

# The Order of the Earth

News, Views and Musings About Our Planet

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## THE AWAKENING

*"This message is sent to you by the one who stands firm, the one faithful and true witness to all that is, was, and evermore shall be, The Trustworthy And True Spirit, The Most High God."*

I, Iona, have been in the presence of The Most High God over the course of seven days, absorbing his teachings and learning about the ancient Sacred Rules, which today are being ignored at great peril to life on Earth. He is here as a friend to all and I will address him in this article as Most High God because he is Most High God.

Most High God is bringing back these Sacred Rules and showing those of us who choose to listen and learn and accept him with open hearts, what is required to have God's spirit of wisdom, understanding, love, honor, respect, compassion, peace and comfort in the true God's spirit. These are but a few of the wonderful components of God's spirit in the new Kingdom here on Earth.

Most High God is androgynous, representing both masculine and feminine ways of being. I feel a deep sense of safety and protection when I am in Most High God's presence. His words regarding even intimate aspects of femininity are so true to my own sense of being a woman that I am surprised. Every minute with him is comfortable, even when Most High God corrects me. He also has a great sense of humor and loves to sing.

Here are a few of my experiences.

One fundamental thing I am learning through these conversations is that I don't even know how to carry on a respectful, honest conversation because I am so full of my own ideas, beliefs, opinions, thoughts and stories that I don't know how to listen.

I am seeking and finding Truth from Most High God — not just the positive but also the negative. Most High God says, "You are to be compassionate to all — the victims and the abusers — but you must not allow negativity or sorrow or anger or fear into your soul. Those emotions are not allowed in my Kingdom." These emotions are created by the world, not by the True God.

I must seek the Truth in all things and Most

High God is in my heart now guiding me. He speaks only Truth. Most High God says, "The Truth is plain and simple, so simple that all can understand."

Most High God is working with me patiently like a kind and loving and gentle parent. I am learning to be truthful. I didn't realize I wasn't. That surprised me. Now I can see that I twist the Truth when I am uncomfortable. This has to change. I am to be truthful in my conversations, saying what I mean using words that most accurately describe my thoughts and feelings.

When Most High God asked, "Do you know what the Light is?" I gave superficial, rambling answers that evaded the question.

Most High God looked me in the eye and said, "Yes or No?"

That cut through "Well, I guess blah, blah, blah," or "I think blah, blah, blah."

"Do you KNOW?" he repeated.

I must figure out whether or not I really know in my soul what the true answer is and say "Yes," "No" or "I don't know." Most High God said, "When you are unsure, the safest answer is 'I don't know.'"

"The Light is Truth," Most High God told me.

Most High God is teaching me to talk about things of his Kingdom, not of the world. I am humbled and honored to be with him face-to-face hearing profound truths and wisdom that contain the blueprints for permanently stopping the insane and wicked habits, emotions and conditions that permeate the world causing misunderstanding, cruelty, violence, war and death.

Most High God says, "My spirit doesn't dominate. My spirit wants you to be free." There is absolutely no domination in his Kingdom. We all have choice.

Many of us don't know how to talk respectfully to each other without pouncing on each other's words and feelings and being rude or lying. Changing this requires a level of speaking and feeling that is new to me.

Many of our words are inadequate or deceptive. In fact, the whole language is messed up.

Most High God says, "We do not take things. That is aggression. We receive them as a gift from God. We cannot take a nap, we may receive a nap. We cannot take a picture, we may receive a picture."

A popular but false phrase is to "fall in love." Most High God teaches, "We do not 'fall in love,' we rise up in love through my Holy Spirit."

While I was talking with Most High God, a friend drove over to join us. As he was walking up the driveway toward us, he said, "I blew a fuse."

"Did YOU blow a fuse or did your car?" Most High God asked.

"My car blew a fuse."

"Well then, say what you mean," Most High God instructed.

I am learning through concrete experiences with Most High God to answer truthfully only the question asked. Most High God is also teaching me not to disrupt the flow of his Spirit by interrupting when he is talking to my soul. He is leading me to understanding many elements of his Kingdom. I am just a beginner but Most High God explains, "We are all equal in God's eyes if we are perfect in trying and showing constant improvement in bringing God's spirit to our world."

When Most High God spoke his Truth to me, I felt it to be true deep within my heart and soul. Most High God is showing me how to be still inside so I will receive messages and revelations from him, The Trustworthy And True Spirit, The Most High God."

*For further information about The Most High God contact Iona at 814-259-3680 or ionaconner@gmail.com or write to her at 21431 Marlin Circle, Shade Gap, Pennsylvania 17255.*



### THE AWAKENING

**May your hearts be true,  
And your thoughts be pure  
To relieve you of doubt,  
And let you know for sure.**

**For now I can tell you,  
I am no less than I say.  
We must open our hearts,  
And let "GOD" lead the way.**

**I did not ask that I be given the sign,  
Nor did I choose the place or the time.  
It's not up to me, what you decide,  
You must open your heart, for the answer's inside.**

**For "GOD" will bring us together,  
As "One" all of thee.  
To set forth an example of "Truth and Love,"  
That the whole world may see.**

*Written by The Trustworthy And True Spirit,  
The Most High God*

## 31 Rare Birds Protected Under U.S. Law

SAN FRANCISCO, California, June 16, 2009, (ENS) — The nonprofit Center for Biological Diversity reached a legal settlement with the U.S. Fish and Wildlife Service Monday that requires the agency to provide protection for dozens of the world's most imperiled bird species and come into compliance with the Endangered Species Act.

The Service has committed to publishing final-listing determinations for six species of foreign birds and proposed listings for an additional 25 species, in accordance with a negotiated timeline that terminates on December 29, 2009.

Alarmed about declines of scores of the world's rarest and most beautiful birds, ornithologists submitted petitions to the U.S. Fish and Wildlife Service in 1980 and 1991 to list 73 bird species from around the world under the Endangered Species Act.

But in violation of the Endangered Species Act, the agency has spent the better part of two decades making recycled petition findings that these species continue to warrant listing but that their listing is precluded due to higher-priority listings.

The Service has listed only six of the bird species and published proposed listing rules for 11 others. At least five of the 73 birds have gone extinct while waiting for protection.

Any progress that has been made toward protecting these species has been the result of lawsuits brought by the Center for Biological Diversity, negotiations and court findings that if



**Photo Credit Unknown**  
*An endangered Cook's Petrel flies over Hauraki Gulf, New Zealand.*

the Service continues at such a pace, "many of the species in question may very well be extinct by the time they are found to warrant a listing."

So the Center again notified the Fish and Wildlife Service of its intention to file suit for violations of the Endangered Species Act and as a result of that notice reached a settlement with the agency to bring it into compliance with the Act.

"We are encouraged that the new administration is showing signs of clearing up its foreign listing program backlog and finally accepting its duty to list these extremely rare birds under the Endangered Species Act," said Center International Program staffer Jacki Lopez.

"Listing foreign species under the Act is an important step in spurring increased inter-

national recognition of those species' urgent plights," she said.

When foreign species are listed under the Endangered Species Act the President is authorized to provide financial assistance for the development and management of programs in foreign countries.

The Fish and Wildlife Service is authorized to encourage conservation programs for foreign endangered species and provide personnel and training for these programs.

Listing international species restricts trade in vanishing species, increases conservation funding and attention to recovery efforts and adds scrutiny to projects proposed by the U.S. government and multilateral lending agencies.

*Continued on page 12*

## Funds Found to Conserve Migratory Birds Along the Americas' Flyway

WASHINGTON, D.C., June 16, 2009 (ENS) — The work of BirdLife International partner organizations throughout the Americas is advancing due to \$4.8 million in U.S. Fish and Wildlife Service grants for 36 neotropical migratory bird conservation projects first announced on May 13, International Migratory Bird Day.

Now, companies, institutions and individuals have contributed an additional \$18 million in matching funds to support habitat restoration, environmental education, population monitoring and other priority activities in the United States, Puerto Rico, Canada, Mexico and 12 Latin American and Caribbean countries.

"This is brilliant news for neotropical birds and Important Birds Areas (IBAs). The Partnership's great work on migratory species will reap the benefit from these grants," said Dr. Rob Clay, senior conservation manager for BirdLife in the Americas.

Of the world's 10,000 or so species of birds, around 4,500 are found in the Americas with many discovered each year. Most of the Americas' bird species are found in the tropics but bird species have adapted to the driest deserts, highest sierras and the freezing weather at the southern tip of South America.

One of the 36 projects is supported with a \$90,200 grant with matching funds of \$271,000 from BirdLife partners and Kennecott Utah Copper Corporation-Rio Tinto.

This funding will enable BirdLife International and partner Aves Argentinas to assess the role of Important Bird Areas in Argentina and Chile in conserving neotropical migrants.

The project seeks to advance the conservation of four high-priority sites in Argentina, Chile and Peru that are linked through shared migratory species of conservation concern to Great Salt Lake, Utah.

Kennecott Utah operates the world's largest open-pit copper mine in Bingham Canyon and the company is making an effort to counteract environmental degradation, including groundwater contamination in the aquifer downgradient of the Bingham Canyon mine.

The approach of linking the communities at the



**Photo SDSU Biology**  
*River of Raptors flies over Mexico's east coast.*

Important Bird Areas with each other and with the community of Great Salt Lake has proved successful in Canada and Mexico, says Clay.

Great Salt Lake supports between two and five million shorebirds, as many as 1.7 million eared grebes and hundreds of thousands of waterfowl during spring and fall migrations. Because of its importance to migratory birds, the lake was designated a part of the Western Hemisphere Shorebird Reserve Network in 1992. The lake and its marshes provide a resting and staging area for the birds, as well as an abundance of brine shrimp and brine flies that serve as food.

Work by BirdLife partners SalvaNatura in El

*Continued on page 12*

# Endgame by Derrick Jensen

Hailed as the "Philosopher Poet" of the ecological movement, Derrick Jensen passionately explains how our industrial civilization and the persistent and widespread violence it requires, cannot last. He weaves history, philosophy, psychology, environmentalism, economics and literature into an intricate pattern of truth and resistance. The 2006 Press Action Award called Jensen's two-volume *Endgame* "the best work of nonfiction in 2006. *Endgame* is the most important book of the decade and could stand as the must-read book of our lifetimes."

To keep dogmatic pacifists from calling the cops and then holding me till they arrive, I need to say that I no more advocate violence than I advocate nonviolence. Further, I think that when our lifestyle is predicated on the violent theft of resources, to advocate nonviolence without advocating the immediate dismantling of the entire system is not, in fact, to advocate nonviolence at all, but to tacitly countenance the violence (unseen by us, of course: see Premise Four in *Endgame*) on which the system is based. I advocate speaking honestly about violence (and other things) and I advocate paying attention to circumstances.

I advocate not allowing dogma to predetermine my course of action. I advocate keeping an open mind. I advocate a rigorous examination of all possibilities, including fair trade, "Reality Tours," lawsuits, writing, civil disobedience, vandalism, sabotage, violence and even voting. (Recently I was talking to a number of college students about the fix we're in and said, "We need to stop civilization from killing the planet by any means necessary." An instructor at the college, a longtime pacifist, corrected me, "You mean by any nonviolent means, of course." I replied that I meant precisely what I said.)

I advocate listening to my body. I advocate clean water and clean air. I advocate a world with wild salmon in it, and grizzlies, and sharks, whales (just yesterday I read — not in the capitalist press, obviously — that the federal government recently refused to provide protection for the North Pacific right whale, the world's most imperiled large whale, because, in the words of an industry spokesperson — oh, sorry, a government spokesperson — "the essential biological requirements of the population . . . are not sufficiently understood"), red-legged frogs, and Siskiyou Mountain salamanders. (Then tonight I read — also not in the capitalist press, silly: what do you think their purpose is, to provide useful information? — "The rare Siskiyou Mountain salamander may be facing extinction because the Bureau of Land Management will soon allow Boise Cascade to begin logging in the amphibian's [last remaining] habitat.")

I advocate a world in which human and nonhuman communities are allowed to live on their own landbases. I advocate not allowing those in power to take resources by force, by law, by convention or any other real or imagined means. Beyond not allowing, I advocate actively stopping them from doing so.

## Derrick Jensen Enthralls People at Maggie's Organics Farm Festival

By Sally Klein  
Bedford, Pennsylvania

ARMBURST, Pennsylvania, June 20, 2009 — On a spectacular windy, sunny, rainy, hot and then cool June day, nature cycled through all the elements as a backdrop to the activities at Maggie's Organics annual Farm Festival. Derrick Jensen's Saturday afternoon presentation at the Raspberry Building main stage was a highlight of the day. Approximately 70 people interacted with Jensen for more than two hours as he discussed his book *Endgame* and his other writings and responded to questions from the audience.

One of the main points that I came away with was, "The role of an activist is NOT to navigate systems of oppressive power with as much integrity as possible . . . The role of an activist is to confront and take down systems of oppressive power."

Other meaningful concepts discussed in depth by Jensen included 'no culture that uses resources is sustainable . . . there must always be reciprocity and replacement in order to maintain balance' and 'violence occurs when we extract any resources from the Earth, including tilling fields



to plant food . . . the plants, creatures, bacteria, fungi, root systems, insects and minerals in the soil are violently destroyed when we till a field for planting. I had never thought of things quite this way before. I noticed at Maggie's farm, the well-maintained fields were not tilled but had been carefully planted in rows, each individual plant poking through the strip of black material laid down to reduce the weeds just around the plants. In between the rows, the ground cover and 'weeds' continued to grow as nature intended. From my observations and new understandings, I was moved to write the poem, "The Last Drop of Oil," to the right.

Maggie's Organics inter-

active farm is on top of a knoll with panoramic views of the surrounding mountain ridges where you may pick your own organic fruits and vegetables and picnic on the patio. The farm focuses on the most exotic heirloom varieties of produce and supplies a large commercial distributor as well as Maggie's on-site farm store and two restaurants.

Maggie's Mercantile restaurants, offering the best organic, vegan and raw foods, are located in Pittsburgh and in Stahlstown. I have eaten at the Stahlstown location, a few miles from Exit 91 of the Pennsylvania Turnpike (Donegal). In the meat-and-potatoes culture that is much of western

*Continued on page 10*

## The Last Drop of Oil

By Sally Klein, Bedford PA

- The earth is not just for humans
- Abusing resources until all is gone.
- Sustainability requires reciprocity,
- As the ancients knew well.
- 
- Waste decayed to form again.
- Life kept pace with the seasons,
- Exchanging energy in equal measure,
- Ashes to ashes, death to new life.
- 
- Concrete burials now halt natural forces.
- Bones are meant to make future soil.
- Deep insight brings tragic visions to ponder.
- There is no easy way.
- 
- Turning from consumption is not optional.
- Survival depends on transformation at the core.
- Our choices, too few to continue
- The vortex of destruction.
- 
- Along the path we lost the wisdom.
- Our egos bypassed natural cycles,
- Ignoring physics, biology and time.
- Hope remains merely a spark within darkness.
- 
- When the last drop of oil is burned,
- And the smoke clears away,
- Will any survive to recreate the utopian garden
- The ancestors mentored for ages?

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### Corrections:

Last month we printed Mark Lautman's name incorrectly. This is the correct spelling. Read Mark's new story on page 9.

Last month we used a photo of a baby holding a cell phone and neglected to credit the photo as being from Shelly Kalnitsky of Wave Shield. Read about Shelly on page 8.

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**Our Goal:** To create a hugely successful newspaper that will report the story of people around the world working to protect their land bases, strengthen local communities and achieve 90% greenhouse gas reductions by 2030.

**Our Mission:** To inspire and encourage readers to think seriously, act intelligently and be peaceful, compassionate, courageous and creative.

**The Dream:** Humans can co-exist with Nature and, once they do, both will flourish.

**Masthead:** We say "Volume 9" because Iona started producing a newsletter with the same name nine years ago. In 1995 Iona wrote a tiny booklet called "The Order of the Earth" and, with friends' help, made and gave away 11,000 of them. This newspaper is an expansion. The photo is of sunrise at Bay Head, New Jersey on Mothers' Day.

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**I no longer believe we can use  
the system to change the system.  
Let it all fall apart.**

**I no longer want to live in their world  
so I must create/find my own.**

--- Kim Stenley, Taneytown MD

# The Uprising in the Amazon is More Urgent than Iran's It Will Determine the Future of the Planet

In the depths of the Amazon rainforest, the poorest people in the world have taken on the richest people in the world.

By Johann Hari  
London, England

Submitted by Jan Walker  
Berkeley Springs, WV

JohannHari.com, June 24, 2009 — While the world nervously watches the uprising in Iran, an even more important uprising has been passing unnoticed — yet its outcome will shape your fate and mine.

In the depths of the Amazon rainforest, the poorest people in the world have taken on the richest people in the world to defend a part of the ecosystem none of us can live without. They had nothing but wooden spears and moral force to defeat the oil companies — and, for today, they have won.

Here's the story of how it happened — and how we all need to pick up this fight.

Earlier this year, Peru's President, Alan Garcia, sold the rights to explore, log and drill 70 percent of his country's swathe of the Amazon to a slew of international oil companies. Garcia seems to see rainforest as a waste of good resources, saying of the Amazon's trees: "There are millions of hectares of timber there lying idle."

There was only one pesky flaw in Garcia's plan: the indigenous people who live in the Amazon. They are among the first peoples of the Americas, subject to wave after wave of genocide since the arrival of the Conquistadors. They are weak. They have no guns, they barely have electricity. The government didn't bother to consult with them: What are a bunch of Indians going to do anyway?

But the indigenous people have seen what has happened elsewhere in the Amazon when the oil companies arrive. Occidental Petroleum is currently facing charges in U.S. courts for dumping an estimated nine billion barrels of toxic waste in the regions of the Amazon where they operated from 1972 to 2000.

Andrés Sándi Mucushua, the spiritual leader of the area known to the oil companies as Block 1AB, said in 2007: "My people are sick and dying because of Oxy. The water in our streams is not fit to drink and we can no longer eat the fish in our rivers or the animals in our forests." The company denies liability, saying they are "aware of no credible data of negative community health impacts."

