NO SIR, WE DO NOT USE TORTURE

Let’s redirect the military to a much bigger threat (see page 2)

other shocking ideas:

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AN ENVIRONMENTALLY ORIENTED DEFENSE

The military should be redirected toward our biggest threat: nature

BY MARTIN NIX

ask people to name the major threats against this
country, and you will likely hear Iran, Korea, Sudan,
Afghanistan.

One of this nation’s number one security threat is natu-
ral disaster: hurricanes, tornados, droughts, floods, volca-
noes, epidemics, famine, global warming, global cooling.

As Jimmy Carter said, a good energy policy “is the
most important piece of legislation we pass this year.”

However, the research, development, and implementation
of such policies is being blocked. None of the Bush adminis-
tration’s energy bills have been passed into law. The cap-
abilities for any meaningful climate change policy have
not been forthcoming. It is time for the military to be
redirected toward our biggest threat: nature.

The dense nuclear pack of ICBMs in the Dakotas could
be mitigated if we redirected the military toward Geoth-
ermal Development, or piping water from the Great Lakes,
both of which could cool the magma. Equally challenging
would be the conversion of some of the 12,000 ICBMs in
storage.

Consider also the threat of an incoming giant meteorite.
A collision with earth would wipe out the ecosystem as we
know it.

Plagues affecting humans or our agricultural crops
could kill billions. History shows that the American
Military has been used for mercurial reasons. Like it or not, Iran has lots of oil,
Vietnam has lots of oil, and Afghanistan is a proposed route
for oil pipelines. The next war can be predicted where oil is:
Chad, Nigeria, Algeria, Sudan, Iran, Venezuela.

The military should be redirected toward the nature of national security:
among, naturally, disasters.

In view of environmental collapse, conflicts with Iran,
Iraq, Russia, and Afghanistan all look like small stuff.

Similarly, a nuclear attack on Russia—or anywhere—is also an attack on Planet Earth.

The military needs to change its counterproductive focus from mercenary operations, like Iraq, to focus on pro-
tection of the environment. This is not just an opinion. It
is what has to be done. Currently, the military is very inad-
equately trained or equipped to assume this role.

A refocusing of the military will have major impact on
defense contractor spending (i.e. more cargo planes, and
fewer jet fighters). It will greatly affect the development of the
military (i.e. the National Guard staying at home, not
in Afghanistan). It will affect all aspects of business and
government.

Even the motto of the Post Office will change to
“Whether sleet, snow, or incoming meteorites, the
Mail will get through!”

Instead of traditional military divisions, we may see the
Army, Navy, Air Force, and Coast Guard regroup into divi-
sions that defend the country from various types of envi-
ronmental destruction.

Our current economic recession is caused—at least in part—by excessive spending on mercenary military opera-
tions. If we would instead let the military to work on a
campaign for renewable energy, we could pull this nation out of economic depression like hydropower did during
the 1930s.

As Jimmy Carter said, a good energy policy “is the
equal moral threat of war.”

Now the US is suffering from a huge national deficit,
in a large part over wars for oil. But there are very
few efficient ways that we could make the conversion.

The dense nuclear pack of ICBMs in the Dakotas could
change roles, in the service of blasting meteorites coming
toward Earth.

The threats are real. Certainly we could have been much
more prepared in the 1980s to deal with the threat of
earthquakes in California, or the frequent damage to the
entire East Coast, and put into the atmosphere so much
soot and smoke that we would be unable to see the sun.

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First words if we should decide to keep to ourselves

“Happy St. Paddy’s Day from B. O’Bama”
What People Really Need

The Stimulus Package is wasteful and probably doomed; cutting consumption is the key to economic recovery

BY DOUG COLLINS

The economy has tanked basically because we consumers—an average—have spent far more than we’ve earned in the past few decades. We’ve lived high on credit card debt, outsized home and car loans, “rent to own” furniture and zero-interest-monthly-payout big-screen TVs. Every social class has been guilty of spending tomorrow’s money today.

For the mainstream media, pundits simply assume that huge stimulus and bailout spending—the sooner the better—is the only solution: let’s create jobs and stop the pain.

What few pundits seem to mention is that the government is now spending beyond its means in the most mind-numbing way: The two, now, right now, is mostly to spend yet more of tomorrow’s money in bailout schemes for hand-picked cronies in big banks and big industrial corporations.

At the very best, this is a continuation of our same cultural overspending problem. The mistaken assumption of perhaps most Americans is that we need the Stimulus Package to preserve the flow of marketable products and continue the credit to buy them with.

This bailout/stimulus strategy has been favored by Bush, Obama, and obscure and most elected officials. If McCain had won the presidency, I’m sure he’d be doing basically the same thing, but guess what. The banks and the jobs will be lost anyway.

The bailouts are just prolonging their demise, for the simple reason that the country hasn’t lowered its consumption to match its production. Most politicians don’t want to face this reality, because it doesn’t sell well with voters.

Meanwhile, the current huge government spending has only been made possible by the electronic equivalent of printing money and by the selling of IOUs—notably to the Chinese.

In the long run, this could create inflation, which is a back-door tax on every working stiff. If it doesn’t cause inflation, then you can bet on huge overt tax increases.

So who’s paying for the bailout? You are, one way or another. That’s because most policy makers are horrified by the short-term prospects of simply erasing the debts by letting the zombie corporations fail.

In the short run, the bailout/stimulus strategy may appear to preserve or even create some jobs by keeping the money flowing. But money flowing this way is likely to become worth less and less.

Sooner or later, the public has to bite the bullet: the fact is that we won’t again be seeing all those jobs, all those loans, all those cars, and all those supermall.

In fact, the public will eventually come to understand that we don’t need many of those things anyway.

Instead, we really need to balance our production and consumption. There are two general approaches to doing this:

1. Lower our consumption, and
2. Raise our production, the production of things that people around the world want to buy.

At the governmental level, we’ll have to severely curb government spending. No bailouts and no stimulus. Balance the national spending with the national revenues. Become much less dependent on financing our government with debt. In the short run, this would cause a lot of job losses, a lot of failed banks, and a lot of pain, but in the long run, it would allow the timely death of sick corporations and put our economy more quickly on firm ground. It would also get us out of Iraq and Afghanistan quickly.

A modest metaphor suits this situation very well. The bailout strategy is aimed at keeping terminally ill corporations on life support in hopes that they will miraculously recover, in much the same way that our heroic health care system treats terminally ill patients—also at great expense but with little success.

Miraculous recoveries are a pretty bad bet. Death with dignity would be the better choice. After all, economic life goes on, and new corporations will be born.

The Stimulus Package also resembles a big public anesthetic, temporarily relieving us of the personal pain of downsizing.

It’s not easy lowering our individual consumption. In our households, we’d have to drastically curtail our spending and learn to make do with what we have. We could not run to the department store every time we have a whim. We’d have to be inventive. We’d have to think about how we can solve our needs, wants, and desires in simpler, cheaper ways with materials that we have at hand.

Goodness knows there are a lot of materials already lying about. Heck, you can actually build nice houses out of discarded wooden pallets. The internet has plenty of plans for them.

We’d have to eat basic foods and cook them ourselves, rather than go to restaurants as much. We’d have to be closer to family and friends because we’d need the know-how of others. After all, many Americans don’t currently even know how to cook.

In the short term, this will require lots of often uncomfortable adjustments. On the bright side, it will make us smarter, more skilled, and more socially connected.

The other approach to balancing our economic life is to increase production. Since the government is essentially a spender—not a producer—there are only a few things for the government to do here, such as encourage efficiency, maintain a reasonable infrastructure, ensure educational opportunities, and provide a basic social safety net. The government can also work toward realistic currency exchange rates with other countries, though this has historically been very difficult.

The real increases in productivity can only come from new businesses with new ideas. It’s hard for these new businesses to get started unless the old, sick corporations that dominate the markets are allowed to die, and unless the skewed currency relations with China normalize.

In the past couple decades, US producers have had an extremely difficult time competing with the low, low yuan.

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But if we spend less money on Chinese imports, and save our money rather than live on credit, the economy has tanked basically because we consumers—an average—have spent far more than we’ve earned in the past few decades. We’ve lived high on credit card debt, outsized home and car loans, “rent to own” furniture and zero-interest-monthly-payout big-screen TVs. Every social class has been guilty of spending tomorrow’s money today.

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In the past couple decades, US producers have had an extremely difficult time competing with the low, low yuan.
Part 2 - We can see the damage

BY AMY WORTHINGTON

This microwave-emitting electronic “tag” has been sold to parents as a deterrent for child abduction.

dirty politics and attempts to sabotage his career.48

When Dr. Jerry Phillips, under contract to Motorola in the ’90s, published his findings that cell phone frequency has an important biological impact on DNA, he too was threatened and ostracized by the wireless industry. Phillips had earlier discovered that radio frequency fields can influence the growth of tumors.49

Today, almost all wireless health studies in the US are funded by a tangled web of special interest groups which directly or indirectly profit from the wireless industry. These tainted studies routinely give wireless radiation a clean bill of health. “A lot of studies done right now are done purely as PR tools for the industry,” confirms Dr. Phillips.49

The wireless industry is enabled and subsidized by the US government, which has a financial, administrative, and political interest in obscuring microwave health issues. The reality is, the fees and the wireless industry are up to their proverbial necks in liability if the potential fetal damage caused by microwaves becomes widely understood. Therefore, those who increasingly microwave-pollute both military and civilian populations have an interest in human willingness to “lie and deny” regarding the dangers of RF microwaves.49

Author Paul Brodeur wrote in The Zapping of America that “for the government and the military the hard fact is that they have long suppressed information about true genetic effects of microwaves in humans and covered up a number of potential health effects and situations in which such effects have been observed.”50

Babies have been sacrificed to protect the establishment

One such situation was the Fort Rucker affair of the early 1970s.51 In 1971, an expert with the University of Alabama had discovered that microwave emissions of the radar tower at Fort Rucker in Alabama had 46 radar installations within 30 miles of the base. Aviation radar technology, such as that emitting from Fort Rucker at the time, employs many bands of high frequency microwaves.51

In 1973, an expert with the University of Alabama discovered that a startling number of newborns delivered at the base hospital suffered congenital abnormalities, including club foot, cleft palate, genital, heart and gastrointestinal problems. This was also a high fetal death rate. About the same time, researchers discovered a high fetal death rate near Elgin Air Force Base in Florida, another aviation base with a massive concentration of radar installations.51

A preliminary report on the Fort Rucker birth defect cluster completed by the Southern Research Institute for the US Environmental Protection Agency urged follow-up studies to determine how prenatal deaths and infant birth defects correlate with parental microwave exposure at aviation bases. Such a study was warranted because nearly a decade earlier, researchers at Johns Hopkins had found an apparent association between radar exposure and Down’s Syndrome.52

Rather than acknowledge a possible radiation link to myriad illnesses among civilian and military personnel, or act to prevent irresponsible exposure, military networks derailed the investigation and quashed preliminary study results. Brodeur warned, “Above all, it provides a warning in bold relief to the Congress and to the American people. A national policy which gives the Department of Defense the power to control or thwart scientific research on the biological effects of microwaves is a policy that allows the fox to guard the coop and make test animals of us all.”53

Thirty years later the fox still rules

And test animals we certainly are. The United States now has about two million licensed cellular communications installations and antennas blanketing the nation with pulsed data transmission microwaves. Wireless communications antennas operate in the same electromagnetic spectrum as radar antennas. Radar emissions can range from high-powered military installations for severe allergies, diabetes, body weight abnormalities, plus serious eye, ear and skin conditions.

Part 2 - We can see the damage

A n estimated one in 20 babies born in the U.S. each year has an obvious birth defect. That adds up to more than 300,000 babies each year, a figure approaching four million live births annually. Many additional childhood defects and impairments can be subtle, requiring years to become apparent. Millions of parents now cope with often mysterious health problems such as severe allergies, diabetes, body weight abnormalities, plus serious eye, ear and skin conditions.

For it is generally agreed that epigenetic among our younger generations involves the increasing incidence of neurological and developmental delay disorders. The 2003 National Survey of Children’s Health found that one in five American children has a learning disability or attention deficit disorder. Studies through decades link this condition to toxic environmental conditions, including microwave radiation exposure.42

A recent study of over 13,000 Danish women confirmed that women who had used cell phones during pregnancy produced children who were 54 percent more likely to manifest hyperactivity and difficulties with attention and emotion by the time they entered school.43

Coordinated by American and Danish scientists, the survey then evaluated a group of children exposed to cell phone radiation in the womb later used cell phones themselves, they were 80 percent more likely to suffer behaviors or informational problems than children who were not exposed.44

In 2000, Dr. Ross Adey working at the University of California, Riverside, showed that pregnant rats exposed to Iridium cell phone radiation produced fetuses with significantly decreased brain activity, compared to non-exposed fetuses.45

The incidence of autism, a complex affliction manifesting a broad spectrum of brain abnormalities, has increased dramatically since the wireless age began. Scientists say clues are accumulating that radio frequency (RF) microwave exposure could be an important but overlooked factor in the autism epidemic.46

There is also indication that the synergy between RF microwave radiation and chemicals or metals may be involved in autism’s etiology. A 2007 report on autistic children in the Netherlands led researchers to believe that ADHD (Attention Deficit Hyperactivity Disorder) patients with autism show a reduced blood concentration of the chelator dothanolamine.47

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The wireless industry says that it must continue to increase its nationwide network of microwave antennas in our neighborhoods, commercial centers, parks and school zones. It says that the emergence of broadband services — which enable cell phone video/gam-
The scientific evidence is convincing: cell phone radiation, even from phones on standby, greatly increases the risk of sterility and birth defects. Reasonable people should consider prioritizing their children and the survival of the human race as more important than fashion and convenience.

Michael Gross is an experienced realtor. He’ll donate 50% of his commission to the Washington Free Press!

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Generation X'd Out from p5 vision and exposure standards could have been set specifically for their potent contraceptive potential. Genetic and dangerous to fetuses and infants as ionizing only a few minutes of exposure to this cell phone radiation per day—per day at power intensities now common in our environment—could cause mutations and harm to unborn children.

Chilling is the possibility that there might exist a mindset among ruling elites that humans who make it through the gauntlet of pre-conception radiation and radiation-induced spontaneous abortion should have their lives drastically shortened to spare societies the economic burden of elderly people.

Governments and the wireless communications industry, which are both stampeding humanity into constant exposure to microwave wireless exposure, are undoubtedly apprised of the hundreds of medical studies demonstrating that low-level communications microwave radiation has been linked to but also nourish and pro-

human genetics.

The perpetrators must also be aware of the wide-spread knowledge that newborns exposed to cell phone radiation while in their mother’s womb, have more than double the chance of developing kidney stones and strokes.77

When young people are told about the hazards of cell phone radiation quickly and exposed to the many hazards that are not being kept from the public, we speak up and take action now—for the sake of the life-and-death issues associated with the brazen wireless radiation assault upon our kids. Our mission requires persistence, patience and sacrifice. It is high time that we rise up and act on behalf of the future generations. We are no longer a nation of economic coffers.79 Currently pumping $100 billion a year into the industry’s coffers. CTIA: The Wireless Association (CTIA) boasts on its website that teenagers, and tobacco industries seduced and murdered genera-

5. Refuse to have your newborn radio-tagged by your community ward, or have your baby at home. Since a tracking system requires a fog antenna, and reserve their use for emergency situations.

4. Prudent avoidance of routine pregnancy ultrasound imaging and exposure standards could have been set specifically for their powerful contraceptive potential. Genetic and dangerous to fetuses and infants as ionizing radiation.

3. Learn to test your personal environment for wireless radiation. If you are pregnant, plan to be, remove yourself from microwave-contami-

2. Never wear or use any wireless device near repro-

ducive organs. If you are female and have been exposed to your ovaries to near-field wireless radiation, think carefully before you decide to become pregnant. If you are a male, and plan to father children, make sure that you stop using wireless devices well in advance of fertility planning to reduce the chance of procreation with damaged sperm.

1. Accept the well-documented fact that microwave radiation from wireless devices is as mutagenic, terato-

genic and dangerous to fetuses and infants as ionizing X-ray and gamma waves. The perpetrators must also be aware of the wide-spread knowledge that newborns exposed to cell phone radiation while in their mother’s womb, have more than double the chance of developing kidney stones and strokes.77
It's a simple fact that many of the best and most prescient works are simply ignored in their time. Citizen Kane, for example, considered by many to be the best movie of all time, was a box office failure. Director Orson Welles was never able to make a film he wanted to make after it.

One feature that was released with minimal fanfare in recent years was the first feature born of Fox's cancelled television series Futurama. The animated Bender's Big Score is simple and prescient: a group of scammers off of Earth. The soundtrack for this movie, The Producers, in which Zero Mostel and Gene Hackman portray investors, knowing it will fail.

Bender's Big Score was released in November 2007 on DVD and aired in March 2008 on Comedy Central--long before the collapse of our banking system that has spurred trillions of dollars in bailouts. As writer Kevin Phillips pointed out in his book Bad Money, published as the collapse was starting to be talked about, the dollar value of the derivatives and other financial junk was actually larger than many of the connections of the economy connected with real goods and services. Despite the fact that these "too large to fail" banks have hired some of the best mathematicians on the planet to disguise their financial junk, it doesn't require being particularly versed in mathematics to see where this is no longer going.

The economy of real goods and services (what is left of it) is being taxed to make up the lost value of the junk economy. Since the economy of real goods and services is a smaller financial value than the junk had, it will, if we continue on the present course, be completely drained to pay off the junk. This is the basic math most of us were introduced to around First Grade.

I wonder if those involved in Bender's Big Score were looking at all the many current--examples of scammers taking over economy. One can look at the "Dot-Com Bubble" where incredible things were happening before the Scammers got investors to invest many times the value of any of the services might possibly be worth. Stocks were traded in such a way that every investor thought the music stopped, those who'd sold their shares made mint, and the rest were fleeced.

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Bender's Big Score was released in November 2007 on DVD and aired in March 2008 on Comedy Central--long before the collapse of our banking system that has spurred trillions of dollars in bailouts. As writer Kevin Phillips pointed out in his book Bad Money, published as the collapse was starting to be talked about, the dollar value of the derivatives and other financial junk was actually larger than many of the connections of the economy connected with real goods and services. Despite the fact that these "too large to fail" banks have hired some of the best mathematicians on the planet to disguise their financial junk, it doesn't require being particularly versed in mathematics to see where this is no longer going.

The economy of real goods and services (what is left of it) is being taxed to make up the lost value of the junk economy. Since the economy of real goods and services is a smaller financial value than the junk had, it will, if we continue on the present course, be completely drained to pay off the junk. This is the basic math most of us were introduced to around First Grade.

I wonder if those involved in Bender's Big Score were looking at all the many current--examples of scammers taking over economy. One can look at the "Dot-Com Bubble" where incredible things were happening before the Scammers got investors to invest many times the value of any of the services might possibly be worth. Stocks were traded in such a way that every investor thought the music stopped, those who'd sold their shares made mint, and the rest were fleeced.
Cashing In On Earth’s Cycles

Part 2 – The Present: Crisis Mode

Did you know Enron was a major promoter of the Kyoto Protocol?

BY ALAN CHEETHAM & RICHARD KIRBY

Editor’s note: I feel it is beneficial for environmentalists to consider a variety of informed viewpoints on the global warming issue, including skeptical viewpoints such as those in the article below. I encourage all readers to look much more deeply into the subject of climate change. For further information, you may access a monthly newsletter of Mensa of Western Washington. Numbered references are listed at the end of the article. Part 3 can be found in our May 2009 issue at www.sweefpress.com/96/isssue06.pdf.

The science involved with the global warming issue is of two types: (1) empirical science—the actual observations, data and their interpretation, and (2) theoretical science—computer models based on the modeler’s interpretation of the phenomena. The two are at odds: that is, the empirical science does not support the modelers’ predictions.

The temperature trends have a much higher correlation with solar phenomena and with oceanic oscillations than with CO2 (1, 2, 3). Glaciers have generally receded since the early 1900s (before modern CO2) (4), while the Greenland ice melt was similar in the 1930s (5) and Antarctica has no warming (6). In many regions the current warming is just reaching what it was in the 1930s. But few people alive today were around in the 1930s, andgrandstanders are selling an apocalyptic doomsday sce-

So, why has this apocalyptic scare been so widely promoted? The answer is money. The big money is in the carbon credit trading.

Enron was a promoter of the Kyoto Protocol since it was expected to greatly increase its profits. Enron’s Ken Lay had meetings with Clinton and Gore to try to get Kyoto passed. “Enron officials later expressed elation at the results of the Kyoto conference. An internal memo said the Kyoto agreement, if implemented, would ‘do more to promote Enron’s business than almost any other regulatory initiative outside of restructuring the energy and natural gas industries in Europe and the United States.” [7]

There is an extensive overlap of those who created the scare and those greatly benefiting from it. The carbon credit trading companies are illustrative. At the Chicago Climate Exchange (CCE) is “the world’s first, integrated, carbon credits registry, registry and trading system.” One director is Maurice Strong, former UN Environment Program and the UN Conference on Environment and Development. Strong has also been senior advisor to UN Secretaries General Boutros Boutros-Ghali and Kofi Annan and World Bank President James Wolfensohn. Another director is Stuart Eizenstat, who was US Ambassador to the EU during the Clinton Administration, Chief Domestic Policy Advisor for President Jimmy Carter as well as the leader of the US delegation at the Kyoto Protocol negotiations. [See reference 7 for similar examples]

Al Gore is a major beneficiary of the current hysteria. “In May Al Gore traveled to Tel Aviv, Israel to pick up $1 million... for winning [as co-awardee for his] documentary film work. In his acceptance speech, Gore repeated his long-familiar sentiment, ‘We face a planetary emergency.’ According to Bloomberg News, Gore had less than $2 million when he left the vice presidency in 2001. Today his personal fortune is more than $100 million (Fast Company, July 2007)” [8]

Gore still runs around wielding his ‘hockey stick’ graph, even though the National Academy of Sciences has thoroughly debunked it, and even the Intergovernmental Panel on Climate Change (IPCC) has dropped it. Gore recently has endorsed “civil disobedience to prevent the construction of new coal plants that do not have carbon capture and sequestration.” [9]

Although the IPCC is promoted as “the consensus,” many climate scientists disagree with the specific positions of the IPCC, and the number of dissenting scientists is growing. Canada’s National Post has an excellent series of articles documenting some of these scientists [10, 11].

Many scientists who disagree with the IPCC have found their funding cut off or have been fired. In Europe, Henk Tennekes was dismissed as research director of the Royal Dutch Meteorological Society after questioning the scientific underpinnings of global warming. [12].

Some retired scientists are speaking out. A prominent atmospheric scientist at MIT states: “...for over 25 years, we have based not only our worst case scenarios but even our best case scenarios on mere exaggeration. As far as I can tell, the main question we ought to be confronting is how long the momentum generated by this issue will prevent us from seeing that it has been an illusion based on model error.” State climatologists who disagree with the state government belief in global warming have had their titles removed or the offices deleted. [12].

The “climate crisis” is in reality a western nation environmentalist crisis—western environmentalists promote their beliefs, while the rest of the world says “nonsense.” In July 2008 The Government of India published a National Action Plan on Climate Change, which states: “No firm link between the documented [climate] changes described below and warming due to anthropogenic [human-caused] climate change has yet been established.”

India has no intention of cutting CO2 emissions if it do so affects its economic growth. The report Overview states: “India is determined that its per capita greenhouse gas emissions will at no point exceed that of developed countries even as we pursue our development objectives.” [13]

Russia also disagrees with the western view. “Russian critics of the Kyoto Protocol... say that the theory underlying the pact lacks scientific basis. ...” Russian scientists state: “There is no proven link between human activity and global warming. This problem is overshadowed by many fallacies and misconceptions that often form the basis for important political decisions...” and “The current warming is evidently a natural process and utterly independent of hothouse gases.” [12] (France) – “the world’s largest greenhouse gas emitters...”

The Chinese spokesman said “The consequences of inhibiting their development would be far greater than not doing anything to fight climate change... our general stance is that we will not commit to any quantified emissions reduction targets.” [14]

To those profiting from the scare, it is a critical emergency—to the rest of the powers, a ploy for control. We should adopt clear, critical thinking, and a healthy skepticism.

Next issue: Part 3 – The Future: Recurring Cycles

Is science becoming subservient to a new autocracy?

References:

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We Need_a Two-Pronged Approach to Climate Change
Cutting emissions isn’t enough

BY DAVID ZINK

Editor’s note: Whether or not you’re convinced about climate change, it’s good to be prepared for the possibility, just as it’s always good to live lightly on the Earth. But climate is not only an issue of how many pounds of carbon we emit. It’s also related to how well we preserve undeveloped areas.

Carbon dioxide (CO2) is responsible for about half of the greenhouse effect threatening Earth. Plants are the lungs of our planet. In photosynthesis, they breathe in CO2, removing it from the atmosphere, and then split the molecule. Carbon is added to (“sequestered by”) the plant’s biomass of wood, bark, roots, leaves, etc. Oxygen is released to the environment. A tree can absorb up to 48 lbs of carbon per year, and release enough oxygen back into the atmosphere to support two human beings.

Trees help in other ways. They remove other pollutants from the burning of fossil fuels from the air. Trees also provide shade in the summer: having a tree or two around your house can reduce air conditioning needs by up to 30 percent, saving both energy and money.

Carbon dioxide, methane, and other greenhouse gases play a major role in climate change, but there is more to fighting climate change than trying to reduce emissions. This impending crisis calls for a coordinated 2-prong approach. We must significantly reduce greenhouse gas emissions as well as protect forests, wetlands, and other vegetated lands that sequester carbon. Both aspects are crucial.

Across our state, enormous amounts of photosynthetic surface (forests, meadows, wetlands, etc.) are being bulldozed and replaced with malls, housing, parking lots, and other development. Every day, we are losing an appalling amount of oxygen-producing land to sprawl. This is not sustainable.

Sprawl and other deforestation intensifies global climate change, reduces air quality, ruins wildlife habitat, and cripples nature’s ability to filter carbon from the air. If people don’t start seeing the connections between these things, we’ll never come to grips with the challenges we face.

In the accompanying tables, my starting point is the productivity of some ecosystems found in Washington State. These figures are available in many introductory ecology textbooks.

Cutting back on emissions from industry and transportation is crucial to slowing climate change. But it’s also crucial to stop sprawl. Let nature help heal the damage we’ve done. Protect the trees, wetlands, and wild areas. Now that you know, tell your neighbors, and city, county, and state planners. Now is the time to act decisively for our earth and our future.

David Zink works in the WA State Dept. of Ecology in hazardous waste management.


<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>Carbon Sequestration (lbs/yr)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temperate evergreen</td>
<td>2277</td>
</tr>
<tr>
<td>Temperate deciduous</td>
<td>2191</td>
</tr>
<tr>
<td>Shrublands</td>
<td>1095</td>
</tr>
<tr>
<td>Temperate grassland</td>
<td>913</td>
</tr>
<tr>
<td>Cultivated (agricultural) land</td>
<td>1176</td>
</tr>
<tr>
<td>Swamp/marsh/wetland</td>
<td>4584</td>
</tr>
</tbody>
</table>

What is this carbon absorption worth in US dollars? Value of annual carbon sequestration per average acre of various ecosystems. (Range reflects the Pew Center on Global Climate Change’s evaluation of $70 per ton, and the Natural Resources Defense Fund’s evaluation of $100 per ton, see http://www.env-econ.net/2007/12/a-nobel-respons.html and www.pewclimate.org/docuploads/Sequest_Final.pdf.)

<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>Value of Annual Carbon Sequestration (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temperate evergreen</td>
<td>$174 - $249</td>
</tr>
<tr>
<td>Temperate deciduous</td>
<td>$169 - $241</td>
</tr>
<tr>
<td>Shrublands</td>
<td>$84 - $121</td>
</tr>
<tr>
<td>Temperate grassland</td>
<td>$70 - $100</td>
</tr>
<tr>
<td>Cultivated (agricultural) land</td>
<td>$88 - $129</td>
</tr>
<tr>
<td>Swamp/marsh/wetland</td>
<td>$353 - $504</td>
</tr>
</tbody>
</table>

Average annual oxygen generation of various Washington State ecosystems per acre.

<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>Oxygen Production (lbs/yr)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temperate evergreen forest</td>
<td>6059</td>
</tr>
<tr>
<td>Temperate deciduous forest</td>
<td>5,843</td>
</tr>
<tr>
<td>Shrublands</td>
<td>2920</td>
</tr>
<tr>
<td>Temperate grassland</td>
<td>2435</td>
</tr>
<tr>
<td>Agricultural cultivated land</td>
<td>3136</td>
</tr>
<tr>
<td>Swamp/marsh</td>
<td>12,224</td>
</tr>
</tbody>
</table>

How many people does this keep alive? Average number of adult humans that can be supplied by the oxygen produced by one acre per year.

<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>Number of People Supplied</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temperate evergreen forest</td>
<td>7.5</td>
</tr>
<tr>
<td>Temperate deciduous forest</td>
<td>7.2</td>
</tr>
<tr>
<td>Shrublands</td>
<td>3.6</td>
</tr>
<tr>
<td>Temperate grassland</td>
<td>3.0</td>
</tr>
<tr>
<td>Agricultural cultivated land</td>
<td>3.9</td>
</tr>
<tr>
<td>Swamp/marsh</td>
<td>15.1</td>
</tr>
</tbody>
</table>

What is this oxygen worth in US dollars? Cost of mean net oxygen generated per acre by various ecosystems. (Aaro Medical Supply, a major medical supply company in Olympia, WA, charges $19 for a 4-hour supply tank of oxygen. Six are needed for a one-day supply for a human adult. The cost is $41, 496 annually.)

<table>
<thead>
<tr>
<th>Ecosystem</th>
<th>Cost of Oxygen Supply (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temperate evergreen forest</td>
<td>$311, 220.00</td>
</tr>
<tr>
<td>Temperate deciduous forest</td>
<td>$298, 771.20</td>
</tr>
<tr>
<td>Shrublands</td>
<td>$149, 385.60</td>
</tr>
<tr>
<td>Temperate grassland</td>
<td>$124, 488.00</td>
</tr>
<tr>
<td>Agricultural cultivated land</td>
<td>$161, 834.40</td>
</tr>
<tr>
<td>Swamp/marsh</td>
<td>$626, 589.60</td>
</tr>
</tbody>
</table>

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Johnny and Willie had worn out the yellow pages in calling, though Willie had. He started cruising second-hand stores. The tubs were in the vicinity of $300, more money than he could afford to replace. After disconnecting the plumbing fixtures was shared with the entranceway to the house. He gathered tools to get his tempera...
After installing another tub, it was off to Pakistan on this tanker.

dead at St. Vinnie’s. Willie agreed. Johnny took his foot off the gas pedal and gave a nonchalant ‘fellow worker with security guard as the Chevy coasted into the parking lot.

Fortunately, they were both clad in overalls. Not knowing the worst of the horrors awaited them amongst the used goods at St. Vinnie’s, Johnny and Willie donned attire that made them look like deliverymen, loud enough that the security guard heard it.

stray beads of melted cast-iron left by misadventures went through the motions of perfecting placement for the only remaining parking at the bank. The two then had straddled the two spaces and very cleverly blocked both entering and exiting the busy bank in that row of parking lot.

But that would likely lead to international hostilities, by raising tariffs on Chinese and other foreign goods. At that point, we could try to bolster domestic markets to raise our productive ability.

to raise our productive ability. This might seem tidy and clear enough as they appear in the law books. Yet, reaffirming the notion that committing to war year on end, especially when the occupiers are routinely killing civilians (whatever the rationale).

unhealthy economic relations that allow the yuan to stay low will start changing in favor of US producers. On an individual level, necessity will again be the mother of invention. By scaling back our consumption, we have to become more inventive in all respects. This inventiveness will fuel ideas for future business necessities.

We could save ourselves a lot of shame, and save others their lives, by speaking out sooner. We could save the Obama presidency from running aground in their failure to clearly and openly oppose the pivotal rhetoric and his avowed commitment to ratchet up the US war effort in Afghanistan.

Here? Willie meekly inquired.

“Here?” Johnny loudly announced.

Johnny said that she was getting aggravatingly curious, walking toward them from his phone booth of a guard shack. Johnny realized the situation was becoming precarious and decided to seize the initiative. He started harking orders at Willie.

“Move your end to the right!”

“That’s just right.” Johnny made the proclamation loud enough that the security guard heard it. Willie and Johnny got into the pick-up.

On the way out the guard seemed friendlier then he had when the truck entered the lot. Johnny guessed that he became obsequious after deciding that the crew of the dilapidated truck was performing a chore for some mucky-muck at Seafront. Willie thought the guy was a “buttsicker.”

Having ditched their old bathtub, Willie and Johnny picked up the replacement tub a full ten minutes before St. Vinnie’s closed at five p.m.

After installing the used bathtub, Johnny went to New Orleans and caught a plane back to Pakistan. Willie’s dating continued, unabated.

John Merriam is an attorney practicing in Seattle. He specializes in maritime labor law.

War Resister Cliff Cornell Arrested At Canadian Border

BY MARK TAYLOR-CANFIELD

U.S. war resister Cliff Cornell was arrested by US border police February 4th after being ordered to leave Canada. He was held briefly at the Whatcom County Jail, 20 miles south of the US/Canadian border in Washington State.

As of this writing, Cornell has voluntarily rejoined his Army unit at Fort Stewart, Georgia. He faces charges of desertion.

Cornell went to Toronto in 2005 when he was scheduled to deploy to Iraq. Since then he has been living in British Columbia. The government of Prime Minister Stephen Harper has blocked attempts by the Canadian parliament to stop the US soldiers refusing to fight in Iraq. Now Cornell now faces a court martial and imprisonment in the United States.

Gerry Condon, director for the Seattle war resisters support group Project Safe Haven, says the arrest was unwarranted because Cornell was following his own conscience and obeying international law when he refused to fight in an illegal war.

A legal defense fund has been established. Vigils in support of Cornell were being held outside the Bellingham jail by the Whatcom Peace and Justice Center.

Another US soldier and war resister, Robin Long, was deported from Canada in July. He was also held at the Whatcom County Jail in Bellingham. Long was eventually transferred to a military facility in San Diego where he is serving a one year prison sentence.

Hundreds of US soldiers have escaped to Canada, Europe and Latin America after refusing to serve in Iraq. A decade ago, conquistador in Bellingham, have been circulated among national veterans and anti-war groups calling upon President Obama to grant amnesty to all of these war resisters.

For more information, see www.couragetoresist.org

REASON #5: You can have the courage to look at ourselves.

Reason #5: There are at least 1000 reasons to support and subscribe to the Free Press. Please do so on p3!

Economy from p3

unhealthy economic relations that allow the yuan to stay low will start changing in favor of US producers. On an individual level, necessity will again be the mother of invention. By scaling back our consumption, we have to become more inventive in all respects. This inventiveness will fuel ideas for future business necessities.

If you haven’t noticed already, the changes that come about from lowering our consumption also tend to raise our productive ability.

I don’t think most Americans would see the true other way around: if we focused on raising our production of goods (and not lowering our consumption) we would be in a position to have more and more of what we think we’ve probably be producing the same junk we’re already producing. And we’d still face the unabated problem of China making the same junk of for a lot cheaper.

At that point, we could try to bolster domestic markets by raising tariffs on Chinese and other foreign goods. But that would likely lead to international hostilities, just as it did during the Great Depression, which preceded World War II. We should steer clear of such a course.

Our relationship with China has been a key element in this worldwide financial problem. We’ve been the lotus eaters and China has offered the lotuses. The best thing to do for ourselves, and for our country, is to stop eating so many lotuses, get off our duffs, and start getting creative with what we’ve got. Unfortunately, tax rebates, stimulus checks, and bailouts of lending institutions just encourage us to fall into the same old hole.

In our state of Washington, the legislature recently voted to give supplemental pay to those receiving unemployment compensation as a way to stimulate the economy. I wonder if the state will even be able to afford the regular payments in a few years.

As Americans we have spending habits by redefining ourselves not as consumers, but as inventors, and socking away—rather than spending away—our money.

We’ll begin to get out of this mess as soon as most Americans realize that the solution is not about getting people shopping. Our past economy, based on marketizing and retail, was a dead end. We need to turn the other direction.

FREEING UP... FOR MORE WAR, Media Beat

By Norman Solomon

Hours after President Obama’s speech to a joint session of Congress, he printed the news that he plans to gradually withdraw “American combat forces” from Iraq during the next 18 months. The newspaper reported that the advantages of the pullout will include “reclaiming the strain on the armed forces and freeing up resources for Afghanistan.”

The president’s speech had little to say about the plans for escalation, but the few words will come back to haunt: “With our friends and allies, we will forge a new and comprehensive strategy for Afghanistan and Pakistan to defeat Al Qaeda and combat extremism, because I will not allow terrorists to plot against the American people from safe havens halfway around the world. We will not allow it.”

Obama didn’t mention the additional number of US troops -- 17,000 -- that he has just ordered to Afghanistan. But his pledge that he “will not allow terrorists to plot against the American people” and his ringing declaration, “We will not allow it.” came just before this statement: “As we meet here tonight, our men and women in uniform stand watch abroad and more are readying to deploy.”

Get the message? In his first speech to Congress, the new president threw down a 90-month gauntlet, reaffirming the notion that committing to war halfway around the world -- in Afghanistan and now in Pakistan too -- will make Americans safer. With drumrolls like that, the masses, no doubt all too ready to power. This is how the war in Vietnam escalated, while individuals and groups muted their voices. Many people will pay with their lives.

The reasons why the war in Afghanistan cannot be won are directly connected to why the war is wrong. In essence, people are likely to live for years on end, especially when the occupiers are routinely killing civilians (whatever the rationale).

The reasons why the war in Afghanistan might seem tidy and clear enough as they appear in media coverage, or as they roll off a president’s tongue, but the real Afghan war: the opponents of the U.S. war are diverse and wide-ranging. With every missile strike that incinerates a household or terrorizes a village, the truly implacable “extremists” can rejoice at what they see in their recruiting efforts.

Those who are fond of talking and writing about President Obama’s admirable progressive values will, sooner or later, need to come to terms with the particulars of his actual policies. In foreign affairs, the realities now include the ominous pairing of his anti-terrorism rhetoric and his avowed commitment to ratchet up the U.S. war effort in Afghanistan.

I don’t often make predictions, but I’m confident about one: Within a few years, some mention of Congress, and leaders of some progressive groups with huge email lists, will look back with regret as they recall their failure to demand and openly oppose the pivotal escalation of the Afghan war.

They could save themselves a lot of shame, and save others their lives, by speaking out sooner rather than later. In the process, they might help save the Obama presidency from rearing up against an Afghan war.

Norman Solomon is the author of “War Made Easy: How Presidents and Pundits Keep Spinning Us To Death,” which has been adapted into a documentary film of the same name.
TUES MARCH 10, and subsequent 2nd Saturdays, 6:30 pm, at Marina Park Pavilion on the Kirkland waterfront parking lot. For over 20 years, we have been meeting monthly. We call ourselves "Citizens Across the Lake". Please join us!

SUN MARCH 15, 4:30 - 6 pm, at 1200 - 156th Ave NE, Bellevue; Family Resource Center. ATTENTION ALL who are building or maintaining gardens: Please join us at 4:30 pm for a child-friendly event celebrating Earth Day. Alternating months between special topic and Hedgie. For complete details please visit Hedgie. (English)

THURS MARCH 19, 5:30 - 7:30 pm, at St. Mark's Episcopal Cathedral, 1245 10th Ave E, Seattle; Meeting of CITIZENS FOR OVERT ACTION, educating the public about the threat to democracy here and abroad posed by covert action, and for the End of Arms Race. Info: 206-524-3377 or 206-323-2706.

WEDS MARCH 25, 9 am - 4 pm, at William Gates Hall, Room 133, University of Washington Law School, 1140 1200 NE 4th St, Renton; FAMILY RESOURCE CENTER. Our goal is to bring the community to learn and participate in a variety of issues affecting the world to promote peace as well as to promote questions of social justice and environmental issues. This evening features-topic: TBA. Admission $5 or free with registration (limited availability)

SAT MARCH 28, and subsequent 4th Saturdays, 6:30 pm - 9 pm, at Multnomah County Detention Center, 1630 SE 122nd Ave, Portland; DEBTS OF THE WORLD'S POOREST NATIONS. Info: Multnomah County Sheriff's office, 502 SE Main St, Portland; or phone for location.

SAT MARCH 28, and subsequent 4th Saturdays, 11 am - 3 pm, at Bellevue Library, 1011 102nd Ave NE, Bellevue; WAR RESISTER VIGIL. Support Lt. Ehren Ward and all War Resisters - Join the monthly vigil in support of Ehren, a U.S. Army Reservist who resigned in protest of his deployment to Afghanistan. Look for our colorful banners and signs, and for live music by local veterinarian Forrest For a Change. Project Safe Haven. Info: ProjectSafeHaven@holmsatt.com or 206-783-3755.

SUN MARCH 29, and subsequent 1st Sundays, 11 am - 1 pm, at Bellevue Library, 1011 102nd Ave NE, Bellevue. "If, when the revolution comes, it's not a revolution for peace, it's nothing at all." Rev. Martin Luther King, Jr. Worship Service and March for Peace. Info: bellevuepeace@comcast.net or 425-481-8044.

SAT MARCH 31, and subsequent 2nd Saturdays, 10 am - 12 noon, at 21 Acres, 13701 NE 71st Street, Woodinville, WA. "We are all stakeholders in the alternative food network. Let's learn together in community and collective action to create a more just and sustainable food system. It's time to feed our people, not our profits." Info: 425-228-9370 or www.21acres.org

TUES APRIL 6, and subsequent 1st Mondays, please confirm, noon - 2 pm, at Al Roachester Room, Floor 2, City Hall, 600 4th Avenue, downtown Seattle; Seattle; meeting of CITIZENS FOR PEACE & JUSTICE. Group meeting to discuss the human and environmental challenges of nuclear weapons. Info: 206-684-3033;

TUES APRIL 13, and subsequent 3rd Tuesdays, 7 pm - 9 pm, at William Gates Hall, Room 133, University of Washington Law School, 1140 1200 NE 4th St, Renton; Nonviolence and Social Change 101. Free and open to the public! But donations are kindly accepted. http://www.peacevigeinfo.org

SAT MAY 9, and subsequent 3rd Saturdays, 6:30 pm, at Multnomah County Detention Center, 1630 SE 122nd Ave, Portland; SENDING REIKI ENERGY to various parts of the world to heal the planet. Our goal is to send 200,000 sessions of Reiki to help the planet.

FRI APRIL 27, and subsequent 3rd Fridays, 5:30 - 7:30 pm, at 711 Media Arts Center, 402 9th Ave N, Seattle; 911Media.org - www.911media.org - www.hazelfilm.org/greenfilms. For more information contact info@911media.org or 206-325-4005

SAT APRIL 4, and subsequent 1st Saturdays, 10 am - 12 noon, at 21 Acres, 13701 NE 71st Street, Woodinville. The Sustainable Agriculture and rural communities ASK for sustainable solutions to the ongoing improvements of sustainable agriculture and environmental sustainability in our area. The goal of these discussions and volunteer work projects are planned between 10 am and 12 noon. Free and open to the public. Info: 206-442-2001 or www.21acres.org

SUN APRIL 5, and subsequent 1st Sundays, 4 - 6 pm, at the intersection of Park St. & North Benji Blvd. next to restauranteur Benji's. Snoqualmie Valley Peace Path Foundation's annual seminar series EXPLORING ENDURING PEACE: looking beyond the 1960s, A Nation Built With Violence, A Nation Built Without Violence. This event is sponsored by your Visitor’s Center in North Bend. SNOQUALMIE / NORTH BEND CITIZENS FOR CHANGE will hold a PEACE PATH SEMINAR. Visit our table to register for the event and to receive their safe return home. Join us. Bring candles or flashlights.

FRI APRIL 10, and subsequent 1st Fridays, 7 pm, program 7 pm, at EHCC fellowship hall, 105 Winslow Way W., Bainbridge Island; Yes, We Must! An ENVIRONMENTAL FILM AND DISCUSSION SERIES. Eating Alaska - what happens to a vegetarian who moves to the last frontier? Yes, We Must! We will examine MORAL ISSUES AND PRACTICAL SOLUTIONS related to urgent environmental challenges. Leslie 206-855-0881 or Marcy Ritzer kimiracle@comcast.net

SAT MARCH 28, and subsequent 4th Saturdays, 11 am - 1 pm, at Offices of Washington State Bar Association, 114th Avenue NE, Bellevue. Joint forum on a topic of LAW & PEACE. This month topic: TBA. 1 CLE credit usually available. Info: WSBA - 800-945-9722 or (English)

SAT MARCH 31, and subsequent last Tuesdays, noon - 1 pm, at Offices of Washington State Bar Association World Peace Through Law Section. Members, Free; Non-member sections: $25. Law and peace; info:Enumerator@wsba.org; or the International Peace Bureau.

THURS MARCH 31, and subsequent last Tuesdays, noon - 1 pm, at William Gates Hall, Room 133, University of Washington Law School, 1140 1200 NE 4th St, Renton; NONVIOLENT DIRECT DEMOCRACY OPEN DISCUSSION; DON GROUP facilitated by local activist Ellen Murphy. Ellen is on the national nonviolence training committee of The Declaration of Peace. She has many years of experience with direct action, including work with her mentor Fr. Daniel Berrigan, info 360-734-0654.

SAT MARCH 30, and subsequent 3rd Saturdays, 10 am - 2 pm, at 21 Acres, 13701 NE 71st Street, Woodinville, WA. "Raising CHICKENS IN YOUR BACKYARD. Raising chickens yields far more than just fresh eggs and you don't have to live on a farm to do it. This guide will feel info and to register visit www.washington.edu/eduromoventime.htm

TUES & THURS MARCH 12 - 13, in Spokane; Washington State HOLOCAUST EDUCATION AND RESOURCE Center PRESENTATION BY HOLOCAUST SURVIVOR & TEACHER SEMINAR. March 12 - Community evening program opening the presentation - 7 pm. March 13 - Teaching about the Holocaust: A Seminar for Educators. 8:30 am-3:30 pm, at East Valley Middle School, 2792 - 3 pm, at Northwest Detention Center, 1623 E J St,

TUES MARCH 10, and subsequent 2nd Tuesdays, 6:30 pm, at Marine Park Pavilion on the Kirkland waterfront parking lot. For over 20 years, we have been meeting monthly. We call ourselves "Citizens Across the Lake". Please join us!

Get active, not radioactive!

Use this Do Something! Directory to decide how you'd like to make the world a better place.

