other factors are involved as well, such as longer, more intense playing seasons and practices. The youth soccer season, which used to comprise about three months of low-key play, has been extended by club teams, which has been more long-term issues.

More research is needed on the causes and long-term effects of concussion on children and teenagers. But youth athletes, coaches and parents should be taking action now. Lisa Bakhos, the lead researcher on the Pediatrics study, suggests a return to more varied sports activities for children, played more for fun and less as a structured competition. Youth sports programs should require that helmets be worn on the head, and parents should be informed about concussion risks from the start. Parenting a child who suffers two concussions should be considered whether it might be time for a switch to a sport such as running, with less potential for head injury.
Dangers in the ring
A blood clot can form inside the brain after a person receives a severe blow to the head.

Here is a look at severe head trauma boxers face in the ring:

Subdural hematoma: Brain can bounce against cranium wall causing bleeding, headache and in some cases death.

Brain stem tear: Severe impact can force the stem to sever.

Punches such as upper cuts and jabs are less likely to cause brain damage.

Some impact absorbed by the back of the neck.

Hook punches are more dangerous because the impact swings the head farther.

The head has no cushioning by the neck.
More Brain Damage Found Among Amateur Boxers

A new study finds that amateur boxers in the British armed forces have suffered greater brain damage than non-boxing sportsmen. Researchers at the Royal Naval Hospital in Gosport found significantly greater abnormalities in blood flow in the brains of 34 boxers compared to those of 34 comparable servicemen.

The team also reported in the Journal of Neurology, Neurosurgery and Psychiatry that 41 boxers performed more poorly than 27 non-boxers on tests of reaction times, reasoning, perception and short-term memory.

From Times staff and wire reports

- Modern boxing with padded gloves is a more dangerous game than old-time bare-knuckled boxing. Not bloodier, but deadlier. Now, fighters aim for the head, any part of it, to create concussions, sometimes fatal. Back then, they aimed for the jaw maybe, but not for the hand-breaking skull bones. One sports historian says the percentage of ring deaths is higher among gloved boxers than it was among the ungloved.

- Eighty-seven percent of the professional boxers suffer some sort of brain damage. That, according to the California Medical Association.
November 18, 1986

Bruce S. Hopping
Kolos Kagathos Foundation
P.O. Box 416
Laguna Beach, CA 92652

Dear Bruce:

I have received your communication of November 10 relative to a CAHPERD resolution against boxing, both amateur and professional.

I will place this proposal on the agenda of the Executive Committee at their January meeting for their consideration. If they desire to have a Resolution placed before the Representative Assembly in March, it will be done.

Thank you for your continued interest in the youth our membership serves.

Sincerely,

Robert M. Flavin
President, CAHPERD

rrm: bk
cc: Blatz, Masters, Brien

December 9, 1986

Mr. Robert M. Flavin, President
California Association for Health, Physical Education, Recreation and Dance
2000 Marconi Avenue, Suite B-2
Sacramento, California 95821

Dear Mr. Flavin:

We understand that the CAHPERD Executive Committee at its January meeting will consider placing a resolution before the organization’s Representative Assembly in March on boxing. We strongly urge your organization to take a formal position banning boxing especially at the amateur levels.

While our organizations may have national policy, the leadership and positions of state affiliates can have a significant impact both in California and nationally. It is crucial to the success of our goals to keep the issue of the dangers of boxing alive and in the public eye. Attached for your information is a CMA Health Tip and our official position.

We hope your organization, which is recognized as a leader in the field of athletics, will lend its name and prestige to the battle against a dangerous sport.

Sincerely,

David B. Stark, M.D.
Chairman, Committee on the Medical Aspects of Sports and Physical Fitness

Attachments

cc: Mr. Bruce S. Hopping, Chairman
Kalos Kagathos Foundation
P.O. Box 416
Laguna Beach, CA 92652
State medical association urges amateur boxing ban

SAN FRANCISCO (AP) — The California Medical Association denounced boxing as "the only sport in which victory is based on head injuries and called for its elimination from all amateur, scholastic, collegiate and government athletic programs.

CMA President Dr. David B. Horner said a study of ex-boxers and active professional fighters showed "definite evidence of brain damage."

The Inglewood physician called "brain damage the most common and potentially the most serious consequence of boxing," and took pointed issue with the belief that headgear and strict rules protect amateur boxers from head injuries.

"While the visible symptoms of brain damage such as memory loss, slurred speech, tremor and abnormal gait may not be apparent in youth, the blows an amateur sustains in the ring may lead to neurological abnormalities in later life," Horner said.

In an article in a recent edition of the American Medical Association News, Dr. Stanley Faehn, the physician of former heavyweight boxing champion Muhammad Ali, said neurological symptoms Ali has been suffering probably were due to the blows he took during his boxing career.

