John Robbins founded EarthSave International in 1989 in response to the tremendous outpouring of love he received from hundreds of thousands of people who read *Diet for a New America.* Since then, the members and leadership of EarthSave have carried forward John’s vision. Reaching out to each other and to our communities, we have built an international grass-roots movement on the conviction that by making wise lifestyle and dietary choices, we can improve our health and the health of our world. The enthusiasm, hard work and commitment of many thousands of EarthSavers have made it one of the most highly respected organizations in the vegetarian movement. Along the way, we’ve made new friends, introduced hundreds of thousands of people to the benefits of a plant-based diet, and reinvented the potluck dinner. EarthSave has done well, and we know we can do even better.

**Taking stock, building on accomplishments**

Over the past year and a half, the EarthSave International Board of Directors has been looking at how we can help ensure EarthSave is the effective, powerful organization that needs and deserves to be. Beginning in late 2001, the Board set out to make an honest appraisal of EarthSave, both on a national and chapter level, and to come up with a renewed vision and structure. How do we build on our strengths? How, can we address our weaknesses? How can EarthSave best make an impact out in the world?

The pursuit of such questions has led the Board to recognize EarthSave’s need to bring more focus on the following areas:

- **Financial structure**
- **Mission**
- **Community outreach program development**
- **Building membership**

**Financial structure**

For many years, local EarthSave chapters have been allocated a portion of membership monies to spend locally when someone in their city or area joined or renewed with EarthSave. In an effort to encourage membership growth and local activities, in 1999 the Board of Directors voted to dramatically increase the portion of the membership monies that were allocated for local activities. The allocation was increased up to 75% of the membership fees. Although this left very little money to cover the cost of newsletter, mailings, national activities and overhead, it was the hope of the Board that by directing the additional monies to local chapters, the overall organization would grow and become sustainable through the economies of scale.

In retrospect, while it may at the time have been a feel-good gesture to local chapters, the Board made a mistake. The decision wasn’t based on any in-depth analysis; the Board had simply reasoned that by shifting significantly more resources to the local level, the chapters would use the additional revenue to grow EarthSave out of a slump it had been in for some time. Unfortunately, the actual impact was to take a model which was already broken and make it worse, because under the new split arrangement, each time someone made a contribution and joined an EarthSave chapter, it actually cost the national organization money.

One particularly interesting model examined was the Sierra Club, one of the oldest and most successful non-profit organizations in the U.S. Like EarthSave, the Sierra Club is both a national organization and has local chapters. Unlike EarthSave, ever recent decades the Sierra Club has developed and streamlined a structure that has allowed both the national organization and local chapters to thrive. The Sierra Club first insulated the sustainability of its national presence, then focused on helping and inspiring the growth of local chapters.

To accomplish this, the Sierra Club decided to keep the majority of membership dues at the national level of their organization and local chapters to thrive. The Sierra Club first insulated the sustainability of its national presence, then focused on helping and inspiring the growth of local chapters.

In all but one of the four ensuing years since taking this decision, EarthSave has ended its fiscal year in the red, relying on key contributors as well as certain Board members to dig deep into their pockets to help meet chronic shortfalls. The national organization is responsible for creating and promoting programs and materials, printings and mailings, a quarterly newsletter, database, accounting services, modest overhead, and for insuring the organization functions pursuant to federal law. It is untenable for a national organization to find itself in a position of having to go out and raise additional monies each time it succeeds in convincing someone to join. And yet this is exactly how EarthSave was operated in recent years.

With a soft economy and a war in the Middle East hurting non-profit donations, the current Board realized if EarthSave were to continue, it had to adopt a more responsible and sustainable financial structure.

As part of the recent analysis, the Board looked at other non-profits in related areas. The Board studied organizations, including the Physicians Committee for Responsible Medicine (PCRM) and People for the Ethical Treatment of Animals (PETA), as examples of highly effective, hard-driving, successful organizations. However, these two weren’t good financial examples for EarthSave to emulate as neither PCRM nor PETA are organizations with monetary obligations to local chapters (PETA once had local chapters but dissolved them during the 90s).

One particularly interesting model examined was the Sierra Club, one of the oldest and most successful non-profit organizations in the U.S. Like EarthSave, the Sierra Club is both a national organization and has local chapters. Unlike EarthSave, over recent decades the Sierra Club has developed and streamlined a structure that has allowed both the national organization and local chapters to thrive. The Sierra Club first insulated the sustainability of its national presence, then focused on helping and inspiring the growth of local chapters.

To accomplish this, the Sierra Club decided to keep the majority of membership dues at the national level of their organization, and local chapters to thrive. The Sierra Club first insulated the sustainability of its national presence, then focused on helping and inspiring the growth of local chapters.

**INSIDE**

**Carbs to blame for obesity?**
A recent study suggests otherwise p. 3

**WTO: Free trade or free ride?**
How the WTO destroys small farmers p. 4

**Making sense of fat and oils**
Brenda Davis, R.D. offers the skinny on fats p. 5

**Greed Over Science**

Bush Administration manipulates, distorts, and interferes with science. p. 2
Letter from the Chair
A stronger EarthSave, a better world

JOHN BORDERS, JR.
CHAIR, EARTHSAVE BOARD OF DIRECTORS

In Kentucky, the leaves are now turning every imaginable shade of red, orange and brown. The farmers’ markets are winding down, as the farmers prepare for the winter season, selling the last of their garlic, greens and winter squashes. And people everywhere are enjoying the last warm days of the season, taking advantage of every opportunity to be outside before the cold weather sets in for the next several months. Having predictable, definitive seasonal changes—snow in the winter, rain in the spring, muggy hot days in the summer, and cool fresh nights in the fall—provides a variety of attractions to living in the midwest and southeast parts of the country. Change is good, and with it comes plenty of opportunity for personal development and growth—leaving behind the good and moving forward to a better, better world.

Maybe the recurring opportunity for change in the seasons here has psychologically prepared people in our state for making positive personal changes in their eating habits. Or maybe our volunteers and staff at EarthSave Louisville and EarthSave Lexington have just worked extra hard to overcome the powers of tobacco, bourbon and fried chicken in our state. Regardless of the reason, we’ve had great success in growing the number of groups and members on behalf of the health and environmental benefits of a plant-based diet into the mainstream. We’re in the newspaper a lot, we’re visible in our communities, we attract hundreds of our Turkey-Free Thanksgiving dinner each year and thousands to our Taste of Health event each spring. In short, we’ve gained mainstream acceptance and recognition, and hundreds of thousands of Kentuckians have been educated about the health and environmental benefits of a vegetarian diet. And there are two primary reasons for our success: our message is intentionally welcoming, and our goal is to educate—not just to have potlucks and other support networks for the “already converted.”

As our lead article, “Empowering EarthSave,” indicates, we’ve made positive changes at the national level of our organization in order to make us more financially stable, to make our chapters more outwardly focused and successful, and to help insure our message is palatable to the mainstream. EarthSave plays a particularly important role in the family of other organizations which work to encourage people to eat less on the food chain. Some animal rights-focused groups are not outwardly focused and support a very important role by getting industries to make positive changes for animals, and they often do so to alienate a lot of people because their message does not come across as extreme. EarthSave is in the unique position of being the only national organization that works to encourage people to make positive dietary changes and holding their hands through the transition.

As our founder John Robbins points out on page 7, we believe that “Love, compassion and the maximum positive effect for humans, the plant and animals by getting industries to make positive changes, no matter how small, rather than by getting a few people to live pure, vegan lifestyles. And Americans will only hear our message, and heed its call, if we do it together in a Decent and moral way with love and compassion, not with judgment and impatience. An outward focus and an embracing message will bring about positive change. It might not be overnight, but the change will be steady and constant and measurable -- just like the falling leaves of the oak tree and the dogwood outside my window.”

Who writes this stuff anyway? You do.

The EarthSave News is written by our members, staff and friends. It is our belief that EarthSave cannot be strong if our members can’t keep in touch. We want to hear from our members and chapters about what you’re doing in your community to bring the good news of EarthSave, and to save the earth. Send letters and queries to John Borders at Jborders@earthsave.org or by mail to EarthSave International, PO Box 96, New York, NY 10108.

Greed over science

Federal funding for research and development totals over $100 billion dollars. The public expects that this research will be conducted independently and objectively. This belief is being called into question.

The American people depend upon federal agencies to develop science-based policies that protect the nation’s health and welfare. Recently, however, scientific journals have begun to question whether scientific integrity has been sacrificed in the service of political gain. A recent report by Rep. Henry A. Waxman, Ranking Member, House Government Reform Committee, has pointed out the treatment of science and scientists by the Bush Administration.

The report, Politics and Science in the Bush Administration, is available on the house.gov website and cites numerous instances where the Administration has allowed the political process and distorted or suppressed scientific findings. Beneficiaries include industries that support the Bush Administration’s role by getting industries to make positive changes for animals and to help insure our message is palatable to the mainstream. EarthSave plays a particularly important role in the family of other organizations which work to encourage people to eat less on the food chain.

By getting industries to make positive changes for animals, and they often do so to alienate a lot of people because their message does not come across as extreme. EarthSave is in the unique position of being the only national organization that works to encourage people to make positive dietary changes and holding their hands through the transition.

As our founder John Robbins points out on page 7, we believe that “Love, compassion and the maximum positive effect for humans, the plant and animals by getting industries to make positive changes, no matter how small, rather than by getting a few people to live pure, vegan lifestyles. And Americans will only hear our message, and heed its call, if we do it together in a Decent and moral way with love and compassion, not with judgment and impatience. An outward focus and an embracing message will bring about positive change. It might not be overnight, but the change will be steady and constant and measurable -- just like the falling leaves of the oak tree and the dogwood outside my window.”

Who writes this stuff anyway? You do.

The EarthSave News is written by our members, staff and friends. It is our belief that EarthSave cannot be strong if our members can’t keep in touch. We want to hear from our members and chapters about what you’re doing in your community to bring the good news of EarthSave, and to save the earth. Send letters and queries to John Borders at Jborders@earthsave.org or by mail to EarthSave International, PO Box 96, New York, NY 10108.

Correction:
On page two of the Summer 2003 EarthSave News, under the “Think About it…” feature, we noted that 25 million gallons of putrified horse manure is applied to fields in the New River Valley and Northeast Carolina. An astute EarthSave pointed out that this should have been the Neuse River.

Think About it…

Water required to produce one pound of U.S. beef:
(per Dr. Georg Borgstrom, Chairman of Food Science and Technology, University of California, Davis)

<table>
<thead>
<tr>
<th>Animal</th>
<th>Water Required (gallons)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound of beef</td>
<td>33 gallons</td>
</tr>
<tr>
<td>1 pound of chicken</td>
<td>23 gallons</td>
</tr>
<tr>
<td>1 pound of carrots</td>
<td>28 gallons</td>
</tr>
<tr>
<td>1 pound of apples</td>
<td>49 gallons</td>
</tr>
<tr>
<td>1 pound of chicken</td>
<td>1,030 gallons</td>
</tr>
</tbody>
</table>

Water required to produce one pound of California beef:
(per the Water Education Foundation)

<table>
<thead>
<tr>
<th>Animal</th>
<th>Water Required (gallons)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound of beef</td>
<td>23 gallons</td>
</tr>
<tr>
<td>1 pound of chicken</td>
<td>24 gallons</td>
</tr>
<tr>
<td>1 pound of carrots</td>
<td>33 gallons</td>
</tr>
<tr>
<td>1 pound of apples</td>
<td>49 gallons</td>
</tr>
<tr>
<td>1 pound of chicken</td>
<td>1,030 gallons</td>
</tr>
</tbody>
</table>

Water required to produce one pound of U.S. beef:
(per David Pimentel, Ph.D., Prof. of Ecology & Ag. Science, Cornell University, Ithaca, NY)

<table>
<thead>
<tr>
<th>Animal</th>
<th>Water Required (gallons)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound of beef</td>
<td>12,009 gallons</td>
</tr>
</tbody>
</table>

Water required to produce one pound of California foods:
(per Soil and Water Specialists, University of California, Davis)

<table>
<thead>
<tr>
<th>Food</th>
<th>Water Requirement (gallons)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound of lettuce</td>
<td>33 gallons</td>
</tr>
<tr>
<td>1 pound of tomatoes</td>
<td>28 gallons</td>
</tr>
<tr>
<td>1 pound of carrots</td>
<td>33 gallons</td>
</tr>
<tr>
<td>1 pound of apples</td>
<td>49 gallons</td>
</tr>
<tr>
<td>1 pound of chicken</td>
<td>1,030 gallons</td>
</tr>
<tr>
<td>1 pound of pork</td>
<td>5,214 gallons</td>
</tr>
</tbody>
</table>

Four Burgers Versus a Year’s Worth of Showers

If you shower each day for 7 minutes, using a shower with a low flow rate of 2 gallons per minute, you will use 5,214 gallons of water in a year.

Comparing 2,500 gallons of water used taking a 7 minute shower every day for a year, to the 4,000 pounds of carbon produced by a pound of beef (using the estimate above from water specialists at the University of California), it’s clear that in California today, you can save more water by foregoing 4 burgers than you will save by not showering for an entire year.

Read John Robbins’ The Food Revolution for these and other important facts about the impact of diet choices on the environment, our health, and all life on earth.
The banana is about to disappear from store shelves around the globe. If you don't buy bananas soon, your favorite fruit will pass into oblivion within a decade. No more fresh bananas to toast, no more banana bread. No more banana muffins or banana cream pie. By the end of the month, the banana is the victim of centuries of genetic tinkering. Scientists say the genetic modification of banana plants will be the last straw in the extinction of the banana as an edible commercial crop. And no amount of sentimentality will do any good in the hands of those who stand to gain from a certain genetic modification of foods.

The banana's main problem is that it is almost completely seedless as a result of a 10,000 year history of selective breeding. It has, over the millennia, become a plant with unvarying genetic sameness. The genetic diversity needed to cope with environmental stresses, such as diseases and crop pests, has long ago been bred out of the banana plant. As a result, banana plantations of the world are completely vulnerable to devastating environmental disasters.

According to Emile Frison, a former senior biologist for the government-funded Medical Research Council, science is helpless to prevent the demise of the banana. Already, he says, as much as 50 percent of the world's banana harvest is lost to environmental hazards.

When human first encountered this fruit thousands of years ago, it was a wild variety. All of today's cultivated bananas are not impressed by the almost inedible giant wild varieties. The banana has undergone a veritable revolution due to centuries of selective breeding. Ancient humans focused on these seedless, pollen-less mutants to grow as food crops. And these cultivated bananas once carried in the ancestral wild stock.

In 1930, American consumer had only one variety of banana which we know today. This variety was called the Cavendish and has now become the most popular variety by the end of the 1950s. The Cavendish bananas have been virtually the only commercially grown variety available in supermarkets in developed nations. In the tropics, you can still find other bananas such as plantains, which are often called plantains, bananas or green bananas. They are of commercial importance in the tropical areas of the world. But in the tropics, these bananas aren't much like their commercial counterparts. The Cavendish varieties are bred to be more resistant to the American market. They taste bland. Their texture is often fibrous and stringy. American consumers would probably find them quite unpleasant. However, the Cavendish banana is capable of Ripening after harvest, which is a sweeter and smoother textured.

Since the last genetic predecessor, the Cavendish is also sterile, equally unprotected from diseases and crop pests. A powerful plant pathogen, the Black Sigatoka fungus, has appeared on the scene, attacking the Cavendish stock around the world. Banana yields have already dropped by 50 percent, and banana tree life spans have been reduced from about 30 years to about 5 years.

The genetic uniformity among Cavendish bananas has made them particularly vulnerable to attack by Black Sigatoka.

Only strong spraying programs save the day. Unfortunately, many growers have long ago abandoned this strategy because it causes sterility and leukena among banana trees. According to Dr. Frison, even powerful fungicides don't work against Black Sigatoka because the fungus is rapidly capable of developing resistance to them. Indeed, banana plantations in Costa Rica and the Amazon have already been wiped out.

The selective breeding that has brought us to this point is now hampering our efforts to engineer a resistance to the fungus. Both change the genetic makeup of a plant, a perilous procedure because the banana gives ammunition to critics of genetic engineering and to those who believe we are making a big mistake when we tamper with plant genetics.

Scientists aren't new. In 1995, biologists warned that changing the genetic makeup of a plant like playing with fire. Even so, genetic alteration continues. At Oregon State University, scientist are at work on genetically engineered (plant-based) diet is analyzed in the journal of Clinical Nutrition. The US is the leader in this research which is attempting to improve patient health. Research has clearly shown that a plant-based diet can reverse heart disease, as well as weight control. Can you believe it? The plant-based diet can save lives, and it's clear which way nature is point humans for health as well as longevity.

To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control. To read an abstract of this new study showing that a plant-based diet can reverse heart disease, as well as weight control.
EarthSave World Trade Organization disrupts small farmers

by Dave Georgis, EarthSave Boulder

Late September 2003 in Cancun, Mexico. Lee Kyung Hae, a 56 year old Korean peasant farmer, climbed to the top of a police barricade blocking access to the World Trade Organization Ministerial meetings, displayed a sign that said “WTO Farmers!” and plunged a knife into his chest. He died hours later.

Mr. Ha, who traveled to Mexico with a Korean delegation to show solidarity to thousands of Mexican peasant farmers who were protesting the WTO and globalization, sacrificially gave his life to bring attention to what is becoming an indisputable reality. Corporate Globalization robs the livelihoods of millions of farmers worldwide.

Consider the facts: Since 1995 (when both NAFTA and WTO regulations went into effect), 1.5 million Mexican “campesinos” have been economically displaced. In India, the world’s third largest agricultural producer, more than 20,000 farmers commit suicide annually, often by drinking pesticides. Here in the US, where 500 farmers file for bankruptcy per week, the farmers have drowned from nearly 40% of the population before WWII to less than 1.5% today. The bad news goes on and on.

Why these trends? Because the World Trade Organization, International Monetary Fund and the World Bank – all “one size fits all” organizations – systematically force policies on countries that undermine small, sustainable agriculture in favor of export-oriented agriculture.

Case in point: US and EU farm subsidies have been grandfathered into the WTO and NAFTA trade regulations, while import tariffs have been grandfathered into the WTO and undercut by the WTO. Why these trends? Because the World Trade Organization, the World Bank and the International Monetary Fund are all branches of the World Bank – all systematically force policies on countries that undermine small, sustainable agriculture in favor of export-oriented agriculture.

In developing countries, the WTO forces open and transparent agricultural trade. How will developing countries defend themselves against such cases? It’s no wonder that Indian farmers would rather drink pesticides than commit suicide when they see their livelihoods undermined.

What’s the alternative? How about a “Fair Trade Organization” that embodies the following principles?

- Democracy – Make all trade agreements open and transparent.
- Local control – Decisions that affect local communities should be made locally.
- Sustainability – Trade rules should offer the most sustainable approaches to agriculture and industry.
- Diversity – Biodiversity and cultural diversity should be protected.
- Human rights – Human rights, especially of indigenous peoples, should be protected.

The average person in a developing country selling into world markets confronts barriers that are roughly twice as high as those faced by counterparties in industrial nations.

The average person in a developing country selling into world markets confronts barriers that are roughly twice as high as those faced by counterparties in industrial nations.

Government subsidies to the Organisation for Economic Co-operation and Development (OECD) gave $311 billion in subsidies to their agricultural sectors in 2001. These farm subsidies allow food crops exported by farmers in industrial countries to be sold at prices 20-50 percent below the cost of production, undermining farmers in developing nations.

The average person in a developing country selling into world markets confronts barriers that are roughly twice as high as those faced by counterparties in industrial nations.

Yes, there is a free lunch!

EarthSave Miami's Susan Hargreaves has been serving it

By Susan Hargreaves, EarthSave Miami

Believe it or not there are free lunches. We can ensure that those lunches are good for the planet and good for the dinker.

Camillus House in Miami, Florida is the Toronto Friendship Center in Ontario, Canada have both offered free lunches to the poor. In Fort Lauderdale Beach park, a North Miami Doctor’s office (EarthSave Board member Dr. Oaklander) and a concert in the park have all been ideal sites for plant-based diets. Fried tofu, fried rice, vegetable lo mein, homemade fruit pies and round kites of smorgasbord. The Tofutti Cuties went like hot cakes.

One hundred and twenty five clients of the Toronto Friendship Center enjoyed a spring feast of mashed potatoes, gravy, homemade veggie burgers, veggie samosas, fresh veggies and homemade apple strudel. The serving table was set with fresh flowers and a colorful spring print tablecloth.

I have found that serving prepared meals is easier than making the food yourself.

At both of the above events people who helped with the meal sat with the diners after the meal was served and ate the meal with the diners.

Tom Wightman - The Environment. People should be considered in all trade agreements.

Food security and safety - Access to abundant and safe food is a basic human right.

Equity - Trade agreements should consider the current economic gap between rich and poor nations and peoples.

Precautionary Principle - The burden of proof of the safety of new technologies like genetic engineering should fall on the corporations promoting them. Civil society should not be expected to prove them unsafe, as is currently the case.

The WTO experiment of the last decade has been a disaster. It is time to embrace an alternative approach, which protects the common good over the interests of huge corporations.

EarthSave News

Our Mission

EarthSave educates people about the powerful effects of our food choices – from the environment, our health and all life on Earth, and encourages a shift toward healthy, plant-based diets.

Board of Directors

John Robbins
Founder, Bookshare Education

Joan D. Bedrosian, J.D., JD

Jeff Nelson

Cathie Hartlage

Treasurer

Jared D. Charnap, D.O.

