

LOCAL ACTION

and beyond . . .

the journal of the Cumberland Center for Justice and Peace



Spring 2008

Volume 12, Number 4

Aging at Home

by Laura Willis

For many years, the Community Action Committee (CAC) provided transportation to medical appointments for people in Sewanee. It was a vital part of CAC's services, run completely by volunteers. But, as the volunteers who provided this service have aged, we have found we are unable to offer it any longer, yet we have many, many calls for this kind of help. Listening to the stories of people who need rides or other support to age at home, CAC has been looking at this issue. And while we haven't figured anything out yet, we have learned a number of things.

It seems clear that any local program for aging will best be developed by a new, independent nonprofit organization that serves as a bridge between CAC, the Sewanee Senior Citizen's Center, and other groups providing services in the community. Each of these existing organizations is serving its mission right now and can't take on any new programs.

There is, however, tremendous political interest in the state of Tennessee about aging at home. In his State of the State address in January, Gov. Phil Bredesen promised to expand alternatives to nursing homes for elderly residents. According to Tennessee Citizen Action, 99% of Tennessee's \$1 billion/year for long-term care goes to nursing homes. Tennessee ranks **last** in the nation for the percentage allocated to home and community-based care. Sewanee is not alone in our desire for an at-home aging program.

Beacon Hill Village (BHV), in the Boston area, offers what many of us consider a viable program for seniors in our community. BHV is a nonprofit that provides services to its members (there is a sliding scale for the annual membership fee) so that they can safely stay at home, living healthy and independently. It serves as clearinghouse for members who call BHV for an array of services and BHV arranges for them to take place. The founders of BHV identified two main stumbling blocks to getting started: First, how to define the community? And second, how would they attract members who thought that BHV was only for "really sick and really old" people.

For us in Sewanee, we *know* our community, and that is what motivates this conversation. We *know* how vital it is for our community to be comprised of persons of all ages, all backgrounds, all experiences. We *know* how much we lose when a beloved member of our community leaves Sewanee because they can't receive the health care or personal care they need to age at home. BHV's second hurdle is one that we will face too: many of our elderly friends don't realize how much they would benefit from some assistance. Helping them understand this with grace and dignity will be essential to any new organization. Because BHV provides household services, meal programs, social and intellectual programming, as well as health care, wellness programs, and transportation, it offers much more than in-home nursing care.

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Many Thanks to the Following Members for Their Support!!

Priscilla Lytle
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Ruth Wendling
John Vogelsang
Eugenia Taylor
Karen Keele

The Power of Choice

By Louis Koella, MD

The next time you're stopped at a railroad crossing waiting for the train cars to go by, while away the minutes by counting the number of tankers that bear the Cargill or Archer Daniels Midland Company logos. I'm sure many of you already know what's in them. It's not broccoli. Really, it's not even corn anymore – it's Frankencorn (my apologies to the Monster for the comparison). But let's take a moment to explore the final destination of those tanker contents, because it's in some very unexpected places, and it has something to do with the obesity crisis in America.

It would be quicker for me to list the foods at the grocery store that don't contain high fructose corn syrup (HFCS) these days than to offer a list of foods to avoid. You might not be so surprised to find it in cookies and candy, but in catsup and mustard? It's in your breakfast cereal, your whole grain bread, your crackers, your "all natural" energy bar and that "healthy" yogurt you may feel good about feeding your children – it's even in sandwich meat. If you drink soda, you're consuming an average of 13 teaspoons of the stuff in each can. If you drink soda, stop it NOW. Nutritionists advise no more than 10 teaspoons of added sugar in your daily diet – the average American consumes around 35, and most of that is HFCS. Stop reading this article for a minute and go into the kitchen and measure out 35 teaspoons of water... okay, welcome back. Now imagine that amount of water as HFCS, and then imagine that measurement over the course of a year. It is staggering.

I used the word "crisis" earlier. Crisis is a term that suffers from overuse, and has therefore lost much of its impact in the language. Understand that I am using the word as representative of its true meaning – more specifically, its medical definition: *Crisis – the point in the course of a serious disease or disorder at which a decisive change occurs, leading either to recovery or to death (source: dictionary.reference.com)*. No, I'm not telling you that HFCS is going to kill you today. Or tomorrow. I'm informing you that a vast body of medical research suggests that sugar, and particularly high fructose corn syrup, is sabotaging the health and quality of life of millions and millions of Americans. You may be one of them. The statistics are impossible to ignore despite the protestations of the corn industry. Increasingly, obesity and diseases more common in the older population are affecting the nation's youth. It's time to pay attention.

The research shows that during the metabolic process, fructose "tricks" the brain into thinking you are still hun-

gry. Carbohydrates made up of glucose stimulate the pancreas to produce insulin, but fructose does not, nor does it stimulate the production of leptin. Leptin is a hormone, which along with insulin, crosses the blood brain barrier to let your brain know that you've had enough to eat. HFCS also messes around with the body's hormonal balance in such a way as to cause the liver to release an abnormally high amount of fat into the bloodstream. The end result is that when you eat foods or drink beverages with HFCS, your body recognizes it as a high-fat meal – and worse, since your brain isn't getting the "full" message, you keep consuming. And yes, fructose is the sugar found naturally in fruit – the problem with HFCS lies in the process and in the quantity. I could spend pages discussing the science behind these statistics, but since this is meant to be a short article, I encourage you to do your own research. I also urge you to read labels. And for the most part, stay out of the middle aisles at the grocery store.

You do have the power of choice when it comes to diet, and you should exercise it - especially those of you setting examples for your children. Many of us battle extra pounds, and it can be a hard fight. But the quality of our diet is something we can control, and if enough of us commit to good choices, the food industry will have to take notice (you've heard the phrase, "we vote with our wallets"). The following is an excerpt from a recently passed resolution of the American Medical Association: *Whereas, The increased use of HFCS in the United States mirrors the rapid increase in obesity and type 2 diabetes; therefore let it be RESOLVED, That our American Medical Association urge the US Food and Drug Administration and the United States Department of Agriculture to require the food industry to use non-fructose sweeteners and limit the use of high fructose syrups in their products; and be it further RESOLVED, That our American Medical Association urge the US FDA and USDA to require the* (Continued on page 7)

Renew Your CCJP Membership NOW!

March is CCJP membership renewal month. Please send your annual dues in the enclosed envelope. (Suggested amount: \$10. More is welcome!)

Thanks!

Focus the Nation Engages a Million Students at Over 1500 Institutions

Creating a Dialogue with 75 Members of Congress, Senators, and Governors

By Lynn Cimino-Hurt

It seemed a typical end of January in many ways – the semester had lowered its academic hammer, we’d survived Shake Day, and the skies were overcast, air cold and wet. What wasn’t typical about January 31st began at noon on the University campus. Untypical because the Sewanee community participated in Focus the Nation, the largest teach-in in American history, joining more than 1500 universities and colleges across the country in bringing issues surrounding climate change front and center.

Untypical, for just after 12:00, a colorful rabble of processionaires - dressed as trees, as pigs, as besmudged pallbearers, thrift store queens, overcooked sunbathers, buy recycled cyclists, drummers, musicians, and the Physical Plant Services electric fleet - emerged from Guerry’s front lawn infiltrating the throngs headed to lunch. It was the first ever Sewanee Global Warming parade flowing through central campus while “It’s Not Easy Being Green.” wafted down on Carillon from John Bordley. By far the most popular of the day’s events, the parade heralded our afternoon’s offerings.

Untypical in that mid afternoon, Guerry auditorium hosted a film fest for environmental advocacy – including *Swim the River* (<http://www.swimfortheriver.com>), the *Story of Stuff* (www.storyofstuff.com), and *Black*



Jim Carlson’s one-man-band in the Global Warming Parade

Diamonds: Mountaintop Removal and the Fight for Coalfield Justice (<http://www.blackdiamondsmovie.com>), introduced by filmmaker Catherine Pancake. Meanwhile Convocation Hall hosted a full roster of environmental studies slideshow presentations—two in-depth global warming assessments by Dr. Michael Coffey and Laura Water; an examination on religion’s role in our current environmental predicament by Eric Keen C’08; and concluding with Lyle Brecht’s remarkable proposal about
(Continued on page 7)

FREE Energy Conservation Stuff from DREMC

Duck River Electric Membership Corporation (DREMC) currently offers two free programs that will help customers reduce their electric bills and save energy.

Complete a ‘Do-it-yourself’ energy audit and receive a free energy conservation kit that includes free fluorescent bulbs, faucet aerators, a hot water temperature gauge, and other energy-saving gear and ideas. To receive a mail-in energy audit contact DREMC at 931/680-5883 or complete the audit online at www.energy-depot.com/energyright/index.asp.

If you live in Sewanee, Tennessee, you can also participate in the exchange-a-light pilot program. Bring up to six of your incandescent light bulbs to the Sewanee DREMC office (598-5228) and in exchange receive, free, six fluorescent bulbs of comparable illumination capabilities.



To all friends who e-mailed best wishes for 2007, it didn't work! For 2008, could you please just send either money, alcohol, or gas!

MLK Birthday Celebration

A hand-clapping, foot stomping, joyous good time

By Leslie Lytle

Record numbers turned out for the 23rd annual Martin Luther King, Jr. Birthday Celebration held on January 21 in the Bishop's Common Hearth Room at the University of the South. More than 150 people attended the commemoration of Dr. King, jointly sponsored by the student group, the African American Alliance (AAA); the University Office of Multi-Cultural Affairs; CCJP; and the Franklin County National Association for the Advancement of Colored People (NAACP).

The evening began with a potluck feast. Shenae Holmes, president of the AAA, served as MC. Student talent highlighted the performance segment of the program, including student dancers Leafi Mobley, Theodosia Goddard, and Shameka Williams; two numbers by the student gospel choir Sewanee Praise; a solo by vocalist Sarah Cooke, and recitations by Timothy Moore and Bexter Richardson. Richardson's stunning delivery of Dr. King's "I had a dream" speech brought the audience to its feet in a standing ovation.

Two local African American antiquarians were the guests of honor: Helen Shedd, age 95, of Sewanee, and Robert Vanzant, age 75, of Winchester. Employed for many years as a domestic, Shedd retired at 90 and continues to live alone, doing her own cooking and housework. Vanzant, employed as a janitor, is also an accomplished vocalist who performs both as a soloist and with a local band. The many years of church and community service of Helen Shedd and Robert Vanzant shine as an example to all.

Also honored was Marvin Goodstein, a long-time champion of racial equality. Goodstein, a retired professor of economics, played an active role in integration of the Franklin County Public Schools in the 1960s and has served for a number of years as the treasurer of the Franklin County NAACP. In recognition of his service, Goodstein received a bronze owl figure, crafted by local artist Jeannie Stephenson.

Student pianist Kristin Whitely provided musical



Student dancers at MLK Celebration

accompaniment for the performers. The evening closed with a group sing-along. As in years past, Robert Vanzant led the audience in a rousing rendition of *Free At Last*. Dr. King's legacy of energy, inspiration, and grace filled the room.

Special Thanks to the Following Members for "In-kind" Contributions

Irene Hamer & the Hospitality Shop (for donating plates to be used at CCJP dinners and banquets)
Carolyn Hoagland (for redesigning and updating the website)
Connie Kelley (for providing the coffee and helping with set up at the MLK celebration)
Eileen Degen, Ruth Wendling, and Linda Rogers (for drafting the new Outreach and Support guidelines)
Joan Thomas and Ed Camp (for providing and making popcorn at the free films)
Joan Thomas (for donating paint for the office)

*I am only one, but still I am one. I cannot do everything,
but I can do something...And because I cannot do every-
thing, I will not refuse to do the something I can do.—
Helen Keller*

CCJP News & Events Continued...

2nd Annual MLK Day Walk Commemorating the Legacy of Dr. King— “Hate couldn’t change hate”

By Leslie Lytle

On the morning of January 21, Franklin County residents gathered in Winchester for the 2nd annual MLK Day Walk. Of the thirty-six participants, one fourth were CCJP members and their families. Braving the chill, the group walked from the historic Townsend Center, the African American school in Franklin County prior to desegregation, to the Winchester square and back.

The after-school group of the 21st Century Community Learning Center sponsored the walk. The program, coordinated by Gene Snead, serves at-risk middle school students. The students spent the weeks leading up to the event doing research on Dr. King and making banners and posters to carry on the walk.

At the City Hall, Barbara Brannon and Floyd Blackwell, graduates of Townsend High School, addressed the group.

Brannon’s father was a member of the 1934 graduating class, while her younger brother graduated with the last class served by the school, 1966, when the long-overdue integration of the Franklin County schools ended segregation. Barbara Brannon graduated in 1958 and noted that nowhere in Franklin County was there a photograph of her graduating class on display. Brannon mourned the fact that the number of black teachers in Franklin County has been declining.

Townsend graduate Floyd Blackwell played on the high school’s football team. The school’s colors were black

and gold, but the team wore purple uniforms that were hand-me-downs donated by Sewanee. At the Townsend School, virtually all the student and teacher provisions were recycled materials discarded by white schools. The black community bought the brick for the building, built in 1926 as a wooden structure. In discussing the racism that once permeated Franklin County, Floyd talked about



MLK Day Walk participants outside the formerly all-black school

homes in the black community being “shot up” by young white men, being run off the road and threatened by whites, and a white employer refusing to pay him his due wages. Said Floyd, “The legacy of Dr. King is that we all live together and we don’t have bitterness...[we realized] hate couldn’t change hate.”

CCJP’s Born-Again Website New Features and a New Look

Check out CCJP’s updated and reincarnated website. New features include a calendar listing upcoming events. Special thanks to webmaster Carolyn Hoagland for the layout, design, and plugging in the updates and changes. The address is the same: www.ccjp.org.

Many Thanks to the Following Members for Their Support!!

James Patrick Kelley and Connie Kelley
Dan and Kathy Backlund
Barclay and Joan Ward
Paige Schneider and David Carroll
Doris and James Clayton
Helen Louise Irwin

Navigating Health Care in Tennessee By Connie Kelley

Established last June, the first order of CCJP's Health Care Committee has been gathering information. We have visited two free clinics: DeKalb Interfaith Medical Clinic in Ft. Payne, Alabama, and Partners in Healing in Tullahoma. We also talked with personnel at the Franklin County Health Department. There we learned that some of the same people work with the Grundy, Marion, and Sequatchie County health departments, rotating during the week. For example, Charlene Nunley serves as director for all four health departments. We received detailed information about criteria patients must meet and available services. One interesting fact in regard to services: If there is no doctor or dentist in a given county who will accept TennCare payments for services, the county health department personnel will include a doctor and/or dentist. Therefore, Grundy County Health Department has a primary care doctor and a dentist on staff, and Franklin County does not.

Interviews with Laura Willis, Director of the Community Action Committee at Otey Parish, and personnel at Good Samaritan in Decherd supplied a wealth of information, as well. Two basic, largely unmet needs became apparent: transportation to and from medical appointments; and advocates to work with individuals attempting to make application for TennCare and/or Medicare/Medicaid and with individuals struggling to understand and organize medical bills from numerous providers. Both agencies provide money for gas for travel to medical appointments, but neither has drivers available. Whether our committee

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Sewanee, January 17, 2008

Film-Discussion Series Huge Success

CCJP continues to sponsor films in the Sewanee Community Center's (SCC) monthly Free Film Series. More than 40 people attended the December screening of *Peace Is Every Step—Meditation In Action*, exploring the life and work of Buddhist monk and Vietnam-era pacifist Thich Nhat Hanh. A discussion followed the film, led by Sid Brown, Associate Professor of Religion and longtime practicing Buddhist and Buddhism scholar. CCJP joined with the Sewanee Focus Action Committee to sponsor the January film, *King Corn*, a humorous and shocking documentary about our nation's most prevalent food source, corn, and the truth about government corn subsidies, corn fed beef, and high fructose corn syrup. [See "The Power of Choice," page 2] Associate Professor of Biology and Department Chair David Haskell served as discussion leader for *King Corn*. The film played to a full house, with more than 75 people attending.

On March 27, CCJP will sponsor the film *Iraq for Sale*, a documentary uncovering the connections between private corporations making a killing in Iraq and the decision makers who allow them to do so. The film for April 10, again sponsored by CCJP, will be *Uncounted*, which reveals how the election fraud that changed the outcome of the 2004 election led to even greater fraud in 2006—and now looms as an unbridled threat to the outcome of the 2008 election.

Contributed by Leslie Lytle

Monthly Peace Vigils Continue

Braving below freezing winter temperatures, CCJP members and friends continue to participate in monthly peace vigils calling for an end to the Iraq occupation. A project of CCJP's End the Iraq Occupation (EIO) committee, the vigils are held on the third Friday of each month, in conjunction with the Iraq Moratorium, a national movement to set aside the third Friday of every month to demonstrate opposition to the Iraq War. Reaching out to a broader support base, the EIO committee alternates between Sewanee and Monteagle as vigil sites.

In observance of the 5th anniversary of the Iraq invasion in March 2003, the Sewanee vigil scheduled for Friday, March 21, will be preceded by a march from central campus to the vigil site at the corner of University Avenue and Highway 41A. (If you wish to participate in the march, meet at the Sewanee Community Center at 3:30 pm for a ride to central campus, to avoid parking hassles.)

Contributed by Leslie Lytle

Power of Choice

(Continued from page 2)

food industry to label clearly products containing HFCS...

We can't blame all of our health problems on high fructose corn syrup, and I'm not suggesting we do. Americans also struggle with portion control and a reluctance to exercise regularly. After you read this article, go do some research on your own, quit drinking soda, and in the meantime, the common sense guidelines still apply – eat lots of vegetables and fruit, exercise, and make time to do the things you enjoy.

Dr. Koella is a Sewanee Family Practice physician.

Focus the Nation

(Continued from page 3)

sustainability's underpinnings.

Untypical because the keynote speaker was a champion surfer, environmental advocate and White House staffer. Rob Caughlan addressed both the evidence of significant changes appearing in the fabric of Earth's climate and efforts underway by citizens and businesses to address and remediate the causes of environmental and social degradation. But the teach-in ended in a very typical Sewanee way – with music. A benefit concert in Cravens raised funds to support Save Our Cumberland Mountains with high-energy music supplied by STRUT.

And typically, we found in a survey conducted the following week that our community cares. It revealed that while only about 6% of the university community attended events that day, of those who responded to the survey, 53% said that the information acquired during the Focus the Nation Teach-In would influence their decisions in the future. 96% reported that it was important to citizens to make changes in their living practices to reduce the harmful effects of global warming. 86% would attend more events that addressed issues regarding social justice or environmental topics.

You can still participate in Focus the Nation. Watch *The 2% Solution*, a webcast about how to hold global warming to the low end of 3-4 degrees F by requiring cuts in global-warming pollution in the developed countries by more than 80% by 2050 (you can view the webcast at <http://www.earthdaytv.net>). Write or call your legislators and tell them it's time to turn more focus toward our environmental issues. Seek ways to reduce, reuse and recycle. Your grandchildren will thank you.

Lynn Cimino-Hurt is Sustainability Coordinator for Residential Life at the University of the South.

Aging at Home

(Continued from page 1)

This seems to be the resonant theme from the conversations I have had with my wise, older friends: What they want is more than home health care and Bingo games. Determining exactly what it is that this community wants for itself now, and what those of us who want to age in Sewanee want in the future, is the next step in this process. Let us together think about how we move ahead so that as a community, we can care for and honor our elders.

Laura Willis has served as director of the Community Action Committee since 2001.

(Editor's note: See "Navigating Health Care in Tennessee," page 6, CCJP's Health Care Committee's investigation of related issues.)

Websites about aging at home

Beacon Hill Village—<http://www.beaconhillvillage.org/>
CAC has a copy of the "Founder's Manual" that BHV wrote to help others who want to model its programs.

Alexian Brothers—<http://www.alexianbrothers.net/www/docs/1/senior-retirement-healthcare-community-chattanooga-tennessee.html>

While most people know of Alexian's retirement housing communities, Alexian also has a large home-based elder care program.

Tennessee Citizen Action—<http://www.tnca.org>
TNCA is a consumer watchdog organization working on this issue.

State Programs

Commission on Aging and Disability—<http://www.state.tn.us/comaging/>

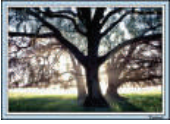
South Central Area Agency on Aging and Disability—http://www.sctdd.org/aging/AGE_WEB6/INDEX.HTM

Navigating Health Care

(Continued from page 6)

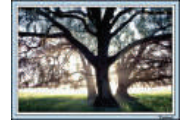
and/or CCJP are in a position to deal with these problems is a question still to be resolved.

Our group has some investigating still to do. We have not yet met with Mid-Cumberland Mountain Ministries in Monteagle, and there are still some questions to be answered. Your help and support are most welcome! For information contact Connie Kelley (JKelley934@aol.com).



DID YOU KNOW...

Compiled by Leslie Lytle



Homicide by Troubled Vets Increasing A *New York Times* study has identified 121 killings committed by veterans of the Iraq and Afghanistan wars and indicates that killings by military veterans have almost doubled since the start of the wars. About a third involved the killing of a spouse, girlfriend or other relative. Many others implicate drink and drugs. Thirteen of the veterans took their own lives after the killings. Several more attempted suicide or expressed a death wish, like Joshua Pol, a former soldier convicted of vehicular homicide, who told a judge in Montana in 2006, "To be honest with you, I really wish I had died in Iraq." Of the 13 combat veterans who committed murder-suicides, only two had psychological problems diagnosed by the military health care system after returning from war. A CBS study tracking veterans from the Korean conflict and Vietnam War, as well as Iraq and Afghanistan, found that in 2005 alone, there were 6,256 veteran suicides. ("Across America, Deadly Echoes of Foreign Battles," by Deborah Sontag and Lizette Alvarez,

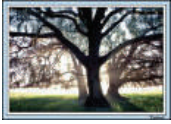
Slave Labor that Shames America In December, three Florida fruit-pickers, held captive and brutalized by their employer for more than a year, finally broke free of their bonds by punching their way through the ventilator hatch of the van in which they were imprisoned. When they found sanctuary, all bore the marks of heavy beatings to the head and body; one of the pickers had a nasty, untreated knife wound on his arm; another had swollen wrists from having his hands chained behind his back every night to prevent him from escaping. The migrants had been made to work in sub-human conditions, mistreated, and forced into debt. They were locked up at night in a furniture van with up to 15 other men and charged rent of \$20 a week for the quarters, where they had no option but to urinate and defecate in a corner; they were charged \$50 a week for meals, mostly rice and beans; and if they took a shower with a garden hose or bucket, it cost them \$5. Between December and May, Florida produces virtually the entire US crop of field-grown fresh tomatoes. Migrant fruit-pickers—largely Hispanics, many from Mexico—were paid 45 cents for every 32-pound bucket of tomatoes collected. A worker has to pick nearly two-and-a-half tons of tomatoes a day—a near impossibility—in order to reach minimum wage. Police ultimately discovered that the three captive fruit pickers who escaped were part of a forced labor operation that was supplying fruit-pickers to local Florida growers, as well as growers in North and South Carolina. ("Slave labor that shames America," by Leonard Doyle, *The Independent*, 12/19/07)

Why You Feel Broke Consumer prices rose by 4.1 % last year, the highest rate since 1990, and the prices of basic essentials such as food, gasoline and health insurance climbed far more steeply. By comparison, real weekly earnings rose a scant 0.9 % for the year. The cost of food and beverages increased by an average of 4.8 % (an alarming 29 % for eggs and 13 % for milk); health care costs increased by 5.8 %; and for the last quarter of 2007, the average price of gasoline rose by more than 30 %. The inflation news would be even worse if not for China. Prices for consumer goods that come mainly from China decreased, apparel by .4 % and footwear by .9 %. The price of toys, which now come mostly from China, fell 4.7 %. ("New Inflation Data Explain Middle-Class Squeeze," by Kevin G. Hall, *McClatchy Newspapers*, 1/16/08)

Two-thirds of States at Risk for Voting Fraud 17 states are at *high risk* for voting machine problems, and 17 more states are at *medium risk*. Although the machines in medium-risk states produce a voter-verifiable paper record or ballot, routine audits of these machines do not occur, making it difficult to catch malfunctions or tampering. What can you do? Insist that Congress brings the Holt bill (HR 5036, the Emergency Election Assistance for Secure Elections Act) to the floor for a vote. Phone Speaker of the House Nancy Pelosi (202-225-4965) and Majority Leader Steny Hoyer (202-225-4131). ("Voting at Risk Report 2008," Common Cause)

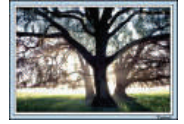
Balancing the Execution Budget In Georgia, Judge Hilton M. Fuller Jr. delayed the trial of Brian Nichols because the state public defender system had no money to pay for his attorneys and other expenses associated with his defense. Fuller said that it was pointless to proceed with the case because it is unconstitutional not to pay the defense. So far the case has cost Georgia \$1.2 million. The state could have avoided the multi-million dollar trial by dropping the death penalty option and accepting Nichols offer to plead guilty in exchange for a sentence of life without parole, but prosecutors refused to consider that option. ("Growing costs halt some capital cases," *Witness*, Winter 2007)

How Many Defense Contractors are in Iraq and Afghanistan? Contract personnel working for the Defense Department now outnumber U.S. forces in Iraq and Afghanistan; there are 196,000 private-sector workers in both countries compared to 182,000 troops. ("Military Contractors Are Hard to Fire," by Richard Lardner, *The Associated Press*, 2/2/08)



DID YOU KNOW...On the Environment

Compiled by Leslie Lytle



Toilet to Tap Water Orange County, California, recently completed construction of the world's largest water-purification project, a "toilet-to-tap" system designed to take sewage water straight from bathrooms and, after purification, to return it to lakes where the treated water seeps through clay, sand, and rock into the aquifer to be recycled as drinking water. The public hasn't yet warmed to the notion of indirect potable reuse, but we don't have enough water where we need it; and if we don't learn to deal with drinking toilet water, we're going to be mighty thirsty. Only 2.5 percent of the water on Earth is freshwater, and less than 1 percent of that is usable and renewable. Americans are insatiable water consumers—our water footprint has been estimated to be twice the global average. The ocean provides another source of potable water, but taking the salt out of ocean water is economically and environmentally far more expensive than sewage-water recycling. Desalinated water costs between \$800 and \$2,000 per acre-foot to produce, while recycled water runs about \$525 per acre-foot. Desalination also uses more energy, thus producing more greenhouse gas. And, in fact, supertreated wastewater is clean enough to drink right after treatment. EPA research on the safety of direct potable reuse found that the recycled water was often of better quality than existing drinking water. Americans perceive water to be “laundered” as it moves through the ground, but in some instances, according to the EPA report, “quality may actually be degraded.” (“It's Time To Drink Toilet Water,” by Eilene Zimmerman, *Slate*, 1/25/08)

Quick Agro-fuel Facts Increasing fuel efficiency by just 3% would reduce U.S. dependence on foreign oil more than all of the agrofuels combined. The amount of grain it takes to fill an average gas tank with ethanol would be enough to feed a person for a year. Large corporations producing agrofuels from industrial-scale genetically engineered crops receive \$8 billion annually in government subsidies. Family farmers currently receive only a small portion of annual funds allocated to agrofuels. Government support for agrofuels in the U.S. costs taxpayers roughly \$2 per gallon in subsidies at the gas pump. (“Organic Bytes,” by Craig Minowa and Ronnie Cummins, Organic Consumer Organization, 1/31/08)

Meat's Footprint A November 2007 UN report found that 18 percent of global warming emissions come from raising chickens, turkeys, pigs, and other animals for food. That's about 40 percent more than all the cars, trucks, airplanes, and all other forms of transport combined (13 percent). It's also more than all the homes and offices in the world put together (8 percent). (“Eating Vegetarian Is Taking Global Warming Personally,” by Kathy Freston, *Huffington Post*, 11/30/07)

How much food ends up in the trash? According to the Environmental Protection Agency, nearly half of all food in the U.S. goes to waste. (“Organic Bytes,” 11/16/07)

Pacific Ocean Plastics Dump A "plastic soup" of waste floating in the Pacific Ocean is growing at an alarming rate and now covers an area twice the size of the continental United States. The 100 million tons of flotsam includes everything from footballs and kayaks to Lego blocks and carrier bags. About one fifth of the material has been thrown off ships or oil platforms. The rest comes from land. Modern plastics are so durable that objects half-a-century old have been found in the north Pacific dump. According to the UN Environment Programme, plastic debris causes the deaths of more than a million seabirds every year, as well as more than 100,000 marine mammals. Syringes, cigarette lighters and toothbrushes have been found inside the stomachs of dead seabirds, which mistake them for food. The slowly rotating mass of rubbish-laden water poses a risk to human health, too. Hundreds of millions of tiny plastic pellets, or nurdles—the raw materials for the plastic industry—are lost or spilled every year, working their way into the sea. These pollutants act as chemical sponges attracting man-made chemicals such as hydrocarbons and the pesticide DDT. When the plastic trash is consumed by animals, the chemicals enter the food chain. (“The world's rubbish dump,” by Kathy Marks and Daniel Howden, *The Independent*, 2/5/08)

BYOB? Plastic bags choke wildlife, create litter, and overload dumps for generations to come. Up to 100 billion are used each year in the U.S. It takes 12 million barrels of oil to make a year's supply. Lawmakers across the country are proposing bans on plastic bags. San Francisco tried a voluntary recycling program and when that failed, the city banned plastic bags in large grocery stores and pharmacies. Some stores are giving discounts or rewards for shoppers who bring their own bags. Others charge for each bag a customer uses. The Natural Resources Defense Council recommends neither paper nor plastic. It takes 14 million trees to produce the 10 billion paper bags used each year in the U.S. The best choice: BYOB—“bring your own bag.” (“A Bag Problem Blossoms,” *New York Times* editorial, 12/3/08)

Reusable Shopping Bags—\$3

Durable Washable Green, Red, or Black
Contact Jill Carpenter:

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(Project of the Focus Sewanee Action Committee)

POETRY PAGE

Poems and Reflections for Black History Month Observed in February

“Our lives begin to end the day we become silent about things that matter ”—Martin Luther King, Jr.

First Views of the Going

Excerpt from a poem by Charlie Cobb (1960s student activist)

... How far back
was the discovery of black?
Maybe a yellow
bus going
to a country school
cause the rule
in Kentucky
said
black
in the back
which was
away from the white
into three rooms
and a bull
(in the yard)
and a outhouse
(which was outside)
where we
in all eight grades
were mislaid
or rather
were taught if we stayed
in our place

a "credit" to our race
(obviously not human)
we'd cause no disgrace
(in the whole human race! O

or was it
way up?
in the balcony
of the one show
that allowed
black to go
on saturday
to see
how tarzan
the jungle man
tamed the natives
along with
the apes
and snakes
and crocodiles too
with his bare white hands
while we
rooted for the witch doctor...

Remaining Awake Through a Great Revolution

From a sermon delivered by Reverend Martin
Luther King, Jr., on March 31, 1968

“Jesus told a parable one day, and he reminded us that a man went to hell because he didn't see the poor. His name was Dives. He was a rich man. And there was a man by the name of Lazarus who was a poor man, but not only was he poor, he was sick. Sores were all over his body, and he was so weak that he could hardly move. But he managed to get to the gate of Dives every day, wanting just to have the crumbs that would fall from his table. And Dives did nothing about it. And the parable ends saying, 'Dives went to hell, and there was a fixed gulf now between Lazarus and Dives.' There is nothing in that parable that said Dives went to hell because he was rich. Jesus never made a universal indictment against all wealth. ... Dives went to hell because he was passed by Lazarus every day and he never really saw him. He went to hell because he allowed his brother to become invisible.”

Two poems by Angelina Weld Grimké (bi-racial poet and journalist, 1880-1953)

The Black Finger

I have just seen a beautiful thing
Slim and still,
Against a gold, gold sky,
A straight cypress,
Sensitive
Exquisite,

A black finger
Pointing upwards.
Why, beautiful, still finger are you black?
And why are you pointing upwards?

Tenebris

There is a tree, by day,
That, at night,
Has a shadow,
A hand huge and black,
With fingers long and black,
All through the dark,
Against the white man's house,
In the little wind,
The black hand plucks and plucks
At the bricks.
The bricks are the color of blood and very small.
Is it a black hand,
Or is it a shadow????



DID YOU KNOW...Good News

Compiled by Leslie Lytle



Healthy Cafeterias Save Schools Money A new study in the December issue of the Review of Agricultural Economics puts to rest the myth that serving nutritious meals in schools will break the school budget, because healthy food is too expensive and kids won't buy it anyway. Researchers analyzed 330 school districts over a five-year period and found that shifting school lunch programs towards healthier foods does not reduce student demand and ultimately saves the school money. While serving better meals requires higher labor costs, those expenses are offset by lower costs for more nutritious foods such as fruits and vegetables compared with processed foods. To help your child's school integrate healthier foods into the cafeteria visit the Organic Consumers Association's "Appetite for a Change Campaign": <http://www.organicconsumers.org/afc.cfm>. ("Organic Bytes," OCA, 11/30/07)

How to Have a Green Burial Biodegradable coffins are part of a larger trend toward "natural" burials, which require no formaldehyde embalming, cement vaults, chemical lawn treatments or laminated caskets. Cremation was long considered more environmentally friendly than burials in graveyards, but its use of fossil fuels has raised concerns. Eco-friendly burial products—most produced overseas—range from natural-fiber shrouds to fair-trade bamboo caskets lined with unbleached cotton. There are also more traditional-looking handcrafted coffins made of wood certified by the Forest Stewardship Council. Biodegradable containers cost from around \$100 for a basic cardboard box up to more than \$3,000 for a handcrafted, hand-painted model. ("Green funerals" feature biodegradable coffins," CNN.com, 12/27/07)

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Judge Halts Coal Company from Burying Appalachian Streams Between 1985 and 2001, coal companies buried more than 724 miles of Appalachian streams, with 535 additional miles of streams expected to be buried under permits issued between October 2001 and June 2005. But there is hope. In October, a federal judge put on hold coal company plans to permanently bury Appalachian streams and threaten neighborhoods and homes in West Virginia by granting a temporary restraining order and preliminary injunction against a mountaintop removal mine. Coal River Mountain Watch, the Ohio Valley Environmental Coalition, and West Virginia Highlands Conservancy banded together to challenge the mining company's permit. Said federal district Judge Robert C. Chambers, the environmental groups "made a strong showing that the permits issued by the Corps [of Engineers] are arbitrary and capricious, contrary to law, and contrary to the economic and environmental balance struck by Congress in the passage of the relevant environmental statutes." ("Judge Tells Big Coal: Stop Burying Appalachian Streams," and "OSM Gets an Earful on Mine Rules," *The Coal River Mountain Watch Messenger*, Winter 2007)

Don't Forget to Renew Your CCJP Membership!

March is CCJP membership renewal month. Please send your annual dues in the enclosed envelope. (Suggested amount: \$10. More is welcome!)

Thanks!

The Mission of CCJP

The mission of the Cumberland Center for Justice and Peace is to establish a trust and a community of concerned citizens to promote efforts, programs, and activities that bring about a measure of peace and justice to the local area, surrounding region, and world at large. The center is organized exclusively for charitable and educational purposes.

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Upcoming Events

- CCJP Awards Banquet, February 29, 6:00 pm, Sewanee Inn
- CCJP Annual Membership and Board Meeting, March 1, 8:30 am, Sewanee Community Center
- Peace Vigil and March, March 21, Sewanee. 4:00 pm, march down University Avenue; 4:30 pm, vigil, University Avenue and Hwy. 41A
- *Iraq for Sale*, documentary film & discussion, March 28, 7:00 pm, Sewanee Community Center
- *Uncounted*, documentary film & discussion, April 10, 7:00 pm, Sewanee Community Center
- Peace Vigil, April 18, 4:30 pm, Monteagle
- Peace Vigil, May 16, 4:30 pm, Sewanee

The Real Cost of War:

- An average American family of four has already paid \$20,000 to fund the Iraq War
- For each dollar the U.S. government spends on addressing global warming, it spends \$88 on the military
- 1.4 million U.S. troops have been deployed to Iraq and Afghanistan since 2001
- U.S. troop killed in Iraq: 3934
- U.S. troops wounded in action in Iraq: 29,000
- U.S. troops currently in Iraq: 158,000
- 30% of US troops develop serious mental health problems within 3 to 4 months of returning home



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