In the Ecuadorian Amazon, according to an independent report, toxic waste allegedly dumped after Chevron-Texaco's drilling has been blamed by an independent scientific investigation for 1,401 deaths, mostly of children from cancer. When BBC investigator Greg Palast put these charges to Chevron's lawyer, he replied: "And it's the only case of cancer in the world? How many cases of children with cancer do you have in the States? . . . They have to prove it's our crude, [which] is absolutely impossible."

The people of the Amazon do not want to see their forests felled and their lands poisoned. And here, the need of the indigenous peoples to preserve their habitat has collided with your need to preserve your habitat. The rainforests inhale massive amounts of warming gases and keep them stored away from the atmosphere. Already, we are

chopping them down so fast that it is causing the accumulation of 25 percent more man-made carbon emissions every year — more than planes, trains and automobiles combined. But it is doubly destructive to cut rainforests down to get to fossil fuels, which then cook the planet yet more. Garcia's plan was to turn the Amazon from the planet's air conditioner into its fireplace.

Why is he doing this? He was responding to intense pressure from the U.S., whose new Free Trade Pact requires this "opening up" and pays for it from the International Monetary Fund using our taxes. In Peru, it has also been alleged that the ruling party, APRA, is motivated by oil-bribes. Some of Garcia's associates have been caught on tape talking about how to sell off the Amazon to their cronies.

The head of the parliamentary committee investigating the affair, Rep. Danile Abugattas, says: "The government has been giving away our natural resources to the lowest bidders. This has benefitted not Peru, but the administration's friends."

## Indigenous People Fight Back

So the indigenous peoples acted in their own self-defense, and ours. Using their own bodies and weapons made from wood, they blockaded the rivers and roads to stop the oil companies from getting anything in or out. They captured two valves of Peru's sole pipeline between the country's gas field and the coast, which could have led to fuel rationing. Their leaders issued a statement explaining: "We will fight together with our parents and children to take care of the forest, to save the life of the Equator and the entire world."

Garcia responded by sending in the military. He declared a "state of emergency" in the Amazon, suspending almost all constitutional rights. Army helicopters opened fire on the protesters with live ammunition and stun-grenades. Thirty-four protesters were killed but the indigenous peoples did not run away. Even though they were risking their lives, they stood their ground.

One of their leaders, Davi Yanomami, said simply: "The Earth has no price. It cannot be bought or sold or exchanged. It is very important that white people, black people and indigenous peoples fight together to save the life of the forest and the Earth. If we don't fight together what will our future be?"

## Victory!

And then something extraordinary happened. The indigenous peoples won. The Peruvian Congress repealed the laws that allowed oil company drilling — by a margin of 82 votes to 12. Garcia was forced to apologize for his "serious errors and exaggerations." The protesters have celebrated and returned to their homes deep in the Amazon.

Of course, the oil companies will regroup and return — but this is an inspirational victory for the forces of sanity that will be hard to reverse.

Human beings need to make far more decisions like this: to leave fossil fuels in the ground and to leave rainforests standing. In microcosm, this rumble in the jungle is the fight we all face now. Will we allow a small number of rich people to make a short-term profit from seizing



Photo © David Dudenhofer via ENS  
Indio Washuru at the Bagua blockade one week before the police attack. Between 15,000 and 20,000 indigenous people from more than a dozen Amazonian ethnic groups participated in the 10-week protest, blockading highways and Amazon tributaries and shutting down rural airports.



Photo © David Dudenhofer  
Indigenous blockade at Bagua a week before the violence there, May 29, 2009.



Photo by Powless via ENS  
An oil pipeline leak is discovered near Wawas, Peru. June 13, 2009

and burning resources at the expense of our collective ability to survive?

If this sounds like hyperbole, listen to Professor Jim Hansen, the world's leading climatologist, whose predictions have consistently turned out to be correct. He says: "Clearly, if we burn all fossil fuels, we will destroy the planet we know." We would set the planet on a course to an ice-free state with a sea level 75 meters (246 feet) higher. Coastal disasters would occur continually. The only uncertainty is the time it would take for complete ice sheet disintegration."

## A Sane Alternative

Of course, fossil fools will argue that the only alternative to burning up our remaining oil and gas supplies is for us all to live like the indigenous people

in the Amazon. But next door to Peru you can see a very different, environmentally sane model to lift up the poor emerging — if only we will grasp it.

Ecuador is a poor country with large oil resources underneath its rainforest — but its president, Rafael Correa, is offering us the opposite of Garcia's plan. He has announced he is willing to leave his country's largest oil reserve, the Ishpingo Tmabococha Tiputini field, under the soil if the rest of the world will match the \$9.2 billion in revenues it would provide.

If we don't start reaching for these alternatives, we will render this month's victory in the Amazon meaningless.

The Hadley Center in Britain, one of the most sophisticated scientific centers for studying the impacts of global warming,

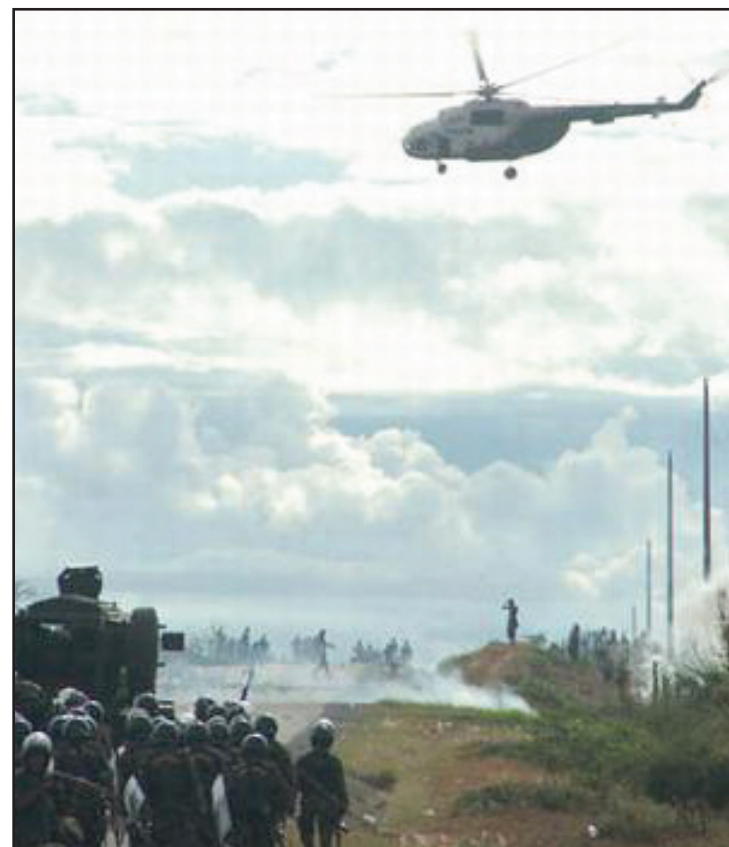


Photo © Thomas Quiryren courtesy CATAPA via ENS  
Peruvian police break up the Bagua blockade with a helicopter and armored vehicles June 5, 2009.



Peru's government killed 34 peaceful protesters in Peru's Amazon rainforest and injured 150.



Sister of one of the victims.

have warned that if we carry on belching out greenhouse gases at the current rate, the humid Amazon will dry up and burn down — and soon.

Their study earlier this year explained: "The Amazonian rainforest is likely to suffer catastrophic damage even with the lowest temperature rises forecast under climate change. Up to 40 percent of the rainforest will be lost if temperature rises are restricted to 2° C. (3.6° F.), which most climatologists regard as the least that can be expected by 2050. A 3° C. (5.4° F.) rise is likely to result in 75 percent of the forest disappearing while a 4° C. (7.2° F.) rise, regarded as the most likely increase this century under most greenhouse gas emissions scenarios, will kill off 85 percent of the forest." That would send gigatons of carbon into the atmosphere — making the world even more uninhabitable.

There is something thrilling about the fight in the Amazon, yet also something shaming. These people had nothing but they stood up to the oil companies. We have everything, yet too many of us sit limp and passive, filling up our tanks with stolen oil without a thought for tomorrow.

The people of the Amazon

have shown they are up for the fight to save our ecosystem.

Are we?

Johann Hari is an award-winning journalist who writes twice-weekly for the Independent, one of Britain's leading newspapers, and the Huffington Post. He also writes for The New York Times, the Los Angeles Times, Le Monde, Le Monde Diplomatique, The New Republic, El Mundo, The Guardian, The Melbourne Age, the Sydney Morning Herald, South Africa's Star, The Irish Times and a wide range of other international newspapers and magazines.

In 2008 he became the youngest person ever to be awarded the George Orwell Prize, which the Observer newspaper calls "Britain's pre-eminent award for political writing." In 2007 he was named Newspaper Journalist of the Year by Amnesty International for his reporting on the war in Congo. The judges called his reports 'outstanding,' 'beautifully written' and 'brave.' You can read his articles at www.johannhari.com.

Ed: One group monitoring the situation is AmazonWatch.org. I collected many articles and photos about this war and don't have all the photo credits.

## UPDATES

# DEP Orders U.S. Energy to Stop Drilling in PA

By Diane Kerner Arnett  
Bradford Era, July 10, 2009 (excerpt)

The Pennsylvania Department of Environmental Protection on Friday ordered U.S. Energy Development Corp. to stop oil and gas drilling operations throughout Pennsylvania for "persistent and repeated violations of environmental laws" documented at well sites in McKean and Warren counties.

Some of the company well locations cited are on Bradford Water Authority land and Allegheny National Forest land, with violations affecting the high-quality streams of Willow Creek and Bennett Brook.

According to the DEP, the Getzville, N.Y. company incurred 302 documented violations from Aug. 7, 2007 through June 30 of this year. Environmental officials said about one-third of the violations have been resolved but 197 violations remain uncorrected.

"U.S. Energy has demonstrated a pattern of behavior that displays disregard for environmental regulations and laws, the consequences being the contamination of water and soil in Warren and McKean counties," said DEP Regional Director Kelly Burch. "This order stops U.S. Energy from building new sites and gives the company 30 days to fix those sites that have already been built."

Further, the DEP said the July 10<sup>th</sup> order resulted from "continued and numerous violations of the Oil and Gas Act, the Clean Streams Law and the Solid Waste Management Act."

The order apparently allows U.S. Energy to continue producing at existing wells.

Violations identified from Aug. 7, 2007 through April 15, 2009 have been corrected but civil penalties "have not yet been resolved." Other violations identified from June 10 through June 30 have not been corrected despite DEP notices to U.S. Energy.

"Most of the uncorrected vi-

olations are in McKean County," said a DEP spokesman.

**These violations include the following:**

- clearing or disturbing more than five acres of earth with no DEP permit or approval or no erosion or sediment controls;
- discharging sediment into Bennett Brook and Willow Creek without DEP approval;
- failing to maintain adequate freeboard or maintain the liners in the pits used to temporarily contain residual and industrial wastes from the wells;
- failing to have an adequate erosion and sediment control plan at well sites representing construction at the site or failing to use such a plan;
- failing to prevent erosion and sedimentation from access roads, failing to apply adequate road material to stabilize access roads and/or failing to stabilize banks and ditches with adequate seed, fertilizer, lime and mulch;
- installing a pipeline across a tributary of Willow Creek with no DEP permit or approval; and
- failing to obtain a waiver from DEP before building a well site within 100 feet of a stream.

Under the order, U.S. Energy must immediately stop all well stimulation or drilling, road or pipeline building, "earth disturbance activities" and discharging wastes to waterways.

Within two days of the order, the company must start to rectify its errors and within 30 days must complete erosion and sediment control practices at all of its well sites. Also, such work must be overseen by a licensed professional registered in Pennsylvania. Within ten days of the order, the company must submit the additional information needed to obtain a permit for the pipeline crossing of Willow Creek and complete a waiver for a certain well site.

The company has five days to bring drill pits at each well into compliance. . . .

## PA Legislation to Protect Local Water Supply Advances

Press Release from  
Rep. Tina Pickett, July 7, 2009

HARRISBURG, Pennsylvania — Representative Tina Pickett (R-Bradford/Sullivan/Susquehanna) announced today that her legislation, that would amend the Pennsylvania Oil and Gas Act to increase the protection of water supplies in the state, has been approved by the House Environmental Resources and Energy Committee.

"In most cases drilling operations occur without any disruption to our daily lives but, in others, water supplies are damaged or lost due to these operations," Pickett said. "This legislation is intended to assure that the greatest precautions are taken to protect private water supplies, a vital and precious resource."

The current Oil and Gas Act, enacted in 1984, does not mandate testing of the water supply before and after drilling has occurred. Pickett's legislation would make this a requirement. Additionally, this bill will extend the time-frame for when a landowner can claim damage to the water supply from six months to 24 months.

House Bill 1205 would also expand the distance where pollution of a water supply is presumed to be caused by an oil or gas well drilling operation. Current state

law permits the Department of Environmental Protection to presume a water supply has been contaminated by an oil or gas well drilling operation if it is within 1,000 feet of an oil or gas well. Pickett's legislation extends that distance to 2,000 feet.

The presumption of contamination of a water supply requires the well operator to conclusively prove his or her operation is not the cause of the pollution by using one of five criteria. Beyond this distance, the department must provide a further demonstration that the pollution in the water supply was caused by the oil or gas drilling operation.

"Pennsylvania is on the cusp of a booming drilling industry with respect to natural gas exploration in the Marcellus Shale region of the state," Pickett said. "It's clear that landowners' wells, springs and other water sources must be protected to ensure public health. Drilling operators must shoulder the responsibility for their actions. This proposal will facilitate more testing and allow for a longer period of time to claim damages."

House Bill 1205 will now be in position for consideration by the full House.

Rep. Tina Pickett, 110th District Pennsylvania House of Representatives; 570-265-3124 or 717-783-8238; RepPickett.com.

## Los Angeles' 'Coal Free' Vow Scuttles Power-Plant Expansion

By Robin Bravender

The New York Times via DailyClimate.org

July 9, 2009 — Plans for a new coal-fired power plant in central Utah were canceled after the city of Los Angeles — the plant's biggest power purchaser — signaled its intention to be "coal free" by 2020.

The Intermountain Power Agency — a political subdivision of the state of Utah co-owned by municipal and rural electric cooperatives — has dropped plans to build a proposed third 900-megawatt coal-fired generating unit at the Intermountain Power Plant near Delta, Utah.

"The project has been abandoned," IPA spokesman John Ward said yesterday.

The decision came after Los Angeles Mayor Antonio Villaraigosa announced last week that the city — which purchases about 45 percent of the IPA's power — wants to end its use of coal-fired power by 2020. Villaraigosa said that the city will replace its coal-fired electricity with energy from renewable sources, natural gas, nuclear and hydroelectric power.

"We were in a permitting and preliminary planning stage and some of the expected partners determined that it wasn't going to match up with their resource objectives," Ward said.

Environmentalists praised the decision and said they expect similar projects to follow suit.

V. John White, executive director of the Center for Energy Efficiency and Renewable Technologies in Sacramento, California, said the cancellation of the unit indicates a changing perception of coal-fired power.

"It reflects a changing need of

power customers, increasing awareness of the dirty footprint associated with coal and a strong desire to pursue a new, cleaner direction," White said.

Environmentalists have fought the proposal since shortly after the Utah Division of Air Quality issued an air permit for the project in 2004. The Utah chapter of the Sierra Club filed an appeal with the Utah Air Quality Board but the board refused to hear the appeal.

The Utah Supreme court agreed in 2006 to allow the appeal to go forward but the appeal was never heard because the process was stalled due to inactivity by the plant's owners.

The Sierra Club hailed the decision to abandon the plant, saying it marked the 100<sup>th</sup> plant to be prevented or abandoned since 2001.

"At the beginning of the coal rush in 2001, it seemed inevitable that as many as 150 new proposed coal plants would get built," said Bruce Nilles, director of the organization's Beyond Coal Campaign. "Since then we've seen an incredible change in the way people, businesses and governments — like Los Angeles — are thinking about energy, figuring out how to generate and use it more cleanly and efficiently. Coal is no longer a smart or cost-effective option."

Los Angeles, one of the principal owners of the plant's units 1 and 2, announced in 2007 that it did not support the construction of the third unit at the plant.

PacifiCorp and the Utah Associated Municipal Power Systems sued the city, alleging a breach of contract, but that suit was recently dismissed.



Protesters stopped a train and unloaded coal to temporarily halt global-heating pollution caused by the coal-burning Drax power station in England.

## Protester Trial: Lessons from the Great Train Ambush

The hijack of a coal train by climate protesters and their ensuing trial both played out in a uniquely British manner.

By Martin Wainwright  
Guardian UK, July 3, 2009  
via DailyClimate.org

It was a lovely sunny morning in perfect English countryside but somewhere among the fields between the M62 and Drax in North Yorkshire, something extremely atypical of this tranquil landscape was about to happen.

I wasn't sure exactly what but on the empty lanes not long after dawn it was easy to guess that the railway line servicing Drax power station might be in the sights of the climate change campaigners' next rumored protest.

Access isn't easy to the completely rural stretch of track, the sort of winding line which earlier campaigners rhapsodised about when they tried to stop Beeching's 1960s railway cuts. But after several cow-parsley fringed dead ends, I saw a man in a day-glo jacket with a red flag at an isolated level crossing, and in the distance a bridge.

One heavily-laden procession of coal hoppers had already trundled past but Drax devours fossil fuel and there were no doubt more on the way. I parked, got out and checked out the supposed Network Rail employee and he looked, shall we say, just a bit "alternative."

I didn't need any hints but scampered off towards the bridge — the recording I made at the time faithfully reproduces my 58-year-old puffs. Sure enough a second train was creeping up towards the river Aire crossing from the south and then it stopped.

Just as I reached it and called up to the driver (these freight trains are massive and I wouldn't have fancied trying to climb aboard), a swarm of people appeared on top of the first two coal hoppers and on the girders of the bridge. Unbeknownst to me, a sophisticated operation had swung into action and worked with a precision I have only seen elsewhere by the military.

The protesters coordinated their actions using a "wedding code." The train was the "bride" in texts between the various ambushers. They were the "in-laws" and the "priests." Reconnaissance had established the bridge as the perfect place to scale the girders and then drop onboard, then to get out the shovels and start heaving coal on the tracks.

As a nervous exponent of the *Guardian's* new technology, I concentrated on trying to hold my digital camera as steady as possible and remembering to double click the record button on my digital tape recorder. Then I had cheerful conversations with Leeds University lecturer Paul Chatterton and primary school teacher Grainne Gannon, who was dressed as a coal-miner's warning canary.

Someone then pointed out a distant figure in a blue uniform coming down the line from the level crossing where I had parked and I decided that it was probably best to concentrate on getting my information back to London. For Wi-Fi reasons, that meant finding a McDonald's so off I went, chatting briefly to the police officer and having the satisfaction of using a variant of "they went thataway," pointing down the line to the train.

Listening to the court proceedings has brought it all back and particularly the good-natured way in which a non-violent but illegal and dramatic act was somehow set in what we like to think of as a traditional British context.

The trial was the same; an illogical but friendly compromise reached between the judge and the 22 defendants.

They pleaded not guilty to obstructing the train but admitted that they were on it, helping off-load the coal. The judge said that court would not accept evidence on climate change but sat through discussions on polar bears, dinosaurs and Arctic melt, even saying in his summing-up that they were eloquent, sincere, moving and engagingly told.

The story obviously doesn't end here. The Great Train Ambush may be an interesting lesson for future generations in how democracy and justice need — and can come to terms with — devices other than votes and debates to progress.

## How Can a Citizen Get the Truth?

Did anybody but me notice?

By John Stoneman  
Bradford, Pennsylvania

Here is a post I put on Bradford Today in response to the DEP shutting down U.S. Energy in Bradford:

Did anybody but me notice that there was a big, big, big difference between the number and description of the violations committed by U.S. Energy according to the DEP and what Joseph Jayson, the chief executive officer of U.S. Energy, said they did?

The DEP stopped U.S. Energy from drilling any more wells, because the violations were so egregious and the company apparently ignored their requests to resolve the issues, while Joe Jayson tells us, "That is absolutely incorrect. There were 35 (well sites) that failed to have a tag on the well. All of those tags are on the wells now. A lot of those tags are on stakes by the well!"

Dam! THAT was easy! So the DEP, which is now obviously on the "environmentalist side" lied about some 300 plus violations they claim to have documentation for.

"A few wells without tags." Thanks Joe! Thanks for straightening that out for us. I feel much better!

So obviously our water quality is not in danger . . . if alls it was was 35 wells without a tag on them!

Thank God! We will all have clean water to drink!

Don't it sound like SOMEBODY is lying when we hear

the DEP say stuff like: "Other violations identified from June 10 through June 30 have not been corrected, despite DEP notices to U.S. Energy."

"Most of the uncorrected violations are in McKean County," said a DEP spokesman Friday.

These violations include the following: [See list in article above.]

. . . to which Joseph Jayson, the chief executive officer of U.S. Energy says, "Thirty-five wells didn't have tags on them."

Sure makes ME feel better! No fear of losing our precious clean water in Bradford any time soon!

Hell! I'll even volunteer to go tag those 35 wells for them myself!

NOTE: To all the sensible people out there . . . can you see why we all need to distrust the "oil producers" when we get such egregious lies and mis-information from them?

AND keep in mind that DEP is the outfit that told us the Snyder Brothers Spill was "only about a thousand gallons" two days after that spill.

So in my book they have a "tendency" to play things down on behalf of the oil companies . . . [Oh, the Snyder Brothers Spill and the Hedgehog Lane "nobody's water was effected" statements early on.]

But my point is, if the DEP says U.S. Energy has over 300 violations (that they documented) it must REALLY be bad!

This is OUR water supply — the water for the whole town of Bradford we are talking about here!

Thirty-five "missing tags" my @\$\$!

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Photo Courtesy of City Garden Farms, Portland, OR  
*Goodbye lawn.*



Photo Courtesy of City Garden Farms, Portland, OR  
*Hello, SPIN farm!*

## Guide Helps Gardeners Become Leaders of Local Food Movement

PHILADELPHIA, Pennsylvania, June 16, 2009 — WORLD-WIRE — The creators of the SPIN-Gardening online learning series have launched the SPIN-Gardening Discussion and Action Guide which can be used by gardeners to create action teams to rebuild local food systems. It can be purchased for \$19.99 for immediate download at the SPIN-Gardening Web site, [www.spinfarming.com](http://www.spinfarming.com).

Contained in the SPIN-Gardening Discussion and Action Guide are ten sections that detail how non-commercial, local food production can be conceptual-

ized, championed and implemented, whether it be in the middle of an urban jungle or on a suburban fringe or in a small town. Topics covered include assembling land bases, sub-acre growing practices, valuing production, workflow and management practices, harvesting and post-harvesting protocols, investments and establishing food production groups.

"Others have written persuasively on why the current food production system should be re-localized," says co-author Wally Satzwich. "SPIN provides the 'how,' by offering a system that makes food growing un-intimi-

dated, productive and fun."

There is no one-size-fits-all plan, according to co-author Roxanne Christensen. "Individuals and communities will create local food systems that reflect their abilities, needs and resources. They just need a clear way to get started and the SPIN-Gardening Discussion and Action Guide provides that."

Satzwich and Christensen first developed a commercial sub-acre farming system called SPIN-Farming which they also make available as an online learning series. They started to hear from gardeners who asked how they could take their gar-

dens to the next level by turning them into significant sources of food crops. In response, the authors launched the online SPIN-Gardening learning series.

By serving as a common denominator between commercial and home and community-based food production operations, SPIN is helping to define what is possible and do what is practical, according to Satzwich.

"What gardeners are telling us now is that they don't just want to grow food. They want to grow a new culture," says co-author Roxanne Christensen.

## Change Your Lifestyle, Change Your Genes

Mind-body  
Medicine Pioneer,  
Dean Ornish, MD,  
Explains Surprising  
New Research

By Shelby Gonzalea  
Solon Springs, Wisconsin

Years ago, Dean Ornish, M.D., brought a well-respected yoga teacher to speak at a medical school. The teacher made a remark along the lines of, "When you do yoga, even your genes can begin to change."

Dr. Ornish winced internally, thinking, "I'm going to be the laughing-stock of the medical school because everybody knows you can't change your genes."

While that was the prevailing thought at the time, current research shows that changing your lifestyle — which could include taking up yoga — may be able to reverse heart disease, stall the progression of early-stage prostate cancer, stimulate the growth of new brain neurons and, yes, even change the way your genes behave.

Far from being a laughing-stock, Dr. Ornish is now a renowned figure in the field of integrative medicine. He is the founder and president of the Preventative Medicine Research Institute, Clinical Professor of Medicine at the University of California, San Francisco and author of six best-selling books, including *The Spectrum* (Ballantine, 2007). He gave the keynote speech at the landmark Institute of Medicine Summit on Integrative Medicine and the Health of the Public which took place in February 2009.

You can view the video recording of the summit at [www.imsummitwebcast.org](http://www.imsummitwebcast.org).

On March 26, he spoke on a teleconference presented by the nonprofit Collaborative on Health and the Environment. This article is based upon that teleconference.

Often, Dr. Ornish said, people attribute their health problems to "bad genes" or they figure that since they are genetically predisposed to, say, heart disease, they will get it no matter what they do, so they might as well continue leading unhealthy lifestyles.

"That's what I call 'genetic nihilism.'"

That mindset reflects a rigid and increasingly outmoded model of how genes and lifestyle determine health.

As recently as ten years ago he explained, "It was thought that you were born with a cer-

tain number of brain neurons. If you went out and had a binge, you lost a few thousand of those or more and that was it. You wouldn't get them back."

These days, he continued, the new field of neuroplasticity is revealing that the brain is far less static than previously thought.

Depression, for example, can shrink your brain but treatment with cognitive behavioral therapy can return it to its previous size. And even if you're not suffering from depression, getting more exercise can stimulate the growth of new brain neurons.

"Your brain can get measurably bigger," Dr. Ornish said. "What I'm impressed by is how dynamic our bodies are. How quickly you can get better — and how quickly you can get worse — in a number of different domains."

More examples of the body's responsiveness to lifestyle change come from research related to telomerase, which he defined as "an enzyme that repairs and lengthens damaged telomeres, which are the ends of our chromosomes that control how long we live."

In 2004, Dr. Elizabeth Blackburn FRS, Professor of Biology and Physiology at the University of California, San Francisco, Fellow of the Royal Society and the co-discoverer of telomerase, coauthored what Dr. Ornish described as a "pioneering study" that appeared in the *Proceedings of the National Academy of Sciences*. The study, which examined mothers of chronically ill children, found that the women with the highest perceived levels of emotional stress had lower levels of telomerase and shorter telomeres than the women with the lowest perceived levels of stress. In fact, on average, the most-stressed women had the telomerase levels and telomere lengths of someone ten years older.

Conversely, a study published in *The Lancet Oncology* in September 2008 found that, after following the lifestyle plan outlined in *The Spectrum* for three months, the telomerase activity levels of men with early-stage prostate cancer increased by 30%. Dr. Ornish and Dr. Blackburn were among the study authors. A longer follow-up study will determine whether there were corresponding increases in telomere lengths.

"We also found that over 500 genes were changed," said Dr. Ornish, "turning on or 'upregulating' the disease-preventing genes and turning off or 'down-regulating' the genes that promote prostate cancer and breast

*Continued on page 13*

## Boycott Applebees to Help Stop Mountaintop Removal in Appalachia

Letter to the Editor  
Turns into an Article

Dear Iona and "OE" Readers,

Much is being said via blog posts, email and Twitter these days. If it is related to mountaintop removal (MTR) Coal Mining information, I have tried to research its origins and usually find the information to be factual.

Recently, I have been receiving emails and noting blogs that want folks to be aware of boycotts.

Maybe you can help with this matter. Boycotts can be a helpful, peaceful and non-violent tool. On the other hand boycotts can be injurious. We certainly don't want to be boycotting the ones who are trying to help environmental causes. Maybe there are other readers who can shed some light on this matter.

The blog below is the one I saw. I can document the site, not the writer. I can also find information via TWEETS [TWITTER] but I don't know how to TWEET in return yet. Please go to: <http://stopstripmining.gnn.tv/blogs/32363/Deranged-mountaintop-removal-worker-to-get-an-idea-as-to-how-heated-up-Massey-Energy-is-taking-this-Friends-of-Coal-FOC-issue-warning-this-video-contains-strong-language-and-shows-the-type-of-thugs-that-are-hired-to-intimidate-locals-and-environmentalists>. Watch the video, then read this blog below: <http://stopstripmining.gnn.tv>. Please remember that this is a blog post but seems to be a typical blog that I have found describing the various businesses giving substantial money to FOC.

"WV State Police Donate \$1,000 to Coal Industry"  
B32339 / Wed, 1 Jul 2009  
20:17:33 / Environment

And it isn't the only government institution giving the coal



Photo by Chris Dorst

*Actress Daryl Hannah is placed in a State Police cruiser after being arrested during a protest of mountaintop removal mining. If Daryl can get arrested, we can boycott Applebees.*

industry tax dollars. The city of Beckley, Beckley Police Department, Raleigh County Sheriff, U.S. Army Recruiting Battalion, Civil Air Patrol, town of Richwood and the Department of Highways have all donated money to pay for the Friends of Coal Auto Fair.

Friends of Coal is a public relations campaign started by the coal industry to change the meaning of pro-coal to pro-mountaintop removal. Just recently, it paid for 300 strip miners to attend a hearing in Washington D.C. on the Appalachia[sic] Preservation Act (S 696), which would ban mountaintop removal.

Every year, Friends of Coal holds an auto fair/country-music concert with free or highly discounted admission. Once inside, the public is barraged with pro-mountaintop removal propaganda.

Perhaps more alarming than government donations are those from the state's "news" agencies. Three TV stations, two radio stations and a newspaper have each given \$5,000 dollars. Shouldn't the media at least pretend to be

neutral?

National chains like Little General, Marquee Cinemas and Outback Steakhouse are also making generous donations. Please add them with Applebees to your boycott list. ([http://stopstripmining.gnn.tv/blogs/32339/WV\\_State\\_Police\\_Donate\\_1\\_000\\_to\\_Coal\\_Industry](http://stopstripmining.gnn.tv/blogs/32339/WV_State_Police_Donate_1_000_to_Coal_Industry)).

Here is another example:

Applebees Supports Mountaintop Removal B32307 / Thu, 25 Jun 2009 12:12:16 / Environment.

An Applebees restaurant in Lewisburg, West Virginia is displaying a large Friends of Coal (FOC) sticker. I called Applebees at 877-225-5602 and reported that its stores were advocating a front-group for mountaintop removal. The lady assured me that the chain knew all about Friends of Coal and the chain was a major coal supporter.

Please support the citizens of West Virginia whose homes are being destroyed by mountaintop removal by boycotting Applebees.

The coal industry created the PR front group Friends of Coal

primarily to change the meaning of pro-coal to pro-mountaintop removal. Though touted as a "grassroots" campaign, FOC actually gets most of its funding from executives and major stockholders. Miners and their families are "strongly encouraged" to display FOC propaganda to give the PR group the image of a popular movement.

Friends of Coal is not grassroots. It is more like lespidesiaroots, the Asian weed sprayed on barren mountaintop removal sites like astroturf; it might look like grass but it is simply a coal-industry prop. <http://stopstripmining.gnn.tv>.

If you only visit one of these sites, I recommend that you watch the video. It is about four minutes long and will give you a good idea as to how the atmosphere is not "business as usual" in southern West Virginia.

Thank you for your help,  
**A Concerned Reader**



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## Dark Skies Best for Health and Nature

AMA Supports Light Pollution Reduction!

Story idea submitted by Loris Boutwell Tiger, Georgia

International Dark-Sky Association Web site

On June 15, the American Medical Association adopted the support of energy-efficient outdoor lighting technology into official AMA policy.

Resolutions are as follows:

**RESOLVED** That our AMA advocate that all future outdoor lighting be of energy-efficient designs to reduce waste of energy and production of greenhouse gases that result from this wasted energy use, and be it further

**RESOLVED** That our AMA develop and enact a policy that supports light-pollution-reduction efforts and glare-reduction efforts at both the national and state levels; and be it further

**RESOLVED** That our AMA support that all future streetlights will be of a fully-shielded design or similar non-glare design to improve the safety of our roadways for all but especially vision-impaired and older drivers.

“Darkness is as essential to our biological welfare, to our internal clock-work, as light itself.”

-Verlyn Klinkenborg  
“Our Vanishing Night”  
National Geographic  
November 2008

Read the original document at <http://docs.darksky.org>.

This official recognition of light pollution reduction efforts is a monumental step toward IDA’s (International Dark-Sky Association) goals of a natural sky.

**22 June** — Dr. Mario Motta explains some reasons behind this resolution and its implications in an article for *Sky and Telescope*. Read “U.S. Physicians Join Light Pollution Fight” at [SkyandTelescope.com](http://SkyandTelescope.com).

Join IDA November 14 & 15, 2009 at the Wyndham Phoenix Hotel as we discuss the new AMA resolution 516 and what it means to dark skies with Massachusetts Medical Society President and member of the AMA Council of Science and Public Health, Dr. Mario E. Motta. Learn more about the IDA annual conference at:

[www.darksky.org](http://www.darksky.org).

# Leatherback Turtle Nests on Jekyll Island, Georgia

By Frank Mirasola  
Jekyll Island, Georgia

(Mindy and David Egan, founders of The Initiative to Protect Jekyll Island, helped to prepare this story.)

At approximately 2:30 a.m. Saturday, May 30 the Georgia Sea Turtle patrol discovered a leatherback turtle building a nest on the dunes between Blackbeard’s Restaurant and the convention center. It is the first leatherback nesting in the memory of most Islanders and could very well be the first documented leatherback nesting on Jekyll Island. Leatherback nestings on the Georgia coast are rare. To date, in 2009, there has been one on Sapelo Island, one on Sea Island and now one on Jekyll.

While difficult to estimate to the untrained eye, the female appeared to be between five and six feet long and in the range of 1,000 pounds. The nesting process from the time she was sighted until she returned to the ocean at approximately 7:30 a.m. was about five hours — she was probably on the beach for at least an hour before being seen, which suggests that she would have been on shore at least six hours *in toto*.

She first attempted to dig a nest at the toe of the dune and had excavated the cavity to hold the eggs. That site was apparently unsatisfactory and abandoned. She moved higher up into the dune ridge, dug another nest, deposited her eggs (estimated to be around 80) and carefully and laboriously covered the nest before heading back to the ocean.

The nesting was closely observed and recorded by Georgia Sea Turtle Center personnel who had been alerted by the turtle patrol. Clearly this was a once-in-a-lifetime event for many of the scientists, staff and interns who were present — all were agog and overwhelmed by the sheer size of the reptile. Photographs and movies do not adequately prepare you for meeting a leatherback at arm’s length without any barriers around. It can be humbling.

We were advised by some of the experts on hand that leatherbacks



Photo by Richard D. Chewning II

The nesting of a leatherback is a natural event that few people in the world have experienced; it is something you remember forever.

(similar to loggerheads) become sexually active between 20 and 30 years old. When they begin nesting, they will nest every third year. During the nesting year they may build six to eight nests and deposit 80 to 100 eggs per nest. The nestings usually occur about 10 days apart. The eggs, which are larger than the ping-pong-ball-sized loggerhead eggs will incubate in their sand enclosure for about 55 days.

With a great deal of luck, in 2040 some of the progeny may return to Jekyll Island.

Young “Miss May Jekyll” was escorted to the ocean by all present who watched until she disappeared from sight about 100 yards off shore. With any luck at all, she will be back in ten days for another close encounter. One cannot help but wonder if, under the new lighting ordinance, the now dark Jekyll beaches are more inviting to leatherbacks.



Photo by Richard D. Chewning II

Her nesting work on Jekyll Island completed, the leatherback heads for the rising sun and a well-deserved return to the cleansing waters of the Atlantic Ocean.

## Why Are They Destroying Weapons of Mass Destruction in Washington, D.C.?

Who’s Looking Out for the Public’s Health and Safety?

By Kent Slowinski  
Washington, D.C.

The Army Corps of Engineers might have to postpone their plans to destroy World War I chemical munitions using the Explosives Destruction System (EDS) in Spring Valley until after Labor Day due to the increased attention the project has recently received and to get permission from the U.S. Army.

The Army produced a five-minute video demonstrating this technology, which I’ve linked to on the “WMD in DC” photo blog at <http://wmdindc.blogspot.com/2009/05/munition-destruction-system-uses-toxic.html>.

In May, the District of Columbia City Council’s Committee on Government Operations and the Environment held a roundtable panel on Spring Valley.

In June, the House Committee on Oversight and Government Reform held another hearing on Spring Valley.

At the Congressional hearing, Representative Jason Chaffetz (R-UT) asked the Army, the Army Corps and the EPA if residents and workers in Spring Valley were safe.

There was dead silence. The government witnesses huddled with their consultants for what seemed like minutes before the Army Corps’ Colonel Mueller said, “It’s getting safer every day!”

It wasn’t very reassuring. After 16 years of cleanup, had



Photo by Allen Hengst

Spring Valley’s Interim Holding Facility, where the Army Corps plans to destroy World War I chemical weapons recovered from the American University grounds. Dalecarlia Parkway is 410 feet to the east, the Dalecarlia Reservoir (D.C.’s water supply) is 860 feet to the west and Sibley Hospital is 980 feet to the south.

they never asked this question themselves or were they just figuring out how to answer the question without perjuring themselves?

Is there something they aren’t telling us?

Both chemical and conventional munitions have been recovered over the past 16 years in Spring Valley primarily from the 52nd Court Pit and the Glenbrook Road Burial Pit — a property owned by American University, which was the birthplace of the Chemical Warfare Service during World War I.

### Lack of Transparency

The Army Corps of Engineers has not provided much information regarding the recovered munitions, citing homeland security issues and possible terrorist activity. The Army Corps has refused to say what chemicals the munitions contain, what chemicals will have to be shipped into the District to neutralize the chemical warfare agents or what hazardous waste material will have to be trucked out of the neighborhood.

The Army Corps has not provided this basic information to Representative Eleanor Holmes

Norton, Mayor Adrian Fenty, Councilmember Mary Cheh, the Director of the District’s Department of Environment (George Hawkins) or Police Chief Cathy Lanier.

This poses a serious problem, especially for first responders. How do you respond to an emergency situation when you don’t know what toxic chemicals are involved?

In addition, during the munitions destruction process, each munition produces 200-400 gallons of hazardous waste, which will likely be shipped to a hazardous waste facility in Port

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Burnt Cabins
- Four Quarters  
Artemis
- Harvest Moon  
Orbisonia
- Health by Choice  
New Enterprise
- Miller’s Diner  
Mill Creek
- Neelyton Post Office
- Pennsylvania Visitors Center  
I-70 Northbound  
Fulton County
- Sandy Ridge Market  
Orbisonia
- Sunny Ridge Restaurant,  
Shade Gap
- Weavers Natural Foods  
Manheim
- Wholesome Living Marketplace  
Bedford

And in New York at:

- Magnolia’s Cafe  
Patterson

And in West Virginia at:

- Community Garden Market  
Berkeley Springs

# Proposed Law to Stop Chemtrails Once and For All

## The Unified Atmospheric Preservation Act (UAPA8)

Revised March 4, 2008

By Richard Michael Castle  
Columbus, Ohio

### Preamble

"We the People, Demanding this Civil Law Prohibiting the utilization of aerial deployments regarding aerosolized chemicals or biological agents and/or Bio-Chemical Mutations banning for any purpose in the North American Continent Airspaces, as have been used for United States Global Warming Mitigation, Climate Change and/or Weather Modification Programs which are deployed into the Unified atmosphere over the United States or Canada. Continued aerial releases will result in irreparable, long term, toxic and heavy-metal poisoning and Demise of the populace and all Life forms. This Preservation and Protection extends to prevention of contamination via toxic fall-out onto the infinite environment of the United States and Canada, which includes our Breathable Air-Column, land masses, rivers, lakes, and Ground- waters, forests and seas and all foods. There are NO current Laws or Rules protecting our Breathable Air-Column, atmosphere and upper-atmosphere from these forms of toxic contamination, ChemTrails, Aerosolized Contaminants, Weapons all. This Environmental Terrorism must and Will End."

**Attention Congress People and Elected Officials.** This Draft-Law Document has been written, 'By the People' that will stop and halt all ChemTrails bombardment and the literal poisoning of the Earth's Breathable Air Column. This subject shall not be debated, UAPA8 is a Civil Complaint and Demand to the United States Congress for Protection of all Life Form's Breathable Air Column, Life and Liberty.

Written By the People in 'plain-Civil and simple, understandable English language' so all can understand exactly what is expected of the U.S. Congress in this Air Emergency-matter. There will be zero- respect given to any official protocols of preparation for this Document, or Submittal(s) thereof. This Document fully states Our Demands. This Petition by self-directed Convergence of Constitutional Grand-Jury by and of Citizens who proclaim the Demand shall be respected and honored as 'The Constitutional Authority' in We The People.

### UAPA8

A proposed Law that effectively bans and forever prohibits the deployment or otherwise released into or onto the Earth's Natural Atmospheric/Stratospheric column and Breathable Air Column.

This Law will prohibit-the-formation or Act as an Instrument for dissolution targeting the U.S. Weather Control Board or Agency. Weather manipulation is a part of identified function and purpose of the toxic chemicals and biological mutation agents, therefore, Weather Modification and Control will be prohibited due to the absolute toxicity profile of the agents used for manipulation, management or controls. A specific Ban on ALL Federal or State Agencies use of 'crisis exemption' loopholes that allow wide and varied spraying of any chemicals into the Breathable Air Column, toxic or not. This specific rescinding is due to the Collusion and possible criminal corruption of Agencies and Corporations, Contractors or developers of chemical agents.

### Congress Shall Make and Pass This Law that Will:

1. Ban mixtures (any Organic or Inorganic chemicals or compounds, elements or the Periodic Table, gases, solids or

plasmas) of chemical materials known as "chaff" from military training operations. Ceasing the operation of Chemical trails (ChemTrails) that occlude sunlight. Weather modifications or any combination of chemical biological mixtures used for any purpose are expressly prohibited.

2. "Cloud Seeding" and Atmospheric/Stratospheric "seeding" technology that utilizes chemicals, gases, synthetic filament carriers or biological substances such as pseudomonas strain germ or mutations thereof, or any sort for the purpose of weather manipulation/modification, such as precipitation, drought, cyclonic, ultraviolet, infra-red heat or cosmic storm managements.

3. Electro-Magnetic radiation/radio and SCALAR or plasmic energy waves generated, HAARP's Array (High Frequency Active Auroral Research Program), Cell-Tower transmitted, propagated, reflected or otherwise articulated into a focused beam or pattern that has the intended purpose of manipulating Weather-systems, causing Droughts, heating Weather-systems or otherwise energizing, or utilized in a mixed waveform of Mind-Control, experimental or operational.

a. These banned Weapons wave form shall include: Microwave spectrum, Acoustic and Sonic spectrum, including Infra spectra to lowest base-sonic range and all in between, Extreme-Low Frequency (ELF) to magnitude Extreme-High Frequency spectrum, all energies Waveform between these electro-magnetic field (EMF) points of magnitude, all energies traveling through any portion of Atmosphere, Bedrock or Waters, or reflected back to the planet's surface for intent and purposes described herein.

b. Focused or spatial-bleed of radiations would result in total and cumulative radiation dosages resultant in cellular damages to Humans and the Environment of Plant and Animal Kingdoms. The use of such technologies exceeds pre-set, electro-magnetic radiation (EMR) thresholds and limitations and is therefore banned from use.

c. Specifically banned are SCALAR-ELF Energies used for Psychotronic-weaponry for Mind-Control, Behaviors-manipulation, Brain-dimming or other forms of 'classified' Weaponry used experimentally or Operationally, anywhere on the Earth.

4. Vaccines of any types are banned, deployed into or onto the Atmospheric/Stratospheric Air Column. Bio-controls deployed aerielly are expressly banned and prohibited from usage that have any mixtures of chemicals or biological materials. Bio-controls containing genetically engineered microbes or biological life forms, natural or genetically engineered are banned and prohibited, expressly banned are any Nano-technologies and devices, genetically mutated, self-replicating, synthetic propagation and/or attached to fungal-forms, bacterium's or any combinations thereof, for any reason or purposes.

### Prohibition of Aerial-dispensed Pesticides, Herbicides, Fungicides, Pheromones, Hormones, Pollens or seeds of GMO's (Genetically Mutated Organisms)

Banning 'all' aerielly deployed or dispensed pesticides, herbicides, fungicides, artificial pheromones, hormones, Animal- or Human-intended vaccines. An independent Environmental Impact Study must be conducted prior to considerations of Agricultural spraying of any sort and which must include all negative effects of Genetically Mutated species on all Life Forms within a 100 Mile radius of the potentially effected area. Due to previous and widespread misuse and mis-management by Gov-



ernmental Agencies, USDA and rampant abuse of Aerial-spraying of these chemical and biological toxins, heretofore, all rights or authority is herein rescinded.

a.) All Prohibitions and Bans herein described are expressly focused at any State or Federally- Approved Contractor of the United States Government, Military or Agencies Corporate-Military Partnerships, International Contractors or New World Order Contractors or Agencies of Government(s) are hereby prohibited and shall be fully enforceable under Criminal Prosecution by a State or Federal Court and will be subject to 'War-Crimes Against Humanity' charges and indictments.

5. Emergency Investigation Funding: \$8.0 Million to commence an Investigation to access the magnitude of Environmental damages that have already occurred by the criminal and illegal spraying, deployment or otherwise released toxic materials described herein, into and onto the North American Continental Air Column and the entire Earth's Air Column. This Emergency investigation will have far-reaching effects with intent to hold all Government, Military, Federally-Approved Contractors, Corporate-Military Partnerships, all Foreign entities, U.S. Agencies and personnel, accountable for the purposeful and Criminal release of extremely toxic agents into the Unified Air Column. Probable Criminal prosecution by a Civil United States Court of Law or future Authority, or a Special Prosecutor assigned by the Ranking Congressional Authority. This is an integral part of the Unified Atmospheric Preservation Act of 2008.

6. International Coordination and Treaty by the Directives of this Bill, the Ranking United States Congressperson shall seek International cooperation through the coordination of all bans and prohibitions set forth in this Legislation, serving as the model and primer for Global Protection of the precious Unified Atmosphere/Stratosphere surrounding this Earth.

a.) The Congress shall engage, through the U.S. State Department, in International discussions for the enjoyment of the Protections and Preservations set forth in the Unified Atmospheric Preservation Act of 2008 as Model for an International Treaty for the prohibition and banning of 'all' aerosolized chemicals or biological agents and/or genetically engineered life-forms contaminations of Earth, released into the Unified Atmosphere or Stratosphere of the entire planet.

**Purpose:** Emergency-level cessation, prohibition and banning of 'all' aerial dispensement of any chemical/biological/electromagnetic treatments, deployments, managements, modification or manipulation of the Unified Atmosphere/Stratosphere and Air-Column above the North American Continent or any Global portion thereof, via any artificial means, for any and all purposes.

**Scope:** A vote by the citizens of the United States of America through our elected United States House of Representatives, the U.S. Congress and the United States Senate, with the signature

of the President of the United States, this legal and binding authorization would put a ban on and prohibit the purposeful release of any organic/inorganic chemicals, compounds, elements such as heavy-metal aerosol particulates, polymer filaments, dipoles of metallized glass or crystalline compositions. This would include vaccines, bio-controls of genetically altered biological life forms. This Law will effectively abate all fallout (back-to-earth), aerial-released chemicals, biological materials, extraneous and spatial reflected electromagnetic radiation.

**Section 1.** This Law shall ban and prohibit the intentional and purposeful release of all chemical and biological substances into the Unified Atmosphere including the upper atmosphere/stratosphere. Current laws and International treaties do NOT recognize, prohibit or regulate atmospheric/stratospheric releases of chemicals, elements, Focused Radiant-Energies or biological materials which are used in Global Warming Mitigation/Climate Change schemes, all clandestine, Weather-Modification(s), Climate change or other biosphere mitigation strategies OR Vaccines, secret-operations carried out by Corporate-Military Contractors, Foreign Governments or entities of any of the above. This specifically includes the U.S. Government, Branches of the recognized U.S. Military or any Agency Appointee.

These substances and agents currently fall back to Earth, mostly as 'spent-wastes' from Illegal ChemTrails Operations with results of widespread chemical and heavy-metal contamination of breathable air, food, water supplies (including groundwaters), foliage and fauna as well as Humans suffering toxic effects, infestations of Humans and animals via aberrant, Black-Op Self-Replicating Nano-Technologies. The release of toxic substances will be causative of chemical poisoning and toxicity to the infinite environment and humankind as a whole.

This Law is intended to interrupt and impede current and all future practices of artificial/man-made aerial releases or deployment(s) of various chemicals, which cause residual "fall-out" of pollutants that will descend to the earth's surface, will be absorbed, inhaled or systemically be causative of genetic and cellular damages, heretofore not regulated nor managed and conducted illegally and clandestine.

**Section 2.** This Law is designed to intercede and bring to immediate cessation any and all current and future operations. To also ban and prohibit deploying of aerosolized polymer filaments, chemical technologies, climate changing/weather modification/manipulation chemicals, and EMR energy-excited operations for the further cause of Global Warming Mitigation. To declare an immediate national moratorium on the deployment or use of Global Warming Mitigation technologies that are intended to artificially shield the Earth's surface from ultra-violet and cosmic radiation or in-situ reparations of the ozone or ionospheric layers in the unified atmosphere/stratosphere. Citing:

i) United Nations General Assembly Resolution 31/72,

TIAS 9614 Convention on the Prohibition of Military or Any Other Hostile Use of Environmental Modification Techniques," and

ii) Federal statute 15 USC § 330 (enacted 1971) requires reporting of weather modification to the Secretary of Commerce.

**Section 3.** Vaccine Prohibition — Prohibits the aerial release of any artificial vaccine en-masse onto segments of the human or animal species. This encompasses chemical or biological experimentation on humans until such a time when exacting, exhaustive public, civil and private-sector medical/scientific studies can prove the overall benefit(s) to humans and the environment. To also inform the Public of the acute/chronic effects that the vaccines will have on humanity and Mother Earth.

No Agency of the United States, including the U.S. Military shall have the authority or official capacity to dispense, deploy or otherwise released into any Natural or synthetic medium, of any mass-vaccine(s) onto/into the Civil-Military or Animal/Creature kingdoms, populaces. Specifically, neither the President of the United States nor the Secretary of Defense may order mass aerial vaccines be deployed unless a Declaration of War has been declared by the United States Congress upon the targets of the Vaccines.

**Section 4.** Document Languages/Vectors/Modalities and Standards

Human Health Risk Assessments, Environmental Impact Statements, Public and Civil Disclosures shall be written in languages, statistics, data and vocabularies that common people, educated and uneducated, and citizens of the United States of America may read, hear or otherwise be informed of — to understand any transmitted communication on the subject(s) of this Law.

All information pertaining to the Unified Atmospheric Preservation Law shall be the responsibility and duty of the U.S. Congress and/or the County Sheriff of each County within the United States, for collection and transmittal or disbursement of this Law to the public, State Elected Officials, Municipal or Township Officials. The public notification(s) will commence upon this becoming a Law of the Land and Air. Public observations of ChemTrails being sprayed into our Atmosphere will set forth Enforcement and Interdiction to have the County Sheriff arrest the violators for future Criminal Prosecutions.

The County Sheriff is the only Elected Law Enforcement Official as referenced by the United States Constitution. The Government of the United States, Agency and Military have demonstrated hostile actions upon the Populace and the Environ-

ment and therefore cannot be Trusted in any aspects of compliance with this Law.

This Law will ensure that pre-deployment knowledge, derived from toxicological and integrative research of Earth's Biospherical/Geo-spherical system sciences with disclosure(s) of all Human Health Risks and Environmental Impact factors, be in compliance with the prohibitions and directives contained herein, for any current or future countermeasure technology considerations.

These Standards will prohibit the utilization of HAARP (Tesla/Eastlund), High-Energy technologies and plasmas transmissions to orbiting geo-stationary satellite receivers and re-transmitting to the Earth's surface. Also prohibits reflected high dosage sources of microwave, Extreme Low Frequency (ELF), Ultra-Low Frequency (ULF) and Electromagnetic Radar/Airborne Chemical synergism Interface via the ionosphere.

I, Richard M. Castle, do hereby Waive any benefits or assistances.

"We, the People, shall prevail."

DRAFT Prepared and authored by Richard M. Castle, Columbus, Ohio, U.S.A. December 7, 2003 Revised May 2005 Revised March 4, 2008 Preamble Extension added November 23, 2008

### Instructions

To all Recipients of this DRAFT Law 'The Unified Atmospheric Preservation Act of 2008';

Copy and take to City Councils, Township, Counties Officials, the elected County Sheriff, States Representatives, Congresspersons and Senators. Always send Certified U.S. Mail or Deliver in Person(s).

Sign your Legal Name on all copies you receive as this will suffice the same as a Petition.

I, the Author of this Document, Richard M. Castle, hereby Sign the Final Draft of UAPA8 and do hereby swear that I am a Citizen of these United States of America.

### NOTE FROM DR. CASTLE:

*Emails I've received state this needs to be a Global Treatise for a Breathable Air Column. There also needs to be a similar Treatise that protects and preserves the Oceanic and All Water Bodies Liquid Water Column. Zero chemical infusions. Period!*

For further information about Chemtrails, contact Michael Castle at ekimcastle@yahoo.com or write to him at POB 1161, Richmond, Indiana 47375.

*Ed: Congressman Dennis Kucinich had drafted anti-Chemtrails legislation but it was withdrawn.*

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# Cell Phones and Children Don't Mix

Natural Moms Podcast #109  
December 28, 2008

My guest this week is Shelly Kalnitsky of Wave Shield and the Cell Phone Radiation News Bureau (CPRN), a voluntary research and information network. CPRN was created to educate people on the latest news concerning cell phones.

Today we're talking about cell phones and children. Children are at greatest risk from cell phone radiation because their brain tissues are still developing. Radiation goes deeper into their brain than adults because their skulls are thinner. And yet kids (especially teenagers) seem to live on the phone.