Sue Lamk

Legal Advisor

Marie Erens

Director

EarthSave Newsletter Contributors

Dave Georgis, EarthSave Boulder, J.D., Dave Georgis, EarthSave Boulder, Susan Hargreaves, EarthSave Miami's Susan Hargreaves has been serving it by Dave Georgis, EarthSave Boulder

Marcie M. Kass, EarthSave Boulder

Executive Director

Cathie Hartlage

MBB Marketing

President

Stressing Bahaism

Legal Advisor

Moving?

Please make sure the address on your mailing label is current so we can contact you with updates.

Membership Due

EarthSave Magazine is published quarterly by EarthSave International

New York, NY 10010

Tel: 212-362-3488

info@earthsave.org

More than 35 chapters and branches - see page 12

EarthSave News is distributed to a membership section to EarthSave members. Basic annual membership is $30 (tax deductible).

Comments/Suggestions

We welcome your feedback and ideas. Please write or e-mail us.

Contributors

The deadline for letters and photos for the next issue is December 15. Your deadline for any consideration in the next issue, fax, mail, or e-mail submissions to the Editor at P.O. Box 740, PO Box 96, PO Box 96, PO Box 96.

The editor reserves the right to reject or edit all submissions. Opinions and ideas expressed by contributors are not necessarily those of EarthSave International.

EarthSave educates, inspires and empowers people toward a food system that is fair to all, good for the planet and good for the dinker.

Camillus House in Miami, Florida and the Toronto Friendship Center in Ontario, Canada have both offered free lunches to the poor. In Fort Lauderdale Beach park, a North Miami Doctor’s office (EarthSave Board member Dr. Oaklander) and a concert in the park have all been ideal sites for plant-based diets.

Think globally eat veggie locally

Camillus house on Thanksgiving two hundred people dined on good over the interests of huge corporations. Lee Kyung Hae gave his life to save the lives and livelihoods of billions of third world people. Now, all people of conscience must speak up for a new paradigm of globalization.

From WorldWatch

Study: Farm subsidies undermine poor farmers

By WorldWatch Vital Signs Fact of the Week

Governments belonging to the Organisation for Economic Co-operation and Development (OECD) gave $311 billion in subsidies to their agricultural sectors in 2001. These farm subsidies allow food crops exported by farmers in industrial countries to be sold at prices 20-50 percent below the cost of production, undermining farmers in developing nations.

The average person in a developing country selling into world markets confronts barriers that are roughly twice as high as those faced by counterparts in industrial nations.

In my twenty-one year history of promoting a plant-based diet I have successfully organized complimentary meals at each of the aforementioned locations. Neighborhood restaurants, caterers and talented cooks donated to each event. Familiar comfort food was dished up without the cruelty factor.

Think globally eat veggie locally

Camillus house on Thanksgiving two hundred people dined on good over the interests of huge corporations. Lee Kyung Hae gave his life to save the lives and livelihoods of billions of third world people. Now, all people of conscience must speak up for a new paradigm of globalization.

From WorldWatch Vital Signs Fact of the Week

Study: Farm subsidies undermine poor farmers

By WorldWatch Vital Signs Fact of the Week

Governments belonging to the Organisation for Economic Co-operation and Development (OECD) gave $311 billion in subsidies to their agricultural sectors in 2001. These farm subsidies allow food crops exported by farmers in industrial countries to be sold at prices 20-50 percent below the cost of production, undermining farmers in developing nations.

The average person in a developing country selling into world markets confronts barriers that are roughly twice as high as those faced by counterparts in industrial nations.
Making Sense of Fats and Oils by Brenda Davis, R.D.

Editor’s Note: Last issue we ran an article on fats by John McHugh, M.D. This month we’re presenting some additional views from renowned nutritionist Brenda Davis, R.D.

For healthy vegetarians, cutting down too much on whole foods, high-fat plant foods poses several problems.

Very low-fat diets have been popular among vegetarians because of their proven effectiveness in treating severe coronary artery disease. People often assume that such diets would be good for everyone. But what’s best for healthy veg- etarians—currently growing vegetarian chil- dren, can be quite different from what’s best for people with serious chronic disease.

It’s important to realize that the adverse effects of excess fats are directly linked with animal fats and processed fats and oils containing unhealthy fatty acids. The unprocessed fats and oils of whole plant foods have quite a different effect on health. Many studies have demonstrated that the fat in nuts, seeds, avocados, olives and other plant foods is actually protective. When people get most of their fat from these sources, they can consume relatively high amounts without adverse effects. In contrast, people who get most of their fat from animal foods and processed products tend to be at risk even at moderate fat intakes. They really don’t need to cut down on these potentially damaging fats and oils.

For healthy vegetarians, cutting down too much on whole foods, high-fat plant foods poses several problems:

Very low-fat diets may provide inadequate amounts of essential fatty acids, especially the omega-3 fatty acids (EPA and DHA).

Inefficient absorption of fat-soluble vitamins (A, D, E, and K). Calcium is also lower in the absence of fat.

Very low-fat diets are often affected by low blood levels of unsaturated fatty acids.

Low-fat diets can cause a drop in HDL-cholesterol ("good cholesterol") and a rise in triglycerides (another potentially damaging blood fat, like LDL-cholesterol), actually increasing your risk for cardiovascular problems. The small amount of unhealthy fatty acids in these fats and oils from damaging light, heat, and oxygen. They also carry valuable vitamins, miner- als, phytochemicals, phenolics, and other essential fatty acids, and fibre.

For people who really have suggested, the fats in these foods are actually good for you. That’s right: we need fat. It provides energy, insulates, and “padding,” not just for our posterior but to protect internal organs. We need fat to absorb many vita- min and mineral nutrients. Certain fats are required for healthy cell membranes and to maintain cell integrity, permeability, shape, function, and flexibility. These fats also are critical for the development and functioning of the brain and nervous system. Finally, they are the building blocks for hormone-like substances called eicosanoids that regulate many organ sys- tems.

These special fats are known as essential fatty acid (EFA), because they are as essential for us as vitamins and minerals. How do we ensure that we eat good fats? By reducing your intake of foods rich in saturated fats, cholesterol, and trans fatty acids. Without using large amounts of these harmful fats are:

the omega-3s. This imbalance may result in poor brain development and reduced visual acuity in infants. In people of any age, it may contribute to chronic diseases, immune/inflammatory disorders, and psy- chological disorders too.

Linoleic acid is found mainly in seed oils (such as sunflower, safflower, sesame, and grape), corn oil, soy, and grains. Alpha- linolenic acid is found mainly in flax seeds, hemp seeds, greens, canola oil, walnuts, and soy. These oils and nuts are high in both omega-6 fatty acids. But those like olive oil, organic canola oil, and high oleic sunflower or safflower oil that contain mostly monounsaturated fats are more stable when heated and are your best choice for cooking and bak- ing. So is nonhydrogenated margarine (soybean oil), if you’re vegan. With just a little bit of care, a vegetarian diet can be a source of fats and oils that add flavor to your meals and health to your heart.

One of the world’s most respected vegan dietitians, Brenda Davis is co-author of the acclaimed Becoming Vegetarian and her latest book is Dairy-Free & Delicious.

Brenda Davis, R.D.

For vegans, microalgae-based sup- plements are the best option. While seaweeds themselves contain some EPA, they are too low in fat you’d have to eat enormous (and potentially unhealthy) amounts to make any sig- nificant contribution to omega-3 intake. There are two companies that mar- ket vegetarian DHA. NuTrio sells "O- Mega-Zen," with 300 mg of DHA per capsule, and Senoyal of Toronto sells a 100 mg per capsule, but only through licensed health practitioners. Martek and Nutrex both sell microalgae- based DHA, but their capsules are made of nonvegetarian gelatin. A rea- sonable daily intake of DHA would be 100-300 mg. Use 200-300 mg during pregnancy and lactation.

In general, lower the quality of fat in your diet, remember to use fresh, whole plant foods.

For vegans, possible, choose mechanical- ly-pressed, unrefined oils.

Store nuts, seeds and oils in a cool, dry place away from direct sunlight. When properly stored, unshelled nuts and whole seeds last up to a year, while shelled walnuts and nuts stored in the refrigerator for up to four months or in an airtight container in the freezer for up to one year. Olives and nuts are more unstable due to their high omega-3 content. They are best stored in the freezer. Nut halves keep better than pieces as they are less exposed to light and air.

While refined oils last many months in the pantry, press-refined oils (other than olive) need to be refrigerated and used within two months (flax oil is best used up within six weeks). Oils and nuts are better than other press-refined oils and can be stored in the pantry for up to three to four months.

Finally, oils are easily damaged like heat, especially those containing omega-3 fatty acids. But those like olive oil, organic canola oil, and high oleic sunflower or safflower oil that contain mostly monounsaturated fats are more stable when heated and are your best choice for cooking and bak- ing. So is nonhydrogenated margarine (soybean oil), if you’re vegan. With just a little bit of care, a vegetarian diet can be a source of fats and oils that add flavor to your meals and health to your heart.
Are organic farms less efficient?

I am perplexed. I like the idea of eating organic food, because I don't want to eat pesticides. But I am very concerned about world hunger. Aren't organic farms less efficient? Don't they produce lower yields? I don't want to expose my body to poisons and I don't want to contribute to pollution, but I also don't want to be elitist and eat in a way that only the rich and privileged can afford.

John Robbins responds:

Thanks for your concerns. It has long been a myth that organic farming produces reduced yields compared to conventional farming systems, but that simply isn't true. The latest study on the subject was published in the April 18, 2001 issue of the scientific journal Nature. The study was conducted by researchers at Washington State University from 1994 to 1999, and compared organic, integrated, and conventional apple orchards.

The organic orchards did not use pesticides or synthetic fertilizers, and relied instead on Earth-friendly practices such as compost, mulch, and thinning fruit by hand. The integrated systems, but that simply isn't true. The latest study on the subject was published in the April 18, 2001 issue of the scientific journal Nature. The study was conducted by researchers at Washington State University from 1994 to 1999, and compared organic, integrated, and conventional apple orchards.

As things turned out, all three systems had

Food served in

Is anybody doing anything to change the food in schools? It's terrible. Last week I took my 8-year-old to a school picnic. It was a lovely day, but they served bologna and cheese sandwiches on white bread, with mayonnaise. Plus cookies and ice cream. And, of course, enormous plastic jugs of Coke. In class, pupils earn credits for good behavior, which they can use to get candy and Cokes. Help!

John Robbins responds:

My, oh my. That is a shame. Maybe you and your children could wear one of the T-shirts to school that says "If you love me, don't feed me junk food." I wish these parents and teachers and administrators could understand what they are doing to the precious children in their care.

Fortunately, there are some people trying to change things. The chairperson of the Senate Agriculture Committee, Senator Tom Harkin, has proposed that the government subsidize the cost of giving away fruit and vegetables in school cafeterias as an alternative to candy and snacks that are sold in vending machines.

Los Angeles Unified School District, which has 748,000 students on its 677 campuses, prohibits carbonated drink sales at elementary schools. And recently, the board of the nation's second-largest school district extended the ban, effective January, 2004, to also include the district's approximately 200 middle and high schools. The Board voted unanimously for this step, despite the vehement opposition of the National Soft Drink Association.

Up until now, most Los Angeles Unified Schools have relied on soda sales to fund student activities such as sports and field trips. Sodas sold in vending machines and student stores have generated an annual average profit of $39,000 per high school. Wouldn't it make far more sense to fund schools adequately in the first place, so don't have to sell soft drinks and other junk food to cover their costs?

Change is painfully slow, but it is starting. In 2001, Berkeley, California, schools went organic. In 2002, the Oakland school dist

Ask John Robbins
EarthSave Founder, bestselling author & humanitarian

John Robbins is the founder and Board Chair of EarthSave International. He is the author of the Food Revolution series of books, including How Your Food Choices Affect Your Health, Happiness, and the Future of Life on Earth. He is the recipient of the Albert Schweitzer Humanitarian Award, Rachel Carson Award, the Peace Abbey's Courage of Conscience Award, the United Nations Environmental Program, UNICEF, and many other organizations dedicated to creating a healthy, just, and sustainable way of life.

John Robbins
EarthSave Founder & bestselling author & humanitarian

Sponsored by Physicians for Social Responsibility, Beyond War, Oxfam, the Sierra Club, the Humane Society of the United States, the United Nations, the National Education Association, and the National School Boards Association, Senator Tom Harkin, has proposed that the government subsidize the cost of giving away fruit and vegetables in school cafeterias as an alternative to candy and snacks that are sold in vending machines.

Los Angeles Unified School District, which has 748,000 students on its 677 campuses, prohibits carbonated drink sales at elementary schools. And recently, the board of the nation's second-largest school district extended the ban, effective January, 2004, to also include the district's approximately 200 middle and high schools. The Board voted unanimously for this step, despite the vehement opposition of the National Soft Drink Association.

Up until now, most Los Angeles Unified Schools have relied on soda sales to fund student activities such as sports and field trips. Sodas sold in vending machines and student stores have generated an annual average profit of $39,000 per high school. Wouldn't it make far more sense to fund schools adequately in the first place, so don't have to sell soft drinks and other junk food to cover their costs?

Change is painfully slow, but it is starting. In 2001, Berkeley, California, schools went organic. In 2002, the Oakland school dist

banned vending machines, candy, soda pop & other junk food from its campuses. In the fall 2002, Palo Alto (California) Unified Sch District went all organic.

I know it's frustrating seeing the junk kids all-too-often eat in schools. But here's a rec report about how things can indeed change written by Jon Rappaport, titled "A Miracle Wisconsin".

In Appleton, Wisconsin, a revolution has
On being pure

I've been a vegetarian for 28 years and I certainly agree with your stance and yet during this 28 years, I've killed various animals by my behavior, which is to drive a car at high speeds. I'm wondering that nobody ever seems to get into this part of the car's inherent problem.

John Robbins responds:

You know, India has a sacred cow. Instead, we have a sacred car. Cars do a lot of damage. They burn up a tremendous amount of gasoline, and road building does a tremendous amount of damage, and yet we're part of this society. I'll tell you my answer, because I think this touches on part of a bigger question, and I want to deal with that. I don't try to be pure. I've given that up. I failed so miserably.

I try to be whole. I try to be alive, and I try to make a difference. I think it's like the bell curve. I don't mean that book. I mean the random distribution, just random numbers, of a population on a given issue. Let's picture a teeter-totter, and you've got a fulcrum and it turns on that. On top of that teeter-totter you've got the bell curve of humanity. Some people will say to have the most leverage, you've got to be as pure as you possibly can.

"Go out here. Just live on fruit or just bread, and don't drive a car and don't wear clothes - don't think anything but positive thoughts and just be as pure as you possibly can because that way your weight is furthest from the fulcrum and we have the most impact."

That's a point of view, but it's not mine right now. To me, if you're way out there, the only people you can relate to are the people right next to you. Have you noticed people like that who really qibble and fight with each other about how this world or that wasn't that was?

What I'm thinking about is that right in the middle we have the enormous conglomerate of people. If you're there - if you're in that area somehow - you're affecting a lot of people. You're part of something very chaotic, but something that's got a lot of juice in it. What happens if everybody at a certain place in middle there moves just a half step? That's going to do WAY more good than ever before.

So speaking of people out at the far end - although there's a place for that, because it stretches the envelope. People will say,"Well, THAT'S not true but THIS isn't."

There's a place for all of this, but what I'm trying to say is for me I don't try to be as pure as I can be. I don't have this more vegetarian-than-thou - "I don't drive a car." I DO drive a car. I know that it's a damn thing - I do feel that, but by being part of the culture we have a better shot I think of making that transformation. For a lot of us, that's where we are if we find ourselves in this room, we are part of this culture. We imbibe its assumptions and values - so can we transform those? Can we work them through and then be part of the culture?

And we find ecologically sustainable ways of transportation and ways of living that respect life, so that we don't kill lightly and we don't kill all.

Transcribed from a Q&A period during a talk by John Robbins.

My husband is hooked on cheesy pizza

My husband loves pizza. He is also a fan of yours, and says it's okay to eat as much as he likes because it's vegetarian. I'm afraid because he eats so much cheese on his pizza that he's going to have a heart attack. I'm particularly worried about the stuffed crust pizzas.

Can boys' difficult behavior be helped by diet?

John Robbins responds:

Thanks for being concerned about these youngsters. I don't know how much power your partner has over the food eaten at the detention facility where he works, but when changes have been made in the diets eaten by youth at such places, the results have been good.

In a series of studies conducted in the 1990s, chemical additives were removed and meat was reduced in the diets of juvenile delinquents. One group of young people in 12 juvenile correctional facilities were involved in these studies. Deviant behavior fell 47 percent. In Virginia, for example, 276 juvenile delinquents at a detention facility housing particularly hardened adolescents were put on a diet that contained no sugar or chemical additives for two years. During that time, the incidence of theft dropped 77 percent, [reoffending dropped 55 percent, and] hyperactivity dropped 65 percent. In Los Angeles County, detention hall findings, for another example, 1,382 youths were put on a similar diet. Again, the results were excellent. There was a 44 percent reduction in problem behavior and suicide attempts.

These and other studies have shown that marvelous things happen when troubled youngsters are given a healthy diet based on nutrient-dense foods like whole grains, vegetables, and fruits, and avoid sugar and artificial colors, flavors, and preservatives.

I wish you and your partner all the best in your efforts to improve the diets and lives of the young people in your lives and work.
The Pleasure Trap: Mastering the Hidden Force that Undermines Health & Happiness
By Douglas J. Lisle, Ph.D. and Alan Goldhammer, D.C.

Book Review by Dan Balogh

At least once every other month my wife Laura and I crack open the photo album of our 1969 trip to Tanzania, where we spent three weeks camping in some of that country's most beautiful game parks. Flipping through the pages we marvel at the amazingly beautiful giraffes, lions, leopards, impalas, hyenas and baboons effortlessly being part of the web of life. I was eight years old at the time and photographs of elephants, tigers, crocodiles, wildbeests, rhinos and many others all living within miles of each other in the Ngorongoro Crater. Of course, we didn't have many of the modern-day expanses of vegetation and water - a veritable Garden of Eden where herbivores and carnivores happily coexist.

When we look more closely, however, we're struck more by what's not there. The photo album contains no cheetahs, no zebras, no impalas, no hyenas and no baboons. The next move. Should I foist them on my childhood sweet tooth - an adult habit of eating far too many processed foods (including us) actually thinks of the brain as a drug - not necessarily a bad one if purging neurotoxins from our bodies is this any surprise) provides us with an offense as well as a defense. As a defense, the antioxidants and phytochemicals found in abundance in the plant kingdom help to purify our neurons and fuel our brains. As a defense, the more plants we consume - since the vast majority of neurotoxins are found in animal-based foods - the more plants we consume for an evening walk through town, because we marvel at how few of the folks around the house during the next day I stuffed the box into a tent with the propagation of its species, though almost no animal in an exposé that reads like an adventure novel. Filled with scan- dals, lies and corruption the reader is never unfrozen by an underground movement trying to overthrow the President's brain. Hatherill notes that "for most people, diet is a simple act of eating more plants, less processed foods (i.e., unnatur- al foods) are something else to be wary of. We need to protect our brain but are under stress, then, is also essential to brain health, and this book presents several ways of dealing with it.

The last section of the book concerns a brain-purifying program, which alone is worth the price of the book. If you want to protect your brain but are most interested in the "how" as opposed to the "why" then this is your section. Thirty-dated logs are filled with clear and concise recommendations on what to do to keep your brain healthy and cog- nitive functions! Nature is designed and tested to ensure that they don't enter the brain and what exits it. But far beyond the brain's perfect entrance in his excellent new book, Breaking the Food Seduction, if you want to protect your brain but are under stress, then, is also essential to brain health, and this book presents several ways of dealing with it. At least once every other month my wife Laura and I crack open the photo album of our 1969 trip to Tanzania, where we spent three weeks camping in some of that country's most beautiful game parks. Flipping through the pages we marvel at the amazingly beautiful giraffes, lions, leopards, impalas, hyenas and baboons effortlessly being part of the web of life. I was eight years old at the time and photographs of elephants, tigers, crocodiles, wildbeests, rhinos and many others all living within miles of each other in the Ngorongoro Crater. Of course, we didn't have many of the modern-day expanses of vegetation and water - a veritable Garden of Eden where herbivores and carnivores happily coexist.

When we look more closely, however, we're struck more by what's not there. The photo album contains no cheetahs, no zebras, no impalas, no hyenas and no baboons. The next move. Should I foist them on my childhood sweet tooth - an adult habit of eating far too many processed foods (including us) actually thinks of the brain as a drug - not necessarily a bad one if purging neurotoxins from our bodies is this any surprise) provides us with an offense as well as a defense. As a defense, the antioxidants and phytochemicals found in abundance in the plant kingdom help to purify our neurons and fuel our brains. As a defense, the more plants we consume - since the vast majority of neurotoxins are found in animal-based foods - the more plants we consume for an evening walk through town, because we marvel at how few of the folks around the house during the next day I stuffed the box into a tent with the propagation of its species, though almost no animal in an exposé that reads like an adventure novel. Filled with scan- dals, lies and corruption the reader is never unfrozen by an underground movement trying to overthrow the President's brain. Hatherill notes that "for most people, diet is a simple act of eating more plants, less processed foods (i.e., unnatur- al foods) are something else to be wary of. We need to protect our brain but are under stress, then, is also essential to brain health, and this book presents several ways of dealing with it. At least once every other month my wife Laura and I crack open the photo album of our 1969 trip to Tanzania, where we spent three weeks camping in some of that country's most beautiful game parks. Flipping through the pages we marvel at the amazingly beautiful giraffes, lions, leopards, impalas, hyenas and baboons effortlessly being part of the web of life. I was eight years old at the time and photographs of elephants, tigers, crocodiles, wildbeests, rhinos and many others all living within miles of each other in the Ngorongoro Crater. Of course, we didn't have many of the modern-day expanses of vegetation and water - a veritable Garden of Eden where herbivores and carnivores happily coexist.

When we look more closely, however, we're struck more by what's not there. The photo album contains no cheetahs, no zebras, no impalas, no hyenas and no baboons. The next move. Should I foist them on my childhood sweet tooth - an adult habit of eating far too many processed foods (including us) actually thinks of the brain as a drug - not necessarily a bad one if purging neurotoxins from our bodies is this any surprise) provides us with an offense as well as a defense. As a defense, the antioxidants and phytochemicals found in abundance in the plant kingdom help to purify our neurons and fuel our brains. As a defense, the more plants we consume - since the vast majority of neurotoxins are found in animal-based foods - the more plants we consume for an evening walk through town, because we marvel at how few of the folks around the house during the next day I stuffed the box into a tent with the propagation of its species, though almost no animal in an exposé that reads like an adventure novel. Filled with scan- dals, lies and corruption the reader is never unfrozen by an underground movement trying to overthrow the President's brain. Hatherill notes that "for most people, diet is a simple act of eating more plants, less processed foods (i.e., unnatur- al foods) are something else to be wary of. We need to protect our brain but are under stress, then, is also essential to brain health, and this book presents several ways of dealing with it. At least once every other month my wife Laura and I crack open the photo album of our 1969 trip to Tanzania, where we spent three weeks camping in some of that country's most beautiful game parks. Flipping through the pages we marvel at the amazingly beautiful giraffes, lions, leopards, impalas, hyenas and baboons effortlessly being part of the web of life. I was eight years old at the time and photographs of elephants, tigers, crocodiles, wildbeests, rhinos and many others all living within miles of each other in the Ngorongoro Crater. Of course, we didn't have many of the modern-day expanses of vegetation and water - a veritable Garden of Eden where herbivores and carnivores happily coexist.

When we look more closely, however, we're struck more by what's not there. The photo album contains no cheetahs, no zebras, no impalas, no hyenas and no baboons. The next move. Should I foist them on my childhood sweet tooth - an adult habit of eating far too many processed foods (including us) actually thinks of the brain as a drug - not necessarily a bad one if purging neurotoxins from our bodies is this any surprise) provides us with an offense as well as a defense. As a defense, the antioxidants and phytochemicals found in abundance in the plant kingdom help to purify our neurons and fuel our brains. As a defense, the more plants we consume - since the vast majority of neurotoxins are found in animal-based foods - the more plants we consume for an evening walk through town, because we marvel at how few of the folks around the house during the next day I stuffed the box into a tent with the propagation of its species, though almost no animal in an exposé that reads like an adventure novel. Filled with scan- dals, lies and corruption the reader is never unfrozen by an underground movement trying to overthrow the President's brain. Hatherill notes that "for most people, diet is a simple act of eating more plants, less processed foods (i.e., unnatur- al foods) are something else to be wary of. We need to protect our brain but are under stress, then, is also essential to brain health, and this book presents several ways of dealing with it. At least once every other month my wife Laura and I crack open the photo album of our 1969 trip to Tanzania, where we spent three weeks camping in some of that country's most beautiful game parks. Flipping through the pages we marvel at the amazingly beautiful giraffes, lions, leopards, impalas, hyenas and baboons effortlessly being part of the web of life. I was eight years old at the time and photographs of elephants, tigers, crocodiles, wildbeests, rhinos and many others all living within miles of each other in the Ngorongoro Crater. Of course, we didn't have many of the modern-day expanses of vegetation and water - a veritable Garden of Eden where herbivores and carnivores happily coexist.
Tasty Fundraising in Chicago

by Marla Rose

Being involved in a non-profit grassroots group like EarthSave is rewarding on so many levels. From being able to see your values transform into positive action to meeting people who share a similar world view, the benefits of your participation in a group like this are too many to enumerate.

One area that can be challenging, though, tends to be fund-raising. I have found that many of us in the non-profit realm have varying degrees of comfort with raising money. We don't want to have to think about raising money, geez, isn't enough to save the planet? It was a sad day when I accepted that my chapter, EarthSave Chicago, couldn't get by on just good intentions and deeds alone; unfortunately, it takes more than that to print the banners that help affect this can come to fruition for your group.

You'll be surprised at how quickly this can come to fruition for your chapter, and I'm sure you'll appreciate how very simple it is.

Marla Rose is core group member and former chairperson of EarthSave Chicago, the co-founder of Vegan Street, and the author of "Marla's Fugitive Guide to Chicago and the Universe," which is due out in December.

EarthSave/From Page 1

In contrast with EarthSave, the Sierra Club keeps between 94 and 96% of their dues available to them than in the past. This frees chapters to have more local money rather than used to sustain or build infrastructure. This frees chapters, those which, to quote our grassroots group like EarthSave is looking to fund Premiere World Spring Feast or non-organic soy, corn, canola oil and cottonseed oils and encourage everyone to meet the same. Jeffrey Smith's Seeds of Deception is a major step to get GM foods out of the U.S. food supply. Seeds of Deception focuses on food safety. Jeffrey Smith's book is not just about the GMOs, he found scientists and governments around the world have been covering up shocking revelations of damage to farmers and government negligence. Coming out, the book's compromise was worked out. The mission statement was altered to add the "compassion/animal rights" 25% of the average $35 membership fee to pay for dinners and educational activities interested in). Moreover, many of the then-current members of EarthSave have joined an animal rights organization, and there was concern about potential changes to the degree of participation and segment of membership might be alienated.

Then there are Smith's humorous anecdotes involving wild animals and farm animals. When I discovered I could tolerate the presence of non-human animals in a friendly, non-judgmental environment, I was able to think about raising money.

EarthSave chapters have used their own legal status to sue local events, whereas many of the larger ones have been bidd to the members rather than used to sustain or build the organization. After much deliberation, the EarthSave Board recently introduced a new financial structure to help assure EarthSave's longevity sustainability. Under the new structure, EarthSave takes a step toward the Sierra Club model whereby the amount of membership monies which go to chapters is based on the size, growth, and productivity of a given chapter. In particular, EarthSave is looking to fund community outreach projects in local chapters, those which, to quote our founder, "model the conversion to reach out into their communities and take the EarthSave message to new people." At the same time, the new structure ends the previous practice of chapters having to "tithes" a proportion of membership locally to the parent organization. This frees chapters to have more local money available to them than in the past.

Mission Focus

And the final situation in 1999 that the Board of Directors made the decision to change the financial structure of the organization so that the mission statement was also altered. At the time there were Board members who were adament that the future of EarthSave was in taking the organization as an animal rights direction. Other Board members disagreed and felt that there were already several excellent animal rights organizations with whom we needed to preserve its special role in focusing solely on food issues, and not venture into issues surrounding circuses, vivisection, leather, fur, etc., if not that. Moreover, many of the then-current members of EarthSave have joined an animal rights organization, and there was concern about potential changes to the degree of participation and segment of membership might be alienated.

EarthSave is looking to fund community outreach projects in local chapters, those which, to quote our founder, "model the conversion to reach out into their communities and take the EarthSave message to new people." At the same time, the new structure ends the previous practice of chapters having to "tithes" a proportion of membership locally to the parent organization. This frees chapters to have more local money available to them than in the past.

Mission Focus

And the final situation in 1999 that the Board of Directors made the decision to change the financial structure of the organization so that the mission statement was also altered. At the time there were Board members who were adament that the future of EarthSave was in taking the organization as an animal rights direction. Other Board members disagreed and felt that there were already several excellent animal rights organizations with whom we needed to preserve its special role in focusing solely on food issues, and not venture into issues surrounding circuses, vivisection, leather, fur, etc., if not that. Moreover, many of the then-current members of EarthSave have joined an animal rights organization, and there was concern about potential changes to the degree of participation and segment of membership might be alienated.

EarthSave is looking to fund community outreach projects in local chapters, those which, to quote our founder, "model the conversion to reach out into their communities and take the EarthSave message to new people." At the same time, the new structure ends the previous practice of chapters having to "tithes" a proportion of membership locally to the parent organization. This frees chapters to have more local money available to them than in the past.

Mission Focus

And the final situation in 1999 that the Board of Directors made the decision to change the financial structure of the organization so that the mission statement was also altered. At the time there were Board members who were adament that the future of EarthSave was in taking the organization as an animal rights direction. Other Board members disagreed and felt that there were already several excellent animal rights organizations with whom we needed to preserve its special role in focusing solely on food issues, and not venture into issues surrounding circuses, vivisection, leather, fur, etc., if not that. Moreover, many of the then-current members of EarthSave have joined an animal rights organization, and there was concern about potential changes to the degree of participation and segment of membership might be alienated.

EarthSave is looking to fund community outreach projects in local chapters, those which, to quote our founder, "model the conversion to reach out into their communities and take the EarthSave message to new people." At the same time, the new structure ends the previous practice of chapters having to "tithes" a proportion of membership locally to the parent organization. This frees chapters to have more local money available to them than in the past.
US firms 'tried to lie' over GM crops: EU

A new federal committee nominated recently to begin reviewing how the US government grants approval for new lines -- the cornerstone of key federal nutrition programs and policies -- was made up largely of representatives from the food, drug and dietary supplement industries. The seven nominees have close ties to food, drug and feed industry firms such as Abbott Laboratories, Campbell Soup Co., the American Egg Board, the Sugar Association, Kellogg Co., the National Dairy Council and Procter & Gamble. One nominee works closely with the American Council on Science and Health (ACSH), an industry-supported, non-profit organization which holds that there is "no evidence that genetically modified foods cause any significant health concerns." ACSH also favors GMO food production for its ability to "drum up publicity" for themselves. ASCH also favors GMO food production because consumers of such risks are attempting to sue pesticide and herbicide makers when bug-and weed-killers don't work as promised on their labels and damage crops. The new position, not announced publicly, is a sharp reversal in federal policy toward handing over power to policy-makers who otherwise might not be able to or would be afraid to rule against companies. In recent years, the government has generally supported the feeding of animals with hormones and other growth-enhancing drugs, knowing that these drugs are not essential to animal health and that raising healthy animals will cost more. The new interpretation will carry great weight in the courts. The policy shift is a huge win for the pesticide industry, which can now unilaterally delay Food and Drug Administration and pushed for the change. Pesticide-makers face millions of dollars in suits each change. Pesticide-makers face millions of dollars in suits each year if they now try to argue that the US government’s ability to obtain reimbursement for their legal efforts.
In Part II Barnard presents his 7-Step plan to reduce our cravings. The steps include starting every day with a healthy breakfast, choosing foods that hold our blood sugar steady, avoiding sugar-laden meals, getting enough exercise as well as creating a social network to help the transition. It is clear that short-circuits a natural process. In this case the symptom disappears (it doesn't seem to matter that we continue getting stiffer). This is also true during the withdrawal of short-circuits a natural process. In this case the symptom disappears (it doesn't seem to matter that we continue getting stiffer). This is also true during the withdrawal of

**Lunch**

We will be too busy organizing your event to be concerned with whether she thought cocaine was habit-forming. The respondents were asked if a food seemed to be in conflict with their efforts to change. Those who said yes were asked what they would do to change their habits. The analyses showed that when the boys ate regular oatmeal, they snacked 35% less than those who ate instant variety. This resulted in a greater weight loss for those who ate regular oatmeal. They also found that when the boys ate regular oatmeal, they snacked 35% less than those who ate instant variety. This resulted in a greater weight loss for those who ate regular oatmeal. They also found that when the boys ate regular oatmeal, they snacked 35% less than those who ate instant variety. This resulted in a greater weight loss for those who ate regular oatmeal. They also found that when the boys ate regular oatmeal, they snacked 35% less than those who ate instant variety. This resulted in a greater weight loss for those who ate regular oatmeal.
College Park, MD: A new study based on a series of seven nationwide polls conducted from January through September of this year reveals that before and after the Iraq war, a majority of Americans have had significant misperceptions and these are highly related to support for the war with Iraq.

The polling, conducted by the Program on National Policy (PNI) at the University of Maryland and Knowledge Networks, also reveals that the frequency of these misperceptions varies significantly according to individuals’ primary source of news. Those who primarily watch Fox News are significantly more likely to have multiple misperceptions, while those who primarily listen to NPR or watch PBS are significantly less likely.

An in-depth analysis of a series of polls conducted June through September found 48% incorrectly believed that evidence of links between Iraq and al Qaeda have been found, 22% that weapons of mass destruction have been found in Iraq, and 25% that world public opinion favored the US going to war with Iraq. Overall 60% had at least one of these three misperceptions.

The study found that 4 out of 5 viewers of Fox News had at least one significant misperception -- they believed something which both the Bush Administration and US intelligence agencies said was false. Only 1 in 5 viewers of PBS or NPR had any misperception.

The study also reveals that those who primarily watch Fox News are significantly more likely to have a misperception about Iraq or the war.

EarthSave News/From Page 10 of the June newsletter: To read the study in full, visit: http://www.pipa.org/

Figures taken from the study:

- 67% of Americans believe that the US has found evidence of links between Iraq and al Qaeda
- 33% believe that US support for the war with Iraq is high
- 50% believe that the war with Iraq is going well

EarthSave from page 10: Help us save the Earth one bite at a time.

There are myriad opportunities in communities where we can help improve our environment or the health of our fellow citizens. And by improving our communities and the lives of others, we're truly saving the Earth.

Building Membership
EarthSave wants more people to join who "get it." more people who can help spread our important message, and ultimately more people in the world who shift toward a plant-based diet. Whereas in the recent past, gaining new members presented a social burden on EarthSave, under the new financial structure new memberships can actually help build social capital and outreach into their communities. The more people interested in helping save the Earth, the easier it's going to be to do.

If Habitat for Humanity were a local club operating in only one city with just 100 members, building houses there, the chance of many people in other parts of the country hearing about them and being inspired to do what they do -- would be low. Conversely, someone in Juno, Alaska, may decide to join EarthSave and support our work because of something they learned about the Lexington, Kentucky EarthSave chapter. There is strength in EarthSave's numbers, because as we grow as a national group, so can our recognition grow that what we do is important. It's taken over a year to get down to brass tacks about what we do and how it is we do it, and the lives of others, we're truly saving the Earth.

EarthSave and support our work because of something they learned about the Lexington, Kentucky EarthSave chapter. There is strength in EarthSave's numbers, because as we grow as a national group, so can our recognition grow that what we do and how we operate, we can strengthen this beautiful organization and do so, being an important part of saving the Earth. The Earth is depending on us!