The calendar entries below have mostly been chosen from Jean Buskin's email Peace and Justice Calendar. To post activism events on her email/web version, send event notices to Jean Buskin at bb368@scn.org. To receive updates of the complete calendar, have Ms Buskin add you to her email list by contacting her at the same address, or view her full calendar anytime at www.scn.org/activism/calendar.
Enviro-Military from p2
toward planet Earth.
The reserve of 5,000 nuclear bombs (many obsolete)
could be re-engineered to become miniature nuclear reac-
tors. They could be used in hospitals and health-care facilities
and bases and supply power to civilian evacuation shelters in case of
a nuclear winter. These miniaturized reactors could be dropped
by military aircraft, or be used to pump deep-sea water to the ocean surface to stimu-
late algae growth and reduce CO2.

Restoring and electrifying the midrills is one way of
keeping the transportation systems. Trains get through
snowstorms where highways don’t. I am philosophically opposed to the military draft. I see it as slave labor of youth. But if the draft were used to register the nation’s youth to restore the environment or respond to environmental disaster, I have feeling it would be popular with youth.

Not that I have all the answers, but this will impact deeply on the global economy. But our need for Force Tankers more
for military invasion, or more for disaster relief if a big tidal wave hits the coast? Ignoring such issues is not an option.

President Obama has the opportunity to make a historic shift, refocusing the nation’s military to defend ourselves from real national security threats. If you don’t understand now, you certainly will. *

NORTHWEST FLUKES ON ENERGY
Economic toll of fossil fuels in 2008: $2,500 per person
FROM THE SIGHTLINE INSTITUTE

Washington, Oregon, and Idaho spent a record $29.5 billion on fossil fuel imports in 2008, according to the Cascadia Scorecard, an annual progress report on the Pacific Northwest released today by Sightline Institute at [http://scorecard.sightline.org].

That’s the equivalent of nearly $2,000 per person, said Clark Williams-Derry, Sightline research director and lead author of the Scorecard. “Fossil fuels took an unprecedented bite out of the region’s economy last year. And because we import virtually all of our fuels, just about every dollar spent on fossil fuels means one less dollar spent local.”

The 2009 update of the Scorecard—a project launched by Sightline in 2004 to track seven long-term trends critical to the region’s future—published a region’s worst-performing trend. Overall, it found that the North West is achieving modest progress toward goals of robust human health, shared economic prosperity, and a legacy of thriving nature.

“We made significant improvements in health and modest headway in smart growth in recent years,” said Williams-Derry. “But our progress on economic security and ecosystem health is mixed at best, and we’re lagging way behind world leaders in energy efficiency.”

Key findings from the 2009 Scorecard include:

• Energy’s economic toll reaches record highs: Spending on fossil fuels in the Northwest States quadrupled in just a decade, reaching a record high in 2008 of $29.5 billion, including $18.6 billion in Washington, $9.4 billion in Oregon, and $3.6 billion in Idaho. The Scorecard also reported a disappointing 12 percent increase in electricity consumption in homes and businesses between 2003 and 2008.

• Teen birthrates tick upward, reversing long-term slide: Birthrates as a whole enjoyed several years of modest gains in economic security, with employment inching up to lead median incomes inching upward. However, a steep rise in unemployment in late 2008 may foretell rising poverty and falling middle-class incomes.

• Teen births tick upward, reversing long-term slide: Teen births rose in 2006 and again in 2007, a troubling trend that broke a long-standing decline that had been underway since the 1990s. Birthrates as a whole also rose, and the Northwest states still struggle with high rates of births from unintended pregnancies.

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• BC residents are healthier, surpass goal: Of the seven trends tracked, the region’s progress on health, as measured by lifespan, and British Columbia continues to lead. Not only do BC residents live an average of two years longer than residents of the Northwest states, but if BC were an independent nation, it would have the second longest lifespan in the world, after Japan.

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Marijuana from p16

Bureau of Narcotics and Dangerous Drugs.

Heard’s papers deplorably published enhanced accounts of marijuana-crazed black men raping white women. With these sensationalist newspaper stories as his support, Anslinger testified before Congress that, “Marijuana is the most violence causing drug in the history of mankind.”

Anslinger completely contradicted himself later—before Congress again in 1946—when he testified that marijuana caused its users to become peaceful and pacifist, and that Communists would use marijuana to weaken America’s will to fight.

A very interesting piece of that history is that only two days before the 1937 marijuana hearings, the American Medical Association (AMA) had just realized that the plant that Congress intended to outlaw was known medically as cannabis, which from 1850 to 1937 had been recorded as being the prime medicine for more than 100 different types of illnesses or diseases in the US pharmacopoeia. Dr James Woodward, who besides being a physician was also an attorney, testified before Congress that, “Marijuana,” the new name given to cannabis by Hearst papers, was always described as a “killer weed from Mexico.”

Dr Woodward and the AMA were quickly denounced by Anslinger and eventually, after more than 3,000 AMA doctors were prosecuted by Anslinger for illegal prescriptions, the AMA came around to “support” Anslinger’s views on marijuana.

If things had turned out differently, I wonder if we would be at the mercy of big oil companies today. Knowing that hemp could easily provide the US with all its oil and gas makes me upset and feel all the more weaken America’s will to fight.

As the years have advanced and my hairline has receded, I have tried various barber shops and chain salons, all to varying degrees of satisfaction. For the last 15 years or so I now take my graying head to the local beauty college, where for the cost of a pint of beer (and the coupon clipped from the newspaper) I can get a fairly good haircut, supervised by a licensed professional. Despite my vague instructions, the haircut never comes out the same twice, but that is one of the benefits of student work. It almost always elicits comments and bemused observations from my colleagues. And, I enjoy the goings on in the beauty college, where students are experimenting with all sorts of cuts and perms and color jobs.

These photos are of some of the barber shops and beauty parlors I have come across over the years. They display the individuality of the owner and convey the style and viewpoint of the proprietor.

Robert Pavlik looks at barber shops and hair salons

The cutting and styling of hair appears to be a recession-proof business. It’s one of the lines of work that attract creative types who want to own and operate their own business. It is a competitive field, despite the many hundreds of hours required to become a barber or cosmetologist. Then, there is the challenge of attracting and maintaining clientele.

The owners come up with either a clever name, like “Noggins ‘n Nails,” or create and display (along with the familiar barber pole) a distinctive piece of artwork displaying their craft.

In my own family we didn’t go to a barber shop until we were well into our teens, and even then (this was the 70s) not with any great frequency. Of course we didn’t go to barber shops but “stylists,” the new and hip alternative. In a barber shop you were likely to be abused for having long hair, which they would promptly shear into the traditional “butch” haircut. Therefore, stylists were able to give you a haircut that left you with an ample head of hair, but at a much higher cost.

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WAfreepress.org

15 years of back issues, the recent progressive history of Washington

WAfreepress.org
Thoughtful Gift Idea
for people who like to think
FROM MARTHA SKEWART

Hmm... what should I get them?

Cut out the subscription form on page 3 and fill out the gift section for your friend or family member (this costs only $12 if you also subscribe).

Take this paper and roll it up into a neat cylinder.

Put a decorative ribbon around it.

Tell the recipient “Happy Birthday” or “Happy Holidays,” etc.

We’ll send the lucky person a card telling them when their first mailed issue will arrive.

Rest assured you’ve supported a good cause!

Thoughtful Gift Idea
for people who like to think

Come Spring

Come spring, one thing I’ll not forget:
The winter of ’08 slash 9’s freezing snow and thaw and raw hell Satan’s snowman brought down on us.

Crews ploughed main roads allowing cars, buses and trucks to distribute their occupants and goods with ease.

Er... except for the semi that overturned on I-5... and long lines at St. Joe’s ER for walkers who slipped on frozen side walks unshovelled by residents and merchants who didn’t give a damn about folks who crashed on their icy Welcome Mats buried ‘neath ankle deep slush and snow. Oh yes, vengeful gods will well remember those citizens!

I wondered why, (years ago), my dad ordered me to scrape our walks to bare pavement. Was he being neighborly? Or concerned about legalities...

Who’s liable for a broken hip should someone slip and crash on your sidewalk?

Orting, WA, U.S.A.

Twenty years ago, an Orting “thing” was that it didn’t attract weekend tourists to town so much as loggers who drank heavy on Saturday nights, had fights... frequently ended up in the slammer.

A railroad ran through “O” and the other small towns in the valley many years ago, but the track has been torn up and now it’s a trail for joggers, walkers and bikers all dressed up in funny clothes.

Most of the space between towns is now filled with look-alike houses and cars creeping along the two lane road. It better become four soon, before a road-rage-war erupts and they’ll have to move elsewhere.

I stopped by Orting last Sunday. Wow, epic changes! Traffic lights, and a mall with shops like “Le Nail”.

No one in there wore long johns, jeans and suspenders... or took off their hob nailed boots for a pedicure.

In McDonalds an old couple were having breakfast, both in white pants and shoes. She featured sequinned shades, a hot pink blouse and cleavage. His overhung gut hid beneath a colorful Hawaiian shirt.

Oh yes, the ‘Orting Look’ has changed. However, I did walk through town past the crowded Catholic Church. A couple with tow young girls parked and disembarked. He had on clean bibs, his wife and girls wore dresses.

In the pick-up’s bed was a half cord of alder. I noticed dirt under his nails.

Let’s Get It On

To some, politics is a game. Who won or lost is immaterial... leave that to the ideologues.

It’s all over on election night... a brief respite then the fun begins with a brand new cast of players.

New candidates have been chosen... guess who emerges? Blago resettle up north, gets a new hairdo and takes on the Tarantula!

Can it get any better than this? Wow! What a fun run that one will be!

I never forgave my father for dying
his death a betrayal
leaving me alone

coward heart
drew a curtain over memories

memories un-remembered
don’t have to be dealt with
demons become tolerable

I didn’t cry at my father’s funeral

laugh in pain

was my father’s way
and I am my father’s son

primal screams delayed

I was summarily dismissed: foreclosed, hosed, justifiably pissed. Also exposed were CEOs. We “sub-primates” propose that they repose in prison with their theiving, sleazy cohorts...

if only we could afford to hire attorneys... or buy us some politicans.

Maybe someday.

Lacking a Harvard law degree or means to pay the precious fee attorneys now require for hire, I closed the deal with help from the mortgage broker.

At times I paid in cash. Just brought it to the salesman who I thought was a friend (he advised me on the sales contract’s fine print). But he changed... a lot.

“You’re late” snarled he “It’s 12:03! You lost the house at noon when we foreclosed. See Item Number 4, Section 2... signed by you, you sub-prime slime-ball!”

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four poems by Bob Markey

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How Marijuana Became Illegal
W.R. Hearst pulled a fast one on the American Medical Association

BY KATHLEEN MURPHY

U
raveling the story of marijuana (a.k.a. cannabis, hemp) is easier to do with a few little-known facts in mind. For instance, hemp is the number one biomass source on earth and could easily provide the US with all its oil and gas needs, thereby ending America’s dependence on fossil fuels. That’s probably one of the main reasons it’s still illegal today. But the story of how marijuana was treated like an herbal pariah is yet more interesting.

It’s often told to us Americans, throughout grade school, high school, and college, that marijuana is bad for your health and that the government has to put all this effort into putting so many people in jail for smoking it. But now we know that there is indeed health and that the government has anything to do with concerns for health.

According to Ronald Reagan, “the most reliable scientific sources say permanent brain damage is one of the inevitable results of the uses of marijuana” (LA Times). He based his statement on the Heath/Tulane University Study of 1976. For six years, it was withheld from public knowledge that this study was actually measuring carbon monoxide poisoning, not the effects of marijuana. In 1980 Plachy magazine and the pro-legализation group NARML—after using the government—finally received an accurate account of what the research procedures really were.

There are also the reports about how marijuana is more dangerous than tobacco. I’d say that the two are pretty hard to compare, given that one is illegal and the other legal. (By the way, NARML has posted counterevidence to these health claims at http://norml.org and http://norml.org/news/19930115.html.)

It’s horrible ironic that marijuana is branded as “unhealthy.” In fact, it is the only safe and effective medicine for cancer patients suffering pain and nausea. Cancer patients have a hard enough time with treatment. They lose a lot of weight due to the nausea that commonly results from chemotherapy. Dr. George Wagoner, in Manistee, Michigan, a practicing physician that commonly results from chemotherapy. Dr. George Wagoner, in Manistee, Michigan, a practicing physician, recently wrote in the Lansing State Journal (19 Oct 2008) that his wife of over 50 years—after being diagnosed with ovarian cancer last year—couldn’t keep anything down. She was losing considerable weight and was wasting away. She could not tolerate the THC pill, Marinol, because the hallucinations were too distressing for her.

He procured some natural marijuana and after taking the smallest amount her nausea was gone, which he felt was miraculous. In arguing for legalizing medical marijuana for seriously ill patients, he said that the debate should be about science and compassion for seriously ill patients suffering debilitating pain. To keep the only safe and effective medicine away from sick people is inhuman.

Scott Paplowski, another example, was diagnosed with a rare form of childhood cancer when he was 16. After eight months of treatment his weight dropped from 220 pounds to 86 pounds. Medical marijuana saved his life by easing his nausea, diarrhea, and stomach pain enough to restore his appetite. He currently weighs 193 pounds and at 39 he is believed to be the oldest living survivor of rhabdomyosarcoma, the form of cancer that he has.

So how did this good medicine become illegal? Jack Herer’s book The Emperor Wears No Clothes is a comprehensive source of information about marijuana and its long history.

When powerful businesses don’t like something, they can usually get something done about it. The 1937 criminalization of marijuana is a case where this manipulation is obvious, according to Herer. Hemp threatens certain powerful businesses today, just as it did in 1937.

For instance, the methods for processing hemp into paper and plastics were becoming more readily available and affordable, business leaders including William Randolph Hearst and DuPont stood to lose fortunes. They did everything in their power to have it outlawed. Luckily for Hearst, he was the owner of a chain of newspapers. DuPont’s chief financial backer Andrew Mellon (also the Secretary of the Treasury during President Hoover) was responsible for appointing Harry J. Anslinger in 1933 as the head of the Federal Bureau of Narcotics. In 1936, it was ruled that marijuana was a Schedule I drug; it would be illegal to import or sell.

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Is there salmonella in my cigarette?

It’s fortunate that cigarette smokers probably can’t catch salmonella from burning peanut shells, because that may be the main ingredient in some brands. One of numerous US patents for fake tobacco, a patent held by RJ Reynolds, Inc, outlines the use of shredded peanut shells either as a tobacco filler or used alone for cigarettes. You can’t get dreaded—and increasingly illegal—tobacco smoke from that.

No laws prohibit peanut shell smoke. No enforcers test the smoke to learn if it is tobacco smoke or not. No laws require cigarette manufacturers to label the contents of their cigarettes. If someone assumes it’s tobacco, it’s their mistake.

The peanut shell patent is viewable online at http://freepatentsonline.com/3978866.htm

Search up “Faulsbaco” on the internet for more information on other substances and chemicals that are in your “tobacco product.”

If you like our messages on t-shirts and bumperstickers, you’ll love to own them on i-5. Proceeds from the sale of our t’s and stickers go directly toward billboards.

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Send $3 for each sticker and $25 for each t-shirt to:
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The Wonder Weed

Hemp (marijuana) could substitute for all wood paper, all fossil fuels, and most of our fibers. It can make everything from dynamic to plastic. It grows in all 50 states. For long-term cellulose harvesting ability, one acre dedicated to hemp equals 4.1 acres of trees.

In 1935 alone 116 million pounds of hemp seed were used in America just for paint and varnish. But after 1937 most of that business went to chemicals produced by DuPont.

Plastic plumbing pipe can be manufactured using renewable hemp cellulose as the chemical stock, replacing non-renewable petroleum-based chemical stocks. The many, many uses of hemp are an endless subject. See http://norml.org to investigate further.