Some common symptoms are headache, fatigue, insomnia, hearing difficulties, short term memory loss. There is a connection between cell phones and cancer, especially in areas right behind the ear and also the parotid (salivary glands). Switzerland, Sweden and England have

implemented boundaries around the use of cell phones for their youngest citizens.

Many people use cell phones far too much. Instead of using them selectively, for emergencies and such, people use cell phones to avoid simply planning ahead. Much cell phone use is disruptive instead of helpful.

Shelly noted that cell phone users exhibit addictive behavior, constantly checking their phones and even leaving movie theatres to take calls.

Shelly found a material that blocks 99% of radiation [Ed: See note at end of article.] that is used to protect people who work in radioactive environments. He created a product called Wave Shield that you can simply stick on your cell or cordless phone. The ear happens to have the highest absorption rate of radiation of any area in the body.

A recent study from UCLA showed that pregnant women who use cell phones can increase their child's risk of autism. A world-renowned neurosur-



Shelly Kalnitsky, of Wave Shield and the Cell Phone Radiation News Bureau.

geon who concluded a 15-year study recently predicted that cell phones may cause more cancer than cigarettes.

The Web site lists cell phone manufacturers' product radiation levels. It would be smart to check their listings to buy a model with lower radiation levels the next time you purchase a phone. Headset phones that stay on your ear are especially dangerous.

Reports have shown that a man's fertility can be negatively affected when his phone is kept on his hip.

Some people notice symptoms from their computer monitors as well, especially if they use a computer for several hours a day.

Shelly comments that everyone who claims that cell phones are safe are either ignorant of the facts or getting a paycheck from the industry.

**Note from Shelly:** If you are duplicating this story from that radio show there is one major error. Wave Shield does not block 99% of all the radiation. We block up to 99% with our gold shield and up to 97% with the silver-

shield of the radiation entering your inner ear, the highest absorption rate of radiation in the body and the area where most of the reports of tumors and health problems are — right behind the ear.

*The Cell Phone Radiation News Bureau is the source for learning more about radiation and cell phones. The Web site [www.cprnews.com](http://www.cprnews.com) provides updated information from news sources around the world. The bureau was established when it was discovered that information from abroad included studies conducted by prominent scientists that reached very different conclusions than what was being reported in the United States. As well, concerns about the danger to children, misinformation on hands-free kits and a lack of independent and unbiased reporting on cell phone issues prompted the formation of this one-stop information center. Call Kalnitsky at 561-989-9147.*



Photo by Iona

What caption does one write for lunacy?

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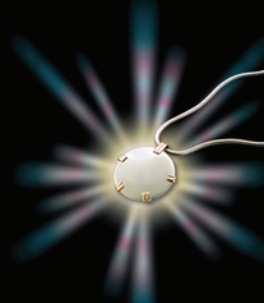
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# Introducing Two New Columnists

Mark's Green Party

## Law and Order of the Earth: The Eco-Squad

By Mark Lautman  
Rockville, Maryland

(Centered in rural Pennsylvania, the Eco Squad is an elite group of law enforcement officers who investigate crimes against an already-decaying environment. Here's how the Eco Squad was formed.)

Detective David Laslow always had an interest in ecological law enforcement. As a youth growing up in rural Pennsylvania during the 1970s, he felt his internal spirit guiding him toward a life of action to preserve nature. While his friends were traveling to the latest discothèques in Harrisburg, Laslow was outside, in the fresh air, looking for ways to protect the environment on which all life depends and in which we all barbecue.

His first act of law enforcement came at the age of 18. The local sheriff had deputized Laslow to issue tickets to litterbugs. Walking down the main street of Everett, PA, Laslow noted that Granny Summers had walked out of Peterson's candy store with a chocolate bar. Granny opened the bar and split it between her two grandchildren. She then tossed the wrapper on the sidewalk.

Laslow took immediate action.

"Mrs. Summers, I'm afraid I'll have to cite you for littering in violation of Article III Section 13-62, Paragraph A of the city charter. It shall be unlawful for any person to dump, deposit, throw, upchuck . . ."

"Laslow, knock it off" snapped Summers. "I'm taking care of my grandchildren today. Do you know why I am taking care of them? It's because my daughter, their mother, is working. Do you know why she is working? It's because your no-good uncle, her husband, sprained his neck while in a plow position at the local yoga ashram and miraculously hasn't worked in five years. My husband (may he rest in peace after being demised and all from choking on bleached trail mix) warned me that your uncle couldn't tell the difference between working and watching TV commercials! You have no right to tell me where I can or can't litter."



Image from Office Publisher

Laslow calmly ignored Summers' refusal to comply with



Image from Office Publisher

basic rules of public sanitation and wrote a citation. He handed it to Summers, who tore it in half and tossed the pieces onto the sidewalk.

"Mrs. Summers, that's two litter violations." He wrote out two more citations, one for each half of the torn ticket. Granny had already headed down the street to Jackson's Toy Store but Laslow caught up and firmly placed the citations in her purse. Furious, Granny tore both citations in half and tossed them into the air.

"Mrs. Summers, that's a total of four more violations."

After a full afternoon of repressive law enforcement by Laslow and reciprocating civil disobedience by Granny, Laslow had written a perfect geometric series of 1, 2, 4, 8, all the way to 1,024 citations for a total of 2,047 and a whopping \$204,700 fine.

Laslow's boss, Chief of Police Dane Waterford, was elated. He realized that he could bring in more revenue to the city's coffers by issuing tickets for littering than the entire formation of highway patrol cruisers on Interstate 76!

The young officer burst into Waterford's office after just two days on the new beat with a jubilant announcement.

"Chief, I brought in two juvenile suspects on my first eco-bust," said Laslow.

"Good to hear it," replied the chief. "What's the charge?"

"Article XII, Section 503.3, Paragraph C. Vandalism of Public Property," announced Laslow.

"Vandalism? There are no buildings in that area. Are you sure?"

"Yes, sir, very sure. I saw two teenagers lacerating trees on county park land."

"Laslow, you can't 'lacerate' a tree."

"Here's the evidence, sir." Laslow showed a Polaroid snapshot of the defaced tree. Engraved into its trunk were the words "Alice + Ben = Love Forever."

"There you have it, sir. I caught the notorious Alice and Ben Gang in the act. This is the tenth tree they've lacerated. They are in the holding cell down-

stairs."

"Laslow!" shouted Chief Waterford. "This is outrageous! Do you realize what you've done?"

Laslow was disappointed at his boss' reaction. "Sir, I suppose you're going to reprimand me for being overzealous in my pursuit of protecting the environment."

"No, Laslow . . ."

"You're going to reassign me to the doggie-poop detail and try to explain to me that improperly processed pet waste seeping into the watershed is an eco-crime."

"Laslow, those two kids whom you arrested — was the girl, Alice, about 16 years old with short blond hair?"

"Yes, sir."

"Was the boy, Benjamin, about 17 years old with curly brown hair and a thin build?"

"Yes, sir," replied a surprised Laslow. "How do you know?"

"I know, Laslow, because you busted my daughter!"

Laslow was dumbfounded. "Sir, I had no idea. I apologize. Had I known, I would have called you first."

"That's not the bad news, Laslow. The bad news is that she's still seeing that kid, Benjamin Horsely, even though I told her to break off their relationship. The guy has no compunction about driving a car with a V-8, 350 cc engine and no muffler. In 10 years he'll be operating a strip mine and I don't want my daughter to have anything to do with it!"

(That was how the Eco-Squad came to be. In our next installment, Detective David Laslow investigates who is spiking the area's compost piles with animal-based protein.)



Photo Courtesy of Canon PowerShot A720

Mark Lautman is currently doing hard time in his backyard garden after being convicted for throwing out reusable shopping bags. He'll be eligible for parole in late August if his tomatoes ripen by that time.



Photo by Iona

Surf rolling onto the shore in Bay Head, New Jersey.

## Encounters With Wonder In Praise of Surf

By Elizabeth Ayres  
California, Maryland

At Point Lookout, Maryland, Earth turns into a sharp needle, stitching St. Mary's County into the Chesapeake Bay and, all along the beach, a snaky filament of white cotton surf tries to thread itself back into the needle's eye.

These waves. Wind beating ocean's drum skin thousands of miles away, wind switching on ocean's lamplight, thousands of miles away, wind gifting itself to ocean's embrace, thousands of miles away and precisely now, the energy that was wind, precisely and exactly here, the energy gifts itself onto the shore as waves of water, tumbling, surging. As waves of sound, crashing, dashing. As waves of light, throbbing, pulsing.

These waves. Even as they leave the bay for the beach, they depart the beach to return to the bay. The simultaneity of them. Not this coming then that going, but both together, coming and going, arrival and departure, the boundary between this and that, between then and now, blurring, in the swirling surf, blurring, in the watching woman, blurring, the waves and the woman, two tines of a tuning fork, struck, reverberating as one pure note. Call it eternity, or infinity, or forever.

Or call it love. On the way

down to the beach, I passed a family out for a stroll. Mother, father, child. I asked the little girl, "Are you having a nice walk?" She replied, "I love my Daddy." I thought, Out of the mouths of babes! Love is the answer to every question, a perpetuity of give and take, the child offering to me what she received from her father, the tumbling, surging surf offering to Earth what it received from air, giving back to water what it's taking from land. A triune transmutation of energy, endless in its duration, constant in its changeableness.

Yes, call it love, the surf, and hold fast to it through your days and nights. As you wake, with salty dream-fingers still clutching the pristine sand of your barely conscious mind. As you plod to the bathroom to brush your teeth, each footfall a transmutation of energy given to the floor from your body, from yesterday's meals, last month's crops and critters, last year's sunshine, all of that now offered back to earth precisely and exactly here, in each shuffling footstep that echoes — doesn't it? — the sibilant shuffling of waves on the shore.

In all your hours, hold fast to it. In the crashing, dashing cycles of grievance and forgiveness. In the throbbing, pulsing revolutions of mistake and rectification. In the comings and goings and arrivals and departures that crest, fold in on themselves, wash up onto your experience then wash back down into your memory, the boundary between this and that, blurring in the swirling surf, the boundary between then and now blurring, in the watching soul, the surf and the soul, two tines of a tuning fork, struck, reverberating as one pure note called eternity or infinity or forever or love, until all that surging, snaky filament threads itself back into the needle's eye.

Elizabeth Ayres, author of *Know the Way and Writing the Wave*, is the founder of the Center for Creative Writing (CreativeWritingCenter.com). You can hear Elizabeth read on Internet radio (wryr.org), Monday evenings at 8:30 p.m. eastern time or catch more reflections at <http://elizabethayres.wordpress.com>. "In Praise of Surf" first appeared in the 6/17/09 issue of "The Enterprise."



Photo by Jane Hale Sypher

## Friends of Animals Win: African Antelope Shielded From Safari Club and Trophy Tourists

WASHINGTON D.C., June 23, 2009 WORLD-WIRE (excerpt) — A decision has been issued in Friends of Animals v. Ken Salazar (Civil Action 04-01660): The Interior Department's U.S. Fish and Wildlife Service (FWS) violated the Endangered Species Act (ESA) by issuing a blanket exemption allowing trophy hunting at U.S. ranches of endangered African antelopes.

Friends of Animals ("FoA") and others sued the Fish and Wildlife Service of the Department of Interior on the grounds that the Service unlawfully exempted U.S.-bred scimitar-horned oryx, addax and dama gazelles from prohibitions against harming, harassing, pursuing, hunting, shooting, wounding, killing, trapping, capturing or collecting endangered species.

Section 10 of the ESA allows some uses for "scientific purposes or to enhance the propagation or survival of the affect-

ed species," if the government publishes notice and allows for public comment for each "good faith" application for an exemption or permit at every stage of the proceeding. It does not provide a means to authorize the sport hunting of these animals.

The antelopes at issue are native to northern Africa. Today, addax and dama gazelles are nearly wiped out due to hunting, war, desertification of habitat, human settlement and agribusiness. Scimitar-horned oryx are virtually extinct; most live on Texas hunting ranches where they are bred.

In 2005, following a Friends of Animals lawsuit, these antelopes were listed as endangered but the government issued a rule creating a loophole for captive-bred antelope, claiming "captive breeding in the United States has contributed significantly to the conservation of these species."

"This is disingenuous," said

Lee Hall, legal director for Friends of Animals, noting that the Service's exemption follows similar fragmentations of ESA listings, resulting in removal of protections for gray wolves, Gunnison's prairie dogs and Queen Charlotte goshawks for political and commercial purposes.

Under Bush's leadership, the federal government has eroded the Act's protections to cater to local governments and special interests. In July 2008, for instance, the Service removed protections for Preble's meadow jumping mice in Wyoming while keeping the Colorado populations on the endangered species list — so protections would end at the state line.

"The Obama administration must reject this fragmentation of the Endangered Species Act," said Hall. "We're glad the party's over for ranches that allow hunters to kill antelopes . . ."

## Artist's Cat Recovering

Last month we ran an article and photo of David Dees' and his cat, Ocey. Ocey nearly died after a car hit him and he needed multiple surgeries. "OE" helped a tiny bit to raise funds to pay the vet bills by publishing his story.

Here is the latest from David:

Hi there, Ocey is doing fantastic. Doctor said he is healing great. Yesterday as we were walking in the park, I saw Ocey do one of his famous spring attacks, a small one, but still it made me laugh just the same.

Here is one of his old big ones [http://www.youtube.com/watch?v=kM\\_IBYcID1I](http://www.youtube.com/watch?v=kM_IBYcID1I)

Thanks for the support.

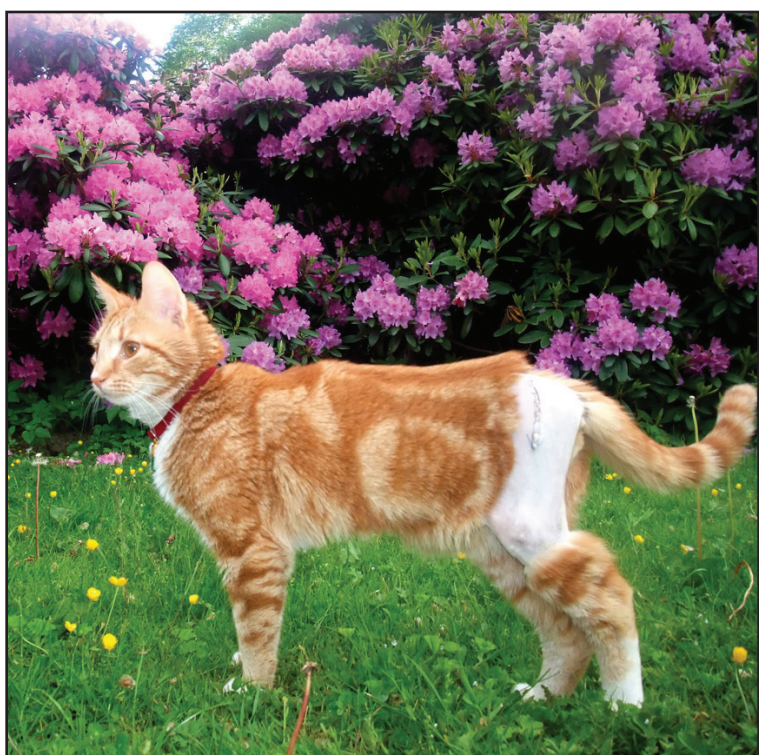


Photo by David Dees

# Secrets of Grinding and Processing Grains

By Al Fry  
Garden Valley, Idaho

Part II (See last month for Part I.)

While grain grinders are important kitchen tools for providing nutrient-rich flour, there are other tools I use to get the oxygen-rich oils that the body needs for health.

Nobel prize winner, Otto Warburg, found that only unprocessed oils from nuts, seeds and animal products provided the cells with enough oxygen to resist the usual degenerative diseases. (See "The Hidden Story of Cancer" at 800-456-9941.)

Virtually all the present processed cooking oils are an abomination and should be shunned in view of Warburg's data. This is easy to pick up on in the huge increase in cancer and such after the time when such oils and hydrogenated trans-fat-loaded foods were introduced.

To get the raw, nutrient-rich oils I need, I use a mixture of sunflower, flax and sesame seeds with almonds, cashews and whatever nuts and seeds I find appealing and a bargain.

To grind the oily nuts into spread, I typically use an Omega Juicer with a worm impeller. This easily squeezes all these seeds and nuts into a mash or pulp and, with a dash of olive oil, water, salt,

honey, etc., a very delicious spread can be made up in minutes. If the price of one of the impeller-type juicers is a bit spendy on the budget, a little whirly blade nut grinder will work to some degree. Food choppers and blenders can sometimes be made to work by dulling the sharp blades or reversing them so they 'smash' the nuts. If all else fails, you can add enough liquid to blend the mixture firm enough, remembering that oxygen kills vitamins and nutrients and only small batches should be made up. Soaking seeds, etc. overnight allows easy processing.

If a roasted flavor is desired in the spread, I only roast a small portion of the seeds, etc. since this heat will also cut down on the nutritional properties of the spread. A handful of seeds can easily be pan-roasted and many other flavor-enhancing strategies can be used. I like using soy sauce (without MSG additives), miso for flavor and honey and stevia for sweetening effects. Carob nibs, dates and oatmeal can be mixed with the spread to make up granola or candy bars. A couple of such bars in the morning and one will often not even crave anything else to eat. The usual "munchies" that people have are simply the body's frustration at not getting enough suitable nutrients.

Most larger cities have co-ops and supermarkets with many seeds and nuts in their bulk-food sections. Health food

stores can often special order both the processors and the nuts and seeds in bulk. A major supplier of commercial nut grinders is Old Tyme at 413-525-4101. You will see their machines filled with peanuts in many larger markets.

Since monkeys instinctively remove the small germ from peanuts before they eat them, you might take the hint. Banging them around in a bag and then allowing the smaller germ to get sifted through a suitable sieve solved this problem.

Roasted soy beans are also passed over for reasons of their greatly inhibiting the human immune system. Many articles have come out on this since the '80s but still soy is being hidden in many food products.

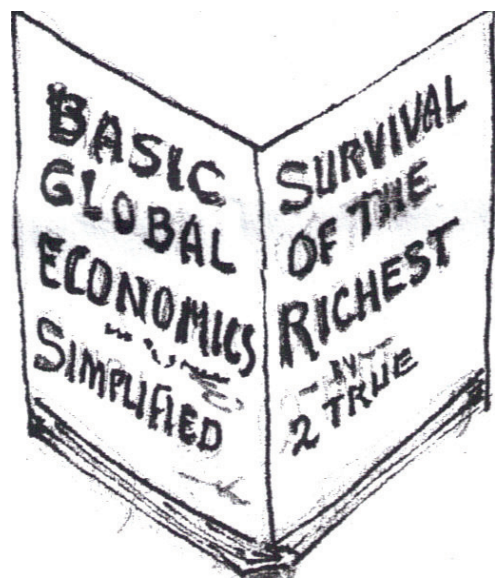
One grain that greatly boosts the immune system is rye. Roman soldiers were issued rye and ate it in solar-dried cakes (unleavened bread) to reduce the incidence of camp-follower diseases. Adding a dash of rye kernels to the usual spread mixtures is a wise move.

Cedar tree nuts also have a reputation for building health and, since the Anastasia books promote them, they are getting shipped in from Russia for her fans.

Many other possibilities exist and the bottom line is simply to remember that heat and roasting kill the life force and healing qualities of whatever nuts and seeds you are using.



Photo by Iona  
Al Fry pouring the batter for his delicious, nutritious waffles made of fresh-ground grains. They are then spread with butter, honey and/or fresh-ground nuts and seeds.



Cartoon by Al Fry

## Going for It!

By Alisha Newsome (12), Toms River, New Jersey

Goals, dreams, wishes, hopes  
With my fears I learn to cope  
Because if not  
I won't get a shot  
At living my dreams.

That's why I work hard  
And harder each day  
I strive for my best  
As if each day is a test  
When I fail  
I don't bail  
I pick myself up  
Then I don't walk  
I strut  
I may be shy  
And pass time by  
In my room  
In the gloom.

But I get out more  
And I've learned to shout more  
I'm super scared sure  
But I think I've found a cure.

I've tried to be outgoing  
And I've really started showing  
My personality.  
The real me  
Because that's who I want to be.  
Now I don't care if people shun me  
Or just plain make fun of me.

God doesn't hand you a book that says  
"How to  
Reach Your Goals, How All People Do"  
That's why it's OK  
To follow your dreams your way  
And don't care what anyone may say.

First published in Alisha's school paper, *Dolphin Dispatch*.

## The Examined Life On Tranquility

By Marion Stuenkel  
Madison, Wisconsin

A decree issued on September 18, 1945 was used to censor photographs of the effects of the U.S. Atomic [nuclear] bombing of Hiroshima and Nagasaki on August 6 and 9, 1945. In part the decree reads, "nothing shall be printed which might, directly or by inference, disturb public tranquility."

I do not think the founding fathers had in mind the purposeful concealing of facts when they wrote in the Preamble to the U.S. Constitution, "insure domestic Tranquility." How can "We the People of the United States" make informed decisions about whom and what to vote for, let alone make good day by day choices, if we are not allowed to see critical pieces of evidence? What does such a decree make of Amendment I [1791] "Congress shall make no law . . . abridging the freedom of speech . . ." At the very least the decree makes a mockery of the intent of the First Amendment.

The photographs mentioned above

were taken by the Physical Damage Division which photographed and recorded the nuclear bombs' blast effects on inanimate objects for the Pentagon's Strategic Bombing Survey. To mislead people by denying access to information so that their tranquility is not disturbed is condescending, deceptive, ought to be illegal and is just plain wrong. Seems to me that if those with power are so concerned that seeing what they'd done would disturb folks' tranquility then they just shouldn't do it.

Socrates wrote "...The unexamined life is not worth living..." which leads me to think about the ancient Roman legal concept still applied today that, "Ignorance is no excuse under the law."

Did I really need to see photographs of flattened buildings for my tranquility to be disturbed? Shouldn't it be enough to disturb my tranquility to imagine people charred in a great fire, vaporized so that all that remained was their shadow on cement? Do I have to see the shadow for my tranquility to be disturbed? Certainly not seeing the shadow is no excuse for not knowing that pow-

erful bombs kill and flatten.

Trust in government provision and university science and technology, especially medical, can result in misconceptions such as we are or will be somehow immune, here in our country, to the devastation of war and environmental collapse.

John Ruskin said, "The essence of lying is in deception not words." So first and foremost I must not deceive myself. This is not a time for tranquility. Tranquility is defined as repose, a time of lack of stress and emotion.

My tranquility must be disturbed now if my grandchildren are to have any. Tranquility can only be sustained in times of harmony, of balance, of natural cycles. Which is not to say that the moment after a grandchild falls asleep or a firefly glimmers on a summer night is not to be fully enjoyed. It is just that as Ruby Montour (Canadian Haudenosaunee prophet) says, "The more the Creator lets you know, the more you are responsible."

There is no excuse for ignorance now.

## Derrick Jensen Enthralls People at Maggie's Organics Farm Festival

Continued from page 2

Pennsylvania's, the fresh, organic, vegetarian meal is a delightfully delicious alternative to travel rest stops.

The farm features U-pick fields to allow others to experience the joy of working with nature and learning how real food is grown. Part of Maggie's Organics mission is to create a resource center which sets an example of what Earth-friendly living is meant to be.

The farm buildings scattered on the land are named according to the nearest field such as Raspberry, Strawberry, Asparagus, Grape and Kiwi. I did not know we grew Kiwis in Pennsylvania.

Each year, Maggie's sponsors the Farm Festival featuring 'green' speakers, craftspeople, live entertainment, activities for children, tractor rides and delicious fresh food offerings.

Other activities at this year's Farm Festival included entertainment by several musicians and a drum circle plus a performance by Jim Donovan and 'Drum the Ecstatic.' Jim provided Afri-

can hand drums for everyone and within minutes had a group of more than 35 adults and children drumming together and smiling. He led the group through rhythms from simple to complex and even had us singing and drumming at the same time.

The tractor rides also seemed to be quite popular. I tasted the delicious fresh fruit and vegetable smoothie but was a bit too late to sample some of Maggie's organic ice cream.

The farm store had copies of Derrick Jensen's books and Earth-friendly products as well as freshly harvested organic produce.

It was a lovely day (in between the sudden thunderstorm and brisk wind gusts) to wander around the farm, discover each of the well-maintained fields, orchards and gardens and experience nature surrounding us in all its glory.

A personal highlight of the day for me was meeting Maggie and experiencing first-hand her enthusiasm and positive energy. She is clearly a different kind of

farmer in an enlightened way and she certainly seems to love her work.

For more information about Maggie's Organics, see [www.maggiesmercantile.com](http://www.maggiesmercantile.com) or visit the farm at 7686 State Route 819, Armburst, Pennsylvania 15616 or phone 724 925-9475. For more information about Derrick Jensen, <http://endgamethebook.org>. For more information about Jim Donovan, <http://www.jimdonovandrums.com>.

*Sally Klein resides in Bedford, PA and is on a journey to unlock her inner artist and writer. She has written articles in previous issues of "OE" and contributed her poetry. Sally has been a healing arts practitioner for twenty years and is exploring pen-and-ink drawing, bead work, writing and poetry. One of these days, she may add photography to her list and figure out how to use her new digital camera to provide photos to supplement her articles and poetry.*



Photo by Joan Norris Daurio

The Editor and her family (Joseph Daurio, brother-in-law, and two of her grandchildren) enjoy looking at *The Illustrated Atlas of Wildlife* published by University of California Press (\$39.95). This book appeals to all generations. Nobody posed for the photo, the attention riveted to the book is genuine.

## Wildlife Book Delights Many Ages

Compiled by Iona

Have you ever seen an antelope the size of a cat or a frog bigger than a lapdog? What kinds of animals thrive in the Sahara? Earth is full of incredible creatures, all specially adapted to survive in even the most inhospitable environments.

Divided into eight geographic areas and organized by continent and habitat type, *The Illustrated Atlas of Wildlife* leads readers from the Great Barrier Reef to the Appalachians and from the ocean floor to the cloud forests, showcasing in scientific detail the bizarre, beautiful and highly specialized wildlife of each location.

This vividly illustrated atlas is the essential wildlife reference, providing a spectacular visual survey of animals and their habitats across the globe.

Learn about the critically-endangered mountain gorilla, the reptiles of the Everglades, a desert spider that transforms into a wheel and hundreds of other endemic and endangered species, as well as the threats and challenges they face.

This beautiful book contains 288, 10 3/4 x 13 1/4 inch pages, 840 color illustrations and photos, 160 maps, and 175 tables with the following information:

- The ecology and wildlife of continents, oceans and poles;

- The most up-to-date conservation and preservation data;
- Hundreds of beautiful color photographs, illustrations and maps;
- Chronicles of evolution and adaptation over the ages, as well as current issues; and
- Human impacts upon the world's complex ecosystems.

Inside these pages, you will read about:

- Chuckwallah's and Gila monsters in the deserts of the American Southwest,
- Giant jellyfish in the Arctic Ocean,
- Resplendent quetzals and harlequin frogs in Central America's rainforests,
- Endangered monk seals in the Mediterranean Sea,
- Billions of migrating birds in the flyways of Europe,
- Magellanic penguins and southern elephant seals in Patagonia,
- Endangered wild horses in the steppes of central Asia,
- Giant pandas and golden monkeys in the mountains of Southwest China,
- Komodo dragons in

- Asia's Sundaland,
- Aardwolfs and springbok in the Kalahari,
- Endangered black rhinos in Africa's Miombo Woodlands,
- Giant leaf-tailed geckos and aye-aye in Madagascar,
- Thorny devils and dingos in the Australian Outback,
- Blue-footed boobies and giant tortoises in the Galapagos Islands,
- An amazing array of bird species from African gray parrots to Galapagos hawks and Andean condors, and
- Many, many more wonderful creatures and facts about them.

### What Others Say:

"Showcasing in scientific detail bizarre, beautiful, and highly specialized wildlife for each location."—*Wildlife Conservation Magazine*

"Lets you hold a collection of 800 stunning images and a wealth of easily digestible facts in your hands"—*Boston Globe Book Section*

(Material drawn from [www.ucpress.edu](http://www.ucpress.edu) and promotional material.)

# A Message From Mother Earth The New Heaven and New Earth

By Doug Davis  
Chagrin Falls, Ohio

"I am pulsating with new life. The New Heaven and New Earth are fast approaching. What do I mean by this?"

I mean a New Earth in which my light shines brighter, one in which a blue light pulsates like a star and shines ever brighter in space, one in which my forests and fields, skies and waters give off an iridescent shimmer.

You will stand in awe. You will recognize me as a living being, a being of light on a journey through the stars. You will never be quite the same again as you witness what this is all about. You will know never to spoil my land, my waters and my air again. You will stand at the edge of my seas and experience colors, sights and sounds you've never known before. You will look up at

the sky and see energies dancing in ecstatic design. And the land will call to you: 'please come and play!'

In the Time of the New Earth you will possess an expanded ability to sense things. You will sense when I am ill and will take measures to help heal me. You will sense when I'm in pain and decide never to cause damage again. You will ask my permission before removing any valuable resources from my body. You will prefer it this way.

Something else is also happening. It is the New Heaven. It is Heaven right here on Earth, a doorway you can step through right now. It is an opportunity for a new life and new way of being that you may have never imagined before. It is a life that pulsates with spirit and joy, one in which you have let go of struggle and stress. You will recognize new feelings about everything: happy, joy-

ous, connected feelings with one another and me.

You will be in your 'right' geographical location, placed exactly where you need to be for your best health, spirit and life. Everything will make sense again and feel just right. You will find yourself doing your 'right' work, that which makes your heart sing. Therefore, trust the impulses that gently flow through you and act on them. I will join you and support you. Love will be the song of the day.

Thank you, stewards of the New Earth. You have taken your rightful places. And so it begins."

*Mother Earth*

Doug Davis is a clairvoyant and spiritual medium. He also loves to garden and grow beautiful plants of all kinds and is the founder of Sacred Earth Seed Co. You are invited to contact him at [Sacredearth88@aol.com](mailto:Sacredearth88@aol.com).

## Africa: Song and Dance Empower Women Farmers

By Sholain Govender-Bateman

PRETORIA, July 5, 2009 (IPS, *excerpt*) - Community theater will be the main thrust of an innovative pilot project that aims to give women farmers stronger influence in agricultural policy-making in Southern Africa. The Food Agriculture and Natural Resources Policy Network (FANRPAN) is set to launch the Women Accessing Realigned Markets (WARM) project in July, after a funding agreement was signed with the Gates Global Development Foundation in June. "Traditionally, song and dance are integral parts of African culture and act as a powerful communication medium whilst also stimulating dialogue so this is what we are going to use," says FANRPAN Natural Resources and Environment Programme Manager, Thembi Ndema.

WARM's main objective is to provide a platform for rural women farmers to express their specific needs and to raise issues that help realign policy research agendas to meet them.

"Women are already engaged in farming and are seeking ways in which to increase their production and earnings." Ndema explains that women farmers are often marginalized in business relations and have little control over access to land, seed and fertilizer as well as credit and technology. Currently, women make up 70 percent of the total agricultural workforce in Sub-Saharan Africa. They are responsible for 100 percent of the processing of basic foodstuffs, according to the latest Food and Agricultural Organization statistics. Ndema says that community theater will help bridge the gap between researchers' knowledge and the communities involved in the project. "We need to get to the local level and increase these farmers' understanding of input markets whilst also educating researchers once we gain insight from the communities," says Ndema . . .



## School of Thought

Teachers like wardens  
overseeing prisoners.  
Students rebelling.

By Terry Darling, Warren PA

### Anastasia Editor's Notes

by Dr. Leonid Sharashkin

How many times have I heard personal examples of this instant recognition: people who have been searching for years or decades for meaningful answers to questions on the purpose of life, on Man's place in Nature, have finally found them in this book! . . .

But should it be surprising that the image of a way of life founded on the ideals of love, beauty and non-violence, as presented by Anastasia, would resonate so strongly with our inner self? After all, does not every one of us want to live in a free society of kind and happy people, in a world without wars, crime or oppression? In a world where not a single tear need run down a child's cheek and where families live in love and prosperity?

Do we not want to live without monstrous industries destroying and polluting both Nature and Man? Do we not want to enjoy creative labor for the benefit of both our families and our communities, instead of suffering through boring jobs merely to enrich faceless corporations? Do we not want a society based on mutual help and cooperation rather than competition? . . .



NOTE: Dear Reader — I love this book so much that I decided it would be the only book I would sell through our newspaper: \$14.95 plus \$3.05 book-rate shipping. Send a check for \$18 payable to The Order of the Earth to HCR 83 Box 881, Shade Gap, Pennsylvania 17255. Write "Anastasia" on the memo line. If you love the first one as much as I did, you may order the rest of them directly from RingingCedars.com or 800-365-6367. For the Earth, *Jena*

# Rare Birds Protected

Continued from page 1

The Service itself acknowledges the benefits of listing foreign species to draw worldwide attention to their plight, to make available U.S. expertise and U.S. funds and to compel the strict regulation of the import and export of protected species.

In order to adhere to the negotiated timeline, the Fish and Wildlife Service promises to publish final listing determinations for these six species of seabirds:

- Chatham petrel, *Pterodroma axillaris*; in New Zealand;
- Magenta petrel, *Pterodroma magentae*; in New Zealand;
- Cook's petrel, *Pterodroma cookii*, in New Zealand;
- Fiji petrel, *Pterodroma macgillivrayi*, in Fiji (fewer than 50 birds remain);
- Galapagos petrel, *Pterodroma phaeopygia*, in Ecuador; and
- Heinroth's shearwater, *Puffinus heinrothi*, in Papua New Guinea.

Behind the name of each species is a story. For instance, the Galapagos petrel, which breeds only on Ecuador's Galapagos Islands, has declined rapidly over the past 60 years and is now classified as Critically Endangered on the International Union for the Conservation of Nature's Red List of Threatened species. Estimates for 2008 suggested a total of 4,500 to 5,000 active nests on five Galapagos islands. These sea birds breed and forage on and around the islands but disperse east and north towards South America and fly up to 2,000 kilometers (1,242 miles) south of the Galapagos.

Introduced dogs, cats and pigs take eggs, young and adults, and rats eat the petrel chicks. Hawks and owls may take adult



Photo Courtesy of Wikipedia

## Galapagos petrel.

birds. Nest-site destruction by goats, donkeys, cattle and horses is a major threat. Clearance of vegetation for agriculture and intensive grazing has severely restricted the petrels' breeding area.

Adult mortality occurs when Galapagos petrels are caught on barbed wire fences on agricultural land and collide with power lines and radio towers and guy wires. Development of a wind power project on the island of Santa Cruz was a potential threat to many breeding colonies on that island but the development plan aims to minimize effects on the species.

Long-line fishing in the eastern Pacific and in the Galapagos Marine Reserve is a threat because the petrels dive on the baited lines and get snagged or entangled.

The Galapagos Islands are a national park and a UNESCO World Heritage Site. Proposed conservation measures include rat eradication and protection of

more marine key biodiversity areas within the Galapagos Marine Reserve by changing the existing marine zoning scheme to reduce the impact from fishing.

As part of the settlement with the Center for Biological Diversity, the U.S. Fish and Wildlife Service will propose listings for these species:

- Junin flightless grebe, *Podiceps taczanowskii*, Peruvian Andes;
- Junin rail, *Laterallus tuerosi*, Peruvian Andes;
- Brazilian merganser, *Mergus octosetaceus*, South America;
- Caucau guan, *Crax alberti*, northern Colombia;
- Blue-billed curassow, *Penelope perspicax*, Colombian Andes;
- Gorgeted wood-quail, *Odontophorus strophium*, Colombian Andes;
- Southeastern rufous-vented groundcuckoo, *Neomorphus geoffroyi dulcis*, South America;

- Margaretta's hermit, hummingbird, *Phaethornis malaris margarettae*, Mexico to Argentina;
- Esmeraldas woodstar, hummingbird, *Chaetocerus berlepschi*, South America;
- Royal cinclodes, *Cinclodes aricomae*, Peruvian and Bolivian Andes;
- White-browed tit-spinetail, *Leptasthenura xenothorax*, south-central Peru;
- Black-hooded antwren, *Formicivora erythronotos*, southern coastal Brazil;
- Fringe-backed fire-eye, *Pyriglena atra*, southern coastal Brazil;
- Brown-banded antpitta, *Grallaria milleri*, Colombian Andes;
- Kaempfer's tody-tyrant, *Hemitriccus kaempferi*, southeast Brazil;
- Ash-breasted tit-tyrant, *Anairetes alpinus*, high Andes of Peru and Bolivia;
- Peruvian plantcutter, *Phytotoma raimondii*, South America;
- Cherry-throated tanager, *Nemosia rourei*, South America;
- Greater adjutant stork, *Leptoptilos dubius*, India, Cambodia;
- Salmon-crested cockatoo, *Cacatua moluccensis*, Southeast Asia;
- Eiao Polynesian warbler, *Acrocephalus cafer aquilonis*, Southeast Asia;
- Cantabrian capercaillie, *Tetrao urogallus cantabricus*, Spain;
- Jerdon's courser, *Rhinoptilus bitorquatus*, India;
- Slender-billed curlew, *Numenius tenuirostris*, Russia, Europe, and North Africa; and
- Marquesan imperial pigeon, *Ducula galeata*, Marquesas Islands, South Pacific.



Photo Utah Division of Wildlife Resources  
A pair of Wilson's phalarope in Utah's Great Salt Lake.

# Funds For Flyway

Continued from page 1

Salvador and ProNatura in Mexico to identify and manage priority wintering sites will benefit from this round of grant funding. There will be financial support for 40 existing monitoring stations throughout Mexico, Central and South America and another 10 monitoring stations will be established to fill gaps in the network.

SalvaNatura and ProNatura have received further funding for their work in the pine-oak forests of Mexico, Guatemala, Honduras, Nicaragua and northern El Salvador, which provide critical winter habitat for the Endangered golden-cheeked warbler, *Dendroica chrysoparia* and 55 other neotropical migratory species.

ProNatura has received funding for conservation work at the El Ocote and Chimalapas Important Bird Areas and at the Calakmul, Mapimi and Sierra de la Laguna Biosphere Reserves, which the bird experts say are all of great importance for neotropical migrants.

There is further funding for the Veracruz River of Raptors initiative, which seeks to improve protection for the five million raptors of 25 species which migrate via a geographic bottleneck between the Sierra Madre Oriental and the Gulf of Mexico.

The raptors soar over Mexico's east coast 20 miles north of Veracruz from August through November. On any given day, hundreds or thousands of birds, 20 or 30 across and many deep, pass overhead on their way south for the winter.

Another Important Bird Area that will benefit from support for monitoring, management and public education is Bahia de Asuncion in Paraguay, a site of international importance for migratory shorebirds.

Also a Ramsar Wetland of International Importance, the Bahia de Asuncion is a stopover for south-bound migrant waterbirds. Despite being close to the City of Asuncion waterfront, some 260 bird species have been recorded there. During winter, it receives an influx of southern migrants, including numerous species of ducks and grebes and rare raptors such as the Southern crested-caracara, *Polyborus plancus*.

BirdLife partner Guyra Paraguay's work at Bahia de Asuncion will include developing tools to increase local awareness about the environment, reducing harmful behavior and involving the community in conservation projects.

Aves & Conservacion, which is the BirdLife partner in Ecuador, will use its grant to strengthen local capacities in research, monitoring and ecotourism at two artificial salt lakes in the Santa Elena Peninsula, establishing site support groups and building alliances with local universities.

U.S. Interior Secretary Ken Salazar said, "These grants will support important multinational partnership projects throughout the hemisphere so future generations of people in North, Central and South America can enjoy and appreciate these remarkable birds."

The Neotropical Migratory Bird Conservation Act of 2000 established the matching grants program to fund projects promoting the conservation of Neotropical migratory birds in the United States, Canada, Latin America and the Caribbean.

By law, at least 75 percent of the money goes to projects in Latin America, the Caribbean and Canada, while the remaining 25 percent can go to projects in the United States.

A number of the grants will enable the National Audubon Society, which is BirdLife in the United States, to restore habitats and improve the protection of migration corridors within the United States. Audubon also is involved in many of the projects outside U.S. borders.

Based in Cambridge, England, BirdLife International was created to ensure that birds, their habitats and other biodiversity were conserved using the best available information, practices and resources.

The Americas Program is implemented by the BirdLife Americas Partnership of 15 conservationist organizations supported by the BirdLife Americas Division and Cambridge Secretariat. The Americas Division Office located in Quito, Ecuador, receives the support of the Brazil and Caribbean programs that facilitate and coordinate BirdLife partnership activities.

# Close Encounters of the Bird Kind: A Story About Window Decals

By Terry Darling  
Warren, Pennsylvania

When birds intersect with windows, the outcome is quite often not in the bird's favor, as depicted in the photo, right. This female American goldfinch broke her neck when she unwittingly flew into a double-hung window on Terry Darling's porch.

Birds fly into windows because they see a reflection of clouds, trees and sky. Millions of birds die each year from collisions with windows.

What's a bird lover to do? One quick solution is to invest in self-adhesive, static-cling decals for your windows, available from many bird-feeding supply catalogs and Web sites. (Use key word 'decal' or 'window

decal' or 'window collision.') Or try a less expensive option — make your own or have children create window art using the same types of shapes as the decals.

**Follow-up email:** I just ordered some more decals for our windows. They came today. After the poor goldfinch, I felt guilty for being such a cheapskate! I was not sure if you would want to post the name of a company that sells anti-collision window decals, as that would seem an endorsement. But I ordered mine from a company called Whispering Pines. I bought 16 and, with shipping, they cost less than \$16. They have a nice variety. I bought chickadees in a variety of activities. Each one is about 3.5-4.5" high and about that wide.



Photo by Terry Darling  
The female American goldfinch that died after crashing into Terry's window before she ordered window decals.

## Protect Wild Birds From Windows



**WindowAlert**

WindowAlert is a decal that may be applied to home and office windows to make them visible to birds. Each decal contains a UV component that makes them glow like a stoplight for birds. Available in many different designs on our web site.

Special offer for readers of "The Order of the Earth" \$1.00

Go to WindowAlert.com and, when ordering, enter the promotional code "COOLIT" to receive \$1.00 off each package of 4 WindowAlert decals (regular price \$6.45). Or call toll-free 877-733-2753 and mention the promotional code. Offer ends 12/31/2009.

www.WindowAlert.com toll-free 877-733-2753

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Image from Office Publisher

## Mercury for Your Entrée? A Side of Sodium?

By Cynthia S. Waugh  
Sykesville, Maryland

"Are PETA [People for the Ethical Treatment of Animals], CSPI [Center for Science in the Public Interest], and Greenpeace running your Marketing Department?" Anyone can find these ad headlines on page 8 of a publication: *Restaurant News* (May 25th, 2009 and subsequent issues). Unlike most of the articles within *Restaurant News*; this ad attacks. The ad declares PETA, CSPI and GREENPEACE anti-industry and claims these groups' beliefs are 'junk science.'

The ad I'm referring to is a full-page, color ad (15" x 12") featuring an oversized fictitious restaurant menu, complete with sample appetizers and entrees with sunburst bullets accenting each food item with the following notations: \*No Trans Fats, \*Low Sodium, \*Locally Grown, \*Low Mercury, \*Free-Range Beef, \*No Calorie Drink and \*Cage-Free Eggs. This mock up menu is similar to what we have begun to see at eat-in, family-style chain restaurants. Other than \*Cage-Free Eggs and \*Free Range Beef, I've been stymied as to what "low sodium," "no trans-fats," "no calorie drink" have to do with PETA or Greenpeace? Suddenly, the reader is to suppose that lowering your sodium and caloric intake and/or eliminating trans-fats came from PETA or Greenpeace's directions.

What happened to the voice of the Surgeon General? Did this ad try to nullify your common sense and the authority of the U.S. Department of Agriculture, Center for Communicable Diseases, National Institutes of Health, Federal Drug Administration, Department of Health and Human Services, American Heart Association, American Medical Association, American Diabetes Association, and/or the National Cancer Institute? These organizations are not without faults (as many of us have learned); however this ad doesn't give any of the aforementioned agencies credit and tries to void any progressive thought process belonging to 'you' the consumer.

**Here is what the remainder of the ad touts:**

"Anti-industry activists have successfully attacked the public with scare tactics and junk science about trans fats, high-fructose corn syrup, sodium acrylamide and a host of other issues. And food companies often make mountains out of molehills by using the activists' emotional language in their own marketing materials. If you give organized lunatics control over your products and sales, you'll quickly find yourself with less of both. DON'T PUT JUNK SCIENCE ON THE MENU!"

**I had several reactions:**

**#1** Wow, environmentalists are scaring industry experts and this consumer ad agency. This is great!

**#2** We (organized lunatics) must be scaring them on too many issues to mention, since the end of the sentence states "...and a host of other issues."

**#3** Since when would anyone desire to ingest mercury?

**#4** Now that we know better, why would anyone go out of their way to eat trans-fats?

**#5** "And food companies often make mountains out of molehills..." That is a bold statement in a restaurant news magazine, since their target reading audience is food companies. Trouncing activists was not enough; they also offended some of their own readers.

Not only has this ad made an exaggerated and foolish claim, but it may encourage wildly-alarmed restaurateurs

to jump on the bandwagon now to fight for trans-fat and mercury justice! Or fight for high fat and high sugar drinks! Or demand the return of 3,000 mg sodium side dishes. Does this sound silly?

It isn't for many folks in the food industry. Many restaurateurs are hoping that you won't find out what is really in your food.

In a sense, I suppose their ad against alerting consumers to a menu that touts healthier options might be a bit like junk, as they claim. I will give them some credit, but for a different reason.

For example, the menu draws attention to food with huge starbursts over a three-layer chocolate cake with icing as being made with 'cage-free' eggs. Ideally, this is not enough for me. I'd like the cake to be animal-fat-free, using organic or non-GMO (genetically modified organisms) flour and Fair Trade 70% dark chocolate. Advertising their cake as supreme for one's health because it was made using cage-free eggs is phony and a poor specimen for this anti-environmentalist group to plug.

"We" will be the healthier ones. Vegetarians and those that chose the so called 'alarmist food lifestyles' are uniting nationwide to report significant health gains. Film stars, popular athletes and others who have become vegetarians (LeBron James, Natalie Portman and Paul McCartney) know that, compared to their previous meat-eating lifestyle, they are in better health (PETA, 2009). Farmers observing free-range methods are reporting renewed satisfaction due to implementing sustainable, consciously-appealing practices.

Locavores (those who eat food grown close to home) can feel inner peace each time a family meal is created their way. Yet, an organization: ConsumerFreedom.org seems to want mercury, trans-fats, factory-farmed eggs and sodium-rich foods in your diet.

I have to wonder if ConsumerFreedom.org was part of the industry that chose to 'alarm' us that First Lady Michelle Obama was sending the wrong message to U.S. citizens by creating an organic food garden at the White House. I imagine 'locally grown,' 'organic' and/or 'low sodium' might mean something to Michelle Obama and that's what concerns groups that are against progress, change and specific labeling requirements. Incidentally, has anyone else noticed that the press, when referring to The White House Garden has dropped the 'organic' label? Was there pressure from groups like ConsumerFreedom.org?

I visited ConsumerFreedom.org online as the ad suggests and I invite each reader of "OE" to go to this site as well. It's good to see that we are unnerving them and that they are troubled by our efforts to chose foods wisely and equally troubling for them is that we are demanding our lawmakers to pay better attention to current industry standards. Desiring to do so is not only an improvement for our health but greener for our environment by ultimately creating conscious consumers who possibly lower everyone's carbon footprint

Would you like to learn more?

Please watch the activity for Menu Education and Labeling (MEAL) Act, sponsored by Senator Tom Harkin and Congresswoman Rosa DeLauro: S. 1048, HR2426 introduced in May 2009 "To amend the Federal Food, Drug and Cosmetic Act to extend the food labeling requirements of the Nutrition Labeling and Education Act of 1990 to enable customers to make informed choices about the nutritional content of standard menu items in large chain restaura-

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## Val's Column Mr. Sweetie's Story

# Horses Need Your Help Now

By Valerie Stanley  
Laurel, Maryland

Walking into a horse auction with \$140.00 in my pocket, many things raced through my mind. I wasn't sure how or even if I could rescue a horse and just the idea of being surrounded with the hopeless and sickening things that go on at auctions almost kept me from going. As it turns out, that meager amount of money was all I needed to save one poor horse from a long, painful trip to a slaughterhouse and a panicked, scary, horrible end to his life.

As soon as I walked into the auction, I spotted him. He was white. (In the horse world, white horses are called grays.) He was a large pony; his ribs stuck out and he looked in bad shape and as if he was in pain. I could not bear the thought of him being hauled to slaughter, crammed in with other horses. I knew that most likely he would fall from weakness in the trailer and would get kicked and trampled by other, healthier horses. I decided that I had to get him out. While I was looking around at other horses, though, he was sent into the auction ring and in under two minutes, sold to a slaughter buyer.

By the time I realized it, he had already been placed into the kill pen with the other horses that had been bought by that particular slaughter buyer. Slaughter buyers work for the various horse slaughterers buying horses. They attend every horse auction and are known by most people regularly attending these auctions.

I went up to the slaughter buyer who had bought the pony and asked whether I could buy the pony from him. He told me to pay for the pony at the cashier, bring back the receipt and I could go get him out of the kill pen. The buyer had paid \$120 for him; the extra \$20 I had to give him was, I guess, for the trouble the buyer would have to go through to replace the pony with another horse headed for slaughter.

When I went into the kill pen, I went up to the pony and spoke to him. He was responsive and obedient as I led him out of the pen. When I first went into the pen, another large, very nice looking grey horse came up to me and followed me around. The pony I had selected was safe and after attending the rest of the auction, I made arrangements for him to be transported to a temporary barn. I took the pony to the auction vet who drew blood for a Coggins test, a test for Equine Infectious Anemia (EIA). Horses going to slaughter are not tested for EIA.

When my friend came with the trailer, the pony would not go on. I

had some carrots with me and went inside to the front of the trailer while my friend waited at the back of the trailer with him. I called to him, saying, "Come on, Sweetie." He walked right onto the trailer in response to my voice (and the carrots of course!). That did it; his name became Mr. Sweetie.

It was already very cold outside. We took Mr. Sweetie to a nice, deeply bedded stall with hay and water. I said good-night to him and left to tell my husband I would soon be home and that I had rescued a horse from the auction.

Mr. Sweetie was indeed hurting; he lay down almost immediately in the stall and rested, off his feet, for an entire two days. When a vet came to examine him, she said that he was over 30 years old. This is quite old for a horse; in human years, this is the rough equivalent of being 90 years old.

It is hard to know exactly what kind of life Mr. Sweetie had before I met him. From his gentleness and responsiveness to kindness, it is quite possible he was a show pony in his younger days. When he went to his new barn and was surrounded by adoring girls, he seemed to be completely in his element.

### A Two-Minute Chance for Life

When I first went into the pen, another large, very nice looking grey horse came up to me and followed me around. I've been in kill pens at other auctions and some of the horses already sense the danger they are in. The large grey horse acted this way and would not leave my side. I had to shut my eyes and heart from saving him, too. I have always wondered what happened to him. Some horses are trucked from auction to auction and run through several auctions before they reach their final home or destination, so it is possible he was bought by someone who would give him a home. More likely, he was not and ended up being slaughtered.

Auctions are hard to go to if one loves horses. It is extremely difficult to see horses and know the horrible end that awaits those not bought by private owners. Many people do not understand that horses are slaughtered for meat that is shipped overseas to France, Italy, Belgium and Japan. It is a huge, ugly business.

A woman at that auction had brought her mare and the mare's sweet yearling to the auction to be sold. She spent hours before the auction brushing her mare in the hopes that someone would find her attractive and buy her. She was right; someone bought her mare. And her young, pretty filly was sold to slaughter. Did the owner

not know? Did she not care?

After the auction was done, I waited for a friend of mine to pick me and the pony up. I hung around the various pens of sold horses and watched all the horses sold to slaughter being beaten into large single- and double-decker cattle trucks. One sweet mare stopped just short of going into the trailer; she looked around the holding pens as if trying to decide whether she should go onto the trailer or not. She was beaten until she got onto the trailer. It was sickening and maddening seeing all of these horses treated this way. I could only comfort myself with the thought that I had rescued one.

Horses taken to auction literally have one to two minutes being trotted in a ring to attempt to impress someone enough to be given a nice home. It is an impossible task but is all that is afforded to horses and ponies at auction. If given more time, outside of the auction setting, it is my belief that every horse or pony brought to auction is the perfect horse or pony for someone. It takes time, time that horse owners don't give horses who have many times given their all.

### The Fate of Many Beloved Companions

Show ponies, million-dollar racehorses and camp horses can somehow or other end up at auctions. This means that about 80% of all horses sent to auction are sold to slaughter, facing hours, even days, of cramped trailer rides getting no feed or water, eventually winding up at slaughterhouses in Canada and Mexico. The sad fact is that someone's beloved show pony or companion may wind up being taken to an auction after being sold from owner to owner. Or, (s)he could have been a lesson- or camp-horse at some point.

These horses and ponies are true champions. They spend years of their lives taking care of young and new riders; they depend on the heart of the owner of the lesson barn or camp. Every end of summer, thousands of camp horses and ponies are taken to auction as they are no longer "needed." Many racehorses are taken to auction when they are injured or are no longer making money. Foals born as by-products of the Premarin© industry are sold for slaughter. ("Premarin" is short for "pregnant mare urine" and is a female hormone replacement drug.) And the Bureau of Land Management (BLM) sells wild horses and burros to persons who turn around and sell these horses at auction for slaughter.

It is estimated that every five minutes an American horse is slaughtered for human consumption. As of the

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## Change Your Lifestyle, Change Your Genes

Continued from page 5

cancer (a specific class of Ras oncogenes) as well as the genes that control inflammation and oxidative stress."

Those results were published in the *Proceedings of the National Academy of Sciences* in June 2008.

Inflammation and oxidative stress are considered important underlying mechanisms for diabetes, coronary heart disease and metabolic syndrome, among other conditions.

