



Conference Speakers

The tenth annual Feingold Association Conference will feature three outstanding speakers who will present their work in these areas of interest to Feingold members: diet & behavior, the school lunch program, and food preparation for our families.



Stephen J. Schoenthaler, Ph.D.

Department of Sociology
California State College,
Stanislaus—Turlock, CA

Dr. Schoenthaler is considered an expert in the area of the criminal justice system and how diet can be used to improve the behavior of inmates.

He participated in discussions on diet and crime at the recent AMA Diet and Behavior Symposium.

He has been selected to lead an American delegation of scientists to Europe by People-To-People International, a former division of the United States State Department.

Dr. Schoenthaler's work was recently featured on Nightline and the MacNeil-Lehrer Report.

He will be reviewing the development of research on the Feingold Diet over the past ten years as well as presenting the findings of his study on school children and diet.

Thelma Dalman, Registered Dietitian

Director of Food Services
Santa Cruz City Schools

Thelma Dalman was one of the pioneers of healthier school foods. Ten years ago she studied the effects of an additive-free school foods program (under the guidance of Ben F. Feingold, M.D.) on a group of children who required behavior-modifying drugs.

Today she maintains the same program for all students in the Santa Cruz School District.

Ms. Dalman will be discussing what is involved in implementing such a program in schools, and the importance of an additive-free diet not only for school children but for all of us.

Stephanie Turner

Master of Public Health
Registered Dietitian

Stephanie Turner is actively working to motivate people to adopt healthy eating habits.

She has created nutrition education materials for children and adults, regularