

New Jersey court leaves gay marriage terminology to legislature

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New Jersey court leaves gay marriage terminology to legislature

By Robert Marus

Associated Baptist Press

TRENTON, N.J. (ABP)—The New Jersey Supreme Court ruled the state's constitution requires that marriage rights be available to same-sex couples on an equal basis with heterosexuals. But the court left state legislators to decide whether to refer to the unions by the name "marriage" or a different term.

The decision leaves New Jersey in a situation akin to Vermont's, where legislators in 2000 passed the nation's first law legalizing "civil unions" for same-sex couples. Vermont's civil unions, which followed a similar court decision, offer the same rights and benefits as marriage without using the name.

Study finds 'surprising' level of paranormal belief

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Study finds 'surprising' level of paranormal belief

By Hannah Elliott

Associated Baptist Press

DALLAS (ABP)—With Halloween fast approaching, adults across the nation are loading up on candy and decorations, planning to hunker down for a night of trick-or-treaters, parties and hi-jinx. But how many of them actually believe in the ghosts and aliens they so often display on their houses?

More than some might think.

Wellness: Weight training for a balanced workout

October 30, 2006

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Wellness: Weight training for a balanced workout

By **Tamara Quintana**

Do barbells and weight machines make you think of Mr. Universe? Don't let these visions scare you from the great benefits of weight training, or strength training.

While aerobic exercise is important to reduce the risk of cardiovascular disease, develop endurance and burn calories, your physical fitness routine just isn't complete if you don't balance aerobics with a good weight training program.

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Benefits

Wellness: Stretch it out!

October 30, 2006

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Wellness: Stretch it out!

By Tamara Quintana

You've listened to your doctor, you've read all the articles, and now you've made the commitment to make exercise a regular part of your life. Great! Your well-rounded exercise plan includes both aerobic exercise to improve your cardiovascular endurance and weight training to build strength. But are you missing something?

If stretching isn't a part of your routine, you're missing out on an important element. Stretching, also known as flexibility training, provides benefits such as:

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Increasing your flexibility.

Wellness: On the go

October 30, 2006

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Wellness: On the go

By Tamara Quintana

Let's face it. Most of us live our lives always "on the go." But we still need to take the time to be healthy. I recently shared this "on the go" wellness information with our marketing staff who accumulate thousands of frequent flyer miles each year.

Eating

Eating on the go often means making poor food choices. To make better choices, keep these things in mind:

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Wellness: Nutrition facts

October 30, 2006

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Wellness: Nutrition facts

By Tamara Quintana

If you're trying to plan healthy meals and snacks for yourself and your family, you already have all the information you need. Since 1994, [The](#)

[Food and Drug Administration](#) has required “Nutrition Facts” labels to be placed on most food packaging.

At first glance the label might look confusing, but it is a great resource when trying to make healthy food choices.

Serving size and servings per container

Wellness: Dental health

October 30, 2006

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Wellness: Dental health

By Tamara Quintana

We all know that the foods we eat affect our overall health, but do you consider the health of your teeth when you make food choices?

According to the [American Dental Association](#), there is a growing concern among America’s dentists that many of their patients are consuming record numbers of sugar-filled drinks and non-nutritious snack foods that can harm teeth.

When you eat these types of foods, and even some foods that are otherwise healthy for your body, the bacteria in your mouth come in contact with sugars and starches and produce acids. If left in the mouth, these acids attack the teeth and destroy the enamel, eventually resulting in tooth

decay.

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Former White House insider urges Christian political fast

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Former White House insider urges Christian political 'fast'

By Robert Marus

ABP Washington Bureau

WASHINGTON (ABP)—A tell-all book by a former White House insider is roiling the conservative movement with its charge that top officials in President Bush's administration have been pandering to Christian conservatives for their votes while delivering little of lasting value to the constituency.

But [David Kuo's](#) memoir of his years in the White House and elsewhere in the conservative movement is also notable for its afterward. In it, the author—who has impeccable Religious Right credentials—calls on all Christians, conservative and otherwise, to take a two-year “fast” from political activity to re-focus on the gospel.

Seminary delays endowment transfer

October 30, 2006

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Seminary delays endowment transfer

By Robert Marus

Associated Baptist Press

FORT WORTH—Trustees of [Southwestern Baptist Theological Seminary](#) delayed action on a recommendation to transfer \$90 million in seminary endowment funds from the [Baptist Foundation of Texas](#) to Southwestern's in-house foundation.

Dell volunteers staff festival for children & families in need

October 30, 2006

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Dell volunteers staff festival for children & families in need

By Miranda Bradley

Children at Heart Foundation

ROUND ROCK—More than 200 [Dell](#) employees pitched in to sponsor the third annual Dell Fall Festival for children and families served by [Texas](#)

[Baptist Children's Home](#) and [STARRY](#).

Second-generation UMHB student from Zimbabwe makes mark

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Tatenda Tavaziva of Zimbabwe, a second-generation University of Mary-Hardin Baylor student, proudly waves a UMHB flag from the sidelines at Crusaders football games.

Second-generation UMHB student

from Zimbabwe makes mark

By Jennifer Sicking

University of Mary Hardin-Baylor

BELTON—Spectators at [University of Mary Hardin-Baylor](#) football games have a hard time not noticing Tatenda Tavaziva on the sidelines, decked out in a gaudy purple-and-gold outfit and sporting a flag of [Zimbabwe](#) on his back.

Mexico trips spark desire to meet needs immediately

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A vision
tour visits
a mission
in the
Huastecan
field,
where
Matamoros
border
leaders
went on a
mission
trip this
summer.

Mexico trips spark desire to meet needs immediately

By John Hall

Texas Baptist Communications

LOS MOCHIS, Mexico—Texas Baptist leaders are finding it too difficult to see ministry opportunities in Mexico without starting to meet them.