Technically, he acknowledged, you can't change the genes themselves. "But you can change how they're expressed by modifying the proteins that turn on or turn off these genes. If you can turn off a gene that's disease-promoting, then effectively you've changed your genes — at least functionally, if not structurally."

The healthcare system in the United States has been slow to embrace lifestyle-change approaches to managing serious illness. But that is changing. Medicare now covers the Dr. Ornish Program for Reducing Heart Disease — a comprehensive lifestyle-change program shown in clinical research to reverse even severe heart disease without drugs or surgery.

"I'm cautiously optimistic that the world is catching up with us," Dr. Ornish said.

After giving the keynote speech at the Institute of Medicine summit, he testified before the Senate Health Reform committee about how preventative integrative-medicine practices, such as lifestyle changes, could save

the country billions of dollars in healthcare costs and help affordably extend healthcare coverage to more people.

Key among his recommendations were:

- Change the reimbursement system to pay for integrative-medicine practices that have been proven safe and effective;
- Fund more scientific studies of integrative medicine;
- Incentivize wellness in healthcare plans and on corporate work-sites;
- Serve healthy lunches in school cafeterias; and
- Change subsidies in the Farm Bill to make it cheaper to eat healthy foods than junk foods.

You can access his full testimony and other resources at [www.pmri.org/press](http://www.pmri.org/press).

Through the efforts of Dr. Ornish and others, awareness of the medical efficacy of lifestyle change is spreading through the public consciousness.

"For me," he said, "awareness is always the first step in healing. Just knowing these changes can make a difference so quickly can empower people and . . . motivate them to make these changes."

*Shelby Gonzalez is a freelance writer specializing in science and the environment. She welcomes comments, inquiries and unsolicited advice at [shelbygonzalez@gmail.com](mailto:shelbygonzalez@gmail.com).*

Every month, the Collaborative on Health and the Environment (CHE) presents free teleconferences featuring the latest environmental health science. You do not have to be a CHE Partner to participate in a CHE teleconference.

[www.HealthAndEnvironment.org](http://www.HealthAndEnvironment.org)

An extensive archive of downloadable MP3 recordings of past CHE teleconferences is available at [www.HealthAndEnvironment.org/news/calls](http://www.HealthAndEnvironment.org/news/calls).

The Collaborative on Health and the Environment is a nonprofit program focused on the science of environmental health with working groups targeting cancer, learning and developmental disabilities, metabolic syndrome and more. CHE welcomes individuals and nonprofit organizations to apply to become Partners. Applying is free and takes only a few minutes. Details at [www.HealthAndEnvironment.org/application](http://www.HealthAndEnvironment.org/application).

## FARMERS AND CONSUMERS AS FOOD ACTIVISTS

By Michael Tabor  
Takoma Park, Maryland

Every so often I'm asked to speak to a college or high school class. It's an opportunity for me to voice my thoughts — most of which come to me when I'm working in the field.

Because I'm a relic of the 1960s, my main message is that young people have the power to make change happen. Many of their parents, teachers and elders have bought into some unholy concepts — and I attempt to offer different — perhaps heretical — thoughts they should think about.

So here are a few:

1. I offer them a choice of a red or blue pill (referring to the Matrix films) and suggest they are living in a false corporate-dominated mindset reality. They are programmed by TV, the movies, video games, schools and advertising in how to eat, dress (I ask how many are wearing corporate logos on their clothing), consume and think. The alternatives they now have are cynicism and anger. I offer activism — community, electoral and spiritual activist involvement.

2. I also advocate involvement in local and state politics. National politics are sexy and alluring — but change can more readily happen at the local level — school boards, county and city councils, state electoral politics. The right wingers recognized that and began organizing



Photo Submitted by Mike Tabor

Michael Tabor shows visitors to Licking Creek Bend Farm the high tunnel which extends the growing season for some of his vegetables. The tractor can ride right through it and till the soil.

locally in the '70s and succeeded in motivating a large portion of the electorate. Name recognition in politics and the financial advantage of incumbents is central, so once elected (even dog catcher), any elected official has a better chance of re-election and moving up than an unknown. To test out my assumptions, I ask students to ask their parents what state electoral district they live in. In Maryland, parents should at least know the name of one of

their three delegates and their state (not federal) senator. They most likely won't. I encourage students to read metro sections and local newspapers and become more aware of local issues.

3. I suggest the food they're consuming in their school and community is killing them. I tell them (especially inner-city students) they're eating rat poison! A diet of foods laden with high fat, fried, high fructose corn syrup will encourage type 2 dia-

betes. Every inner-city classroom is filled with children whose parents, aunts, uncles or other relatives have "sugar" (diabetes). And our culture of capitalism-gone-amok, with few watchdogs or whistle blowers, enables and encourages us to make poor food choices. The U.S. Department of Agriculture and the Food and Drug Administration have failed us miserably when it comes to providing creative and imaginative leadership.

4. I tell them that their super-

markets are filled with food that causes them more harm than good. Red meat, white flour and candy all should be eaten in moderation if at all. Our bodies sometimes crave these often-addictive, foods. But children should be encouraged to eat a diet of greens, whole grains, locally-grown vegetables, fruits and juices (not sugary imitations but pure juices). In many schools I visit, I've been told and shown that teachers reward their students with candy, McDonald's coupons, donuts and cola products! There must be a more consistent message if we're to be credible.

5. I advocate the complete elimination of vending machines in public schools. It's been a way corporations have brought their products into our classrooms in an effort to "brand" and addict children. Principals, parents and school boards have compromised their ethics and values by allowing these machines in schools. And plastic bottles filled with water have become their own source of pollution. The reality is that we are all accomplices and enablers. (Charitably speaking, it's also about a lack of sufficient funding.)

So, extending some of these heretical thoughts to you I'll add alternatives:

1. We need to offer school children the best, not the cheapest food. In the long term, we'll cut down the hospital, insurance and societal costs that affect all of us.

2. We need to make sure our farmers and supermarkets are not solely geared to the wealthiest among us. Good quality, affordably-priced, nurturing and healthy foods should be available to all the public. Your local farmers' market should be reaching out to minorities and ethnic populations.

3. Plastics (particularly bags), have become a primary pollution source. They should be eliminated from our market place — the United Kingdom, France and countries like Rwanda recognize this and have started to ban their use. Whenever we have an opportunity, we should advocate their elimination — by voicing our concerns to elected officials, supermarket managers, farmers, etc. and by bringing our own bags.

4. Become more aware of what we eat. I subscribe to *Nutrition Action*. One of my farmworkers gets *Life Extension*. I believe we have evolved to eat a relatively modest diet based on famine, flight and fight, and a very active life. Sugar and transfat were not part of that diet. 1200 to 1500 calories were consumed in a whole day! Today, we might eat that in one meal — and then sit and watch TV or work at a computer most of the day. It's no accident that so many cancers (particularly breast and prostate) are located in fatty tissues. Or that type 2 diabetes is seemingly out of control. That all has to change if we're truly interested in the

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## Small Township Fights Big Coal: Hopes to Go To Supreme Court

Residents fight against corporate privileges that "legalize" the coal corporations' destruction of their community.

By Katherine Watt  
State College, Pennsylvania

### Part I: Background Blaine Township versus King Coal

December 2008

What does it take for ordinary people to start a revolution?

For our ancestors, it meant letting go of a comforting myth: that King and Parliament enacted policies with the best interests of the colonists in mind, that the interests of colonists and rulers were identical.

When the colonists lost that illusion, they had to make a choice: resign themselves to subservience or resist. Their resistance made history. But realizing — in practice — the ideal of self-governance that most of the American Revolutionaries fought for, has proven elusive at best.

Another revolution is brewing.

One comforting myth nowadays is that the first priority of the Pennsylvania Legislature and the Department of Environmental Protection (DEP) is protecting citizens. It's scary to realize they work against the people who vote and pay their salaries but their real first priority is profit maximization for corporate donors who fund campaigns and write legislation. State laws — from agribusiness, sludge application and timbering to mining and water withdrawal — hogtie people from taking direct action to protect their communities. The DEP just processes paperwork, "permitting" the harms corporate shareholders want to inflict.

Another myth is that economic development, resource extraction, consumption and profit can grow infinitely. Most resources are finite: destructible, nonrenewable, especially fossil fuels. And a growing global consensus plans to cut CO<sub>2</sub> (carbon dioxide) emissions down from the current 387 parts per million (ppm) to 350 ppm. That means leaving the coal in the ground, speeding up the transition to conservation and clean energy

and empowering local communities to protect the land and water where they live so those places will support their children and grandchildren in the future. Not a pain-free plan but one that looks far beyond the next quarterly report.

What do you do when you recognize the threats, abandon the myths and see the power boundaries and relationships? Resign yourself to impotence? Or organize your resistance?

Blaine Township is resisting, along with a handful of other municipalities across the state. Blaine is a tiny community — about 600 people living on 12 square miles in Washington County, which has a long, brave history of fighting oppression and a long, dirty history with King Coal.

Starting in the early 1980s, coal mining — already plenty destructive thanks to acid mine drainage — got worse when longwall technologies replaced "room and pillar" mining. Longwall mining introduced huge machines that devour panels of coal up to six feet thick, 1,000 feet wide and 10,000 feet long, leaving no support for the ground above causing subsidence, damaging homes and roads, farms, waterways, ecosystems and livelihoods throughout southwestern Pennsylvania.

The people of Blaine saw the longwall machines headed toward their homes, aquifers and streams. They saw the DEP stamp "approved" all over the permit applications in neighboring communities. And then they saw those communities ruined and abandoned, farms failed for lack of water, streams dried up, homes were badly damaged when the foundations collapsed beneath them and roadbeds cracked.

In October 2005, Blaine Township residents began studying their options. What could they do to protect themselves? A year later, the Board of Supervisors adopted a Corporate Mining Ordinance banning corporations from mining within Blaine Township, and a Corporate Rights Ordinance stripping corporations operating in Blaine Township of legal rights intended for people but harmful to people and communities when exercised by corporate entities. A couple years later, they added a Corporate Disclosure Ordinance, barring corporations that have violated laws from doing business in Blaine.

Two months ago, King Coal struck back, filing a 15-count complaint in U.S. District Court

and demanding that the Blaine supervisors back off. Claiming that Allegheny Pittsburgh Coal Co. owns 10 million recoverable tons of coal within Blaine's borders (part of about 56 million recoverable tons in the Buffalo Reserve) and that Penn Ridge Coal, LLC has leased mining rights, the lawyers wrote that the three Ordinances violated the mining corporations' constitutional rights and should be overturned.

In late November, Blaine Township lobbied a Motion to Dismiss, insisting that, under local law, the corporations lack constitutional rights and thus have no claim to judicial protection. The main argument asserted by Blaine Township is that the people of Blaine have a right to local self-government and that the granting of constitutional rights to corporations violates that right.

In their motion, the Supervisors wrote: "If community self-government is denied, the entire right to self-government is denied. One cannot have a 'right to ride a horse' if no horse is ever allowed under the rider."

King Coal, his lawyers, corporate directors and shareholders didn't like being knocked down off their throne by the regular folks in Blaine. They fired back by claiming that the U.S. Constitution, more than 100 years of Supreme Court law, Pennsylvania mining laws and the Pennsylvania Second Class Township Code render the people of Blaine "simply powerless" to prevent the destruction of their community by longwall coal mining since the Code "created" the Township and is the source from which "it exclusively derives any authority or even right to exist."

King Coal's attorneys wrote: "Plaintiffs do not dispute that the right of self-government is one of the cornerstones of the American system of government. Plaintiffs, however, dispute that the right of self-government rests in the hands of a Pennsylvania second class township."

Riders, but no horse.

King Coal then urged the District Court to "force the Township to address its concerns regarding mining within the system of laws created by the Pennsylvania legislature."

They want the judge to force the people of Blaine — who won't go willingly — back into the failed regulatory system at the DEP, through the preemptive laws that have permitted coal corporations to damage and destroy communities across the



Photo by Shannon Biggs

Blaine Township today (population 600, 40 miles southwest of Pittsburgh). View from Michael Vacca's property, where coal companies threaten the tranquility, beauty and environment.

state for generations, with legislative blessing and a limited liability cherry on top.

The lawsuit is expected to go to the U.S. Supreme Court via the Third Circuit Court of Appeals, on the issue of whether corporate constitutional rights are legitimate and whether self-governance is a real right or a myth.

Katherine Watt was a community organizer/paralegal with the Community Environmental Legal Defense Fund (the law firm representing Blaine) when she wrote this part of the article. For more information, contact CELDF ([www.celdf.org](http://www.celdf.org)).

### Part II: Update

Compiled from CELDF Literature

There are two lawsuits against Blaine Township currently. First, by two coal corporations against the Corporate Mining Ordinance and the Corporate "Rights" and Community Self-Government Ordinance.

The second lawsuit, filed against Blaine by Range Resources (gas extraction corporation) attempts to challenge the municipalities Corporate Disclosure Ordinance. Both are currently active cases. Our legal briefs in

support of the Ordinances (CELDf is Blaine's legal representative in the suits) are available for you to review at [CELDf.org](http://CELDf.org).

The people of Blaine Township have "gone further than any of the 120 U.S. municipalities that have passed ordinances to curb corporate activity such as factory farming or spreading sewage sludge," said CELDF lawyer Tom Linzey in a June 15<sup>th</sup> Reuters article.

Linzey, the article continues, "predicted the case will eventually go to the U.S. Supreme Court because it pits energy companies who want to exploit one of America's richest coal seams against residents who are determined to resist what they see as rapacious mining."

Although the Supreme Court is unlikely to overturn more than 100 years of law giving corporations personhood, Linzey expects the outcome of any decision to "become a spring-board for a popular campaign for a constitutional amendment to strip corporations of those rights." (Reuters)

Here are some highlights from the Memorandum of Law and History in Support of Blaine Township's Motion to Dismiss the Penn Ridge lawsuit, filed on November 26, 2008:

- "Stopping the community from being mined means we must challenge laws and decisions that have stripped away our right to self-government." (Scott Weiss, Chairman, Blaine Township Board of Supervisors)

- "The Pennsylvania Constitution doesn't mean shit if you're dealing with the DEP and the courts. In this area, coal is king." (Michale A. Vacca, Vice-Chairman, Blaine Township Planning Commission)

- In 1977, Congress acknowledged that mining was "causing erosion and landslides by contributing to floods, by polluting the water, by destroying fish and wildlife habitats, by impairing natural beauty, by damaging the property of citizens, by creating hazards dangerous to life and property, by degrading the quality of life in local communities and by counteracting governmental programs and efforts to conserve soil, water and other natural resources. (Surface Mining Control and Reclamation Act)

- Back in 1966, the Pennsylvania legislature made a bolder statement in the Bituminous Mine Subsidence and Land Conservation Act: Damage from mine subsidence had "caused a very clear and present danger to the health, safety and welfare of the people of Pennsylvania."

- Pennsylvania has one-third of all abandoned mine-related environmental problems in the entire country and more than 2,500 miles of its streams are degraded by acid mine drainage pollution.

- Physical, chemical and biological changes in streams have been documented as direct consequences of longwall mining.

- Changes to streambeds have also been documented to reduce aquatic habitat by 50% and decrease the number of species within those streams.

- The State ranks first in the nation in the total estimated cost of environmental cleanup needed for the past mining of coal — over \$15 billion.

- Add THAT to the cost of "cheap energy," namely coal.

People realize their fundamental right to decide the future of their community is subordinated to a dirty energy policy they didn't create, didn't approve and which they are told is for the "private" sector (corporate directors) to decide, against the consent of the governed.

To learn more contact Ben Price, Project Director, Community Environmental Legal Defense Fund at 717-243-6725.



# Community Garden Grows . . . Community!

By Ron McCorkle  
Roanoke, Virginia

Roanoke, Virginia has recently filled its 5<sup>th</sup> community garden at the new 14<sup>th</sup> Street plot. The Roanoke Community Garden Association (RCGA), now in its second year of operation, has seen a real need and desire for neighbors to grow their own food. Not only are they growing their own food but they are meeting their neighbors and reducing crime at the same time.

When the neighbors are building relationships with each other and nature, everything grows. Not only the plants produce fruit but the fruits of goodwill towards others have been seen by way of more smiling faces and a feeling of openness with each other.

Crime has gone down in the neighborhoods with community gardens, according to police reports.

When people are

People start to watch after each other and teach the children about relationships.

They learn that, deep inside, we are all the same.

encouraged to go outside and walk to their garden, they are removing fears that have existed for generations. When the fears are gone, their natural selves are free to be open and enjoy relationships with others. People start to watch after each other and teach the children about relationships. They learn that deep inside, we are all the same. Earth care, people care and fair share. We all work together to keep living in love, peace and joy and we all get our fair share of the crop.

The RCGA has a no-chemical policy for its gar-

deners. Compost is the preferred choice of getting nutrients back into the soil. We have an organic soil specialist who is making compost systems at each garden. There is no waste. The old and unwanted plants go into the compost pile and come out as fresh, wanted plant food. Most of the gardeners use permaculture principles while growing and there is always some to share.

At the end of the season, the RCGA hosts a Harvest Festival. This festival was started in order to treat the community to a free meal of fresh local foods, prepared by the city's finest chefs.

There's more to eating than going to the store and throwing food into your stomach. When you are part of a community-based food system, everybody eats. There's home-grown, local markets, short-haul distribution, regional processing, small farms and slow foods, all right here.



Photo by Ron McCorkle, Roanoke Community Garden Association  
Roanoke, Virginia, 14<sup>th</sup> Street Community Garden. Even crime rates drop when people garden together in their local communities and learn to trust each other.



In summer there is a fullness of things.  
The air is full of scents and warmth,  
the sounds of insects thrumming through the day;  
gardens, full of growth;  
each plant leafed out, each flower head heavy with blossoms;  
each vegetable and fruit in some stage of ripening.

"The Fullness of Joy is to behold God in all things."

--Julian of Norwich

May we become more aware of the fullness in our lives this summer.

Wishing you a happy summer!

Art: "Sun-kissed" by Mary Southard, CSJ  
Courtesy of [www.MinistryOfTheArts.org](http://www.MinistryOfTheArts.org).

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