Horner said the CMA "will ask abolition of all boxing programs" under their jurisdictions in letters to the state Superintendent of Public Instruction Bill Holing; the University of California regents; trustees of California State Universities and Colleges; the governing board of California Community Colleges; YMCA's; board of directors, Boys Club of America and the U.S. Olympic Committee.

Abolition of professional, amateur

New York Times

HONOLULU — The American Medical Association adopted a resolution Wednesday calling for the abolition of boxing, both amateur and professional. It urged medical groups across the country to lobby for state laws banning the sport because "the dangerous effects of boxing on the health of participants."

The action was the national medical group's first formal move to have boxing abolished, although the sport had been condemned previously by the organization's official publications.

The anti-boxing resolution was adopted "overwhelmingly," a spokesman said, by a vote of the 50-member House of Delegates, the association's policy-making body, at the concluding session of its three-day annual meeting held here at the Sheraton-Waikiki Hotel.

"I believe the physicians all over the country should participate in a public dialogue which would ultimately lead to persuading legislators and the public that this is indeed a very dangerous sport and that it ought to be outlawed," Dr. Joseph H. Boyle, the AMA president, said at a news conference after the vote.

It has been increasingly evident from scientific investigation that there is both acute and long-term brain injury to people who have lost in boxing, Boyle said. "Evaluation of evidence indicates that people are seriously disabled even after short exposure to boxing, even in relatively minor settings. Amateur boxing is the farm team for professional boxing."

"It seems to us an extraordinary incoherent thing that we have a sport in which two people boxing called for in AMA resolution

are literally paid to get into a ring and try to beat one another to death, or at least beat them into a state of senselessness, which will then leave them permanently brain-damaged," he continued.

Doctors have "a responsibility to young people in this country to make sure that they have been adequately informed as to the dangers of boxing," Boyle said.

Boyle, in answer to a question, said that the use of head guards to protect boxers, now mandatory in amateur bouts, "may be more harmful than helpful" in preventing brain injuries in the ring.

fact that a blow lands on a soft surface does not diminish the force of the impact on the brain."

The anti-boxing resolution, as adopted, dropped an earlier clause suggesting that the AMA convey its views on the sport to the International Olympic Committee, the International Olympic Committee and the World Health Organization. Instead, the resolution directed that the organization "communicate its opposition to boxing to appropriate regulating bodies."

Resolution permits the AMA to "assist state medical societies to work with their state legislatures to enact laws to eliminate boxing in their jurisdictions," and to "educate the American public, especially the children and young adults, about the dangerous effects of boxing on the health of participants."

An AMA statement said that its committee on boxing had "heard eloquent arguments on both sides of this issue."

"Despite some positive aspects of the sport," the committee "believes that the American public is better served by a strong AMA stand in opposition to boxing at all levels."

"Despite some positive aspects of the sport," the committee "believes that the American public is better served by a strong AMA stand in opposition to boxing at all levels."
February 4, 1988

Bruce S. Hopping
Chairman, Kalos Kagathos Foundation
P.O. Box 416
Laguna Beach, CA 92652

Dear Mr. Hopping:

CASPED is pleased to acknowledge the proposal of the Foundation to oppose the sport of boxing.

It was with the stimulus of your organization that a resolution was proposed and passed at our annual Representative Assembly in March 1987.

The deleterious effects on the human body have been demonstrated repeatedly as a result of violent blows to the head.

We applaud your efforts in recognizing the need to curtail harmful sporting events and your continued action to accomplish this goal.

Sincerely,

[Signature]
Phyllis A. Blatz
President

cc: Bob Flavin
    Phil Stanley
    Jim Brien
Descendants of Capt. John T. Baker placed a wreath and remembrance at the site of the Mountain Meadows Massacre. Baker was one of the leaders of the wagon train of Arkansas emigrants slain by Mormons and Indians.

One of the area’s lesser-known sites is Mountain Meadows, a 30-minute drive north of St. George. It was there in 1857 that a wagon train that originated in Arkansas with a destination of California was attacked by a band of Mormons and Paiute Indians. The emigrants circled their wagons during a five-day siege, then surrendered Sept. 11 when promised safe passage.

All of the emigrants age 8 and above were then executed – some 120 in all. The surviving 18 children were taken in by Mormon families; although 17 of them were later returned by the U.S. Army to relatives in Arkansas.

What precipitated the violence was a high state of agitation in the Mormon community after years of persecution that drove them to the West. Eighteen Mormons had been murdered in Missouri; church founder Joseph Smith was murdered in Illinois; and Mormon apostle Parley Pratt was shot dead in Arkansas. Mormons’ fears were elevated because of reports that the U.S. government was sending troops to Utah to deal with what it considered a rebellious, not to mention polygamous, sect.

Church leader Brigham Young was not implicated in the massacre but was said to have orchestrated a denial and cover-up. In subsequent years, the church faced up to the incident and now maintains a monument at the site of the Mountain Meadows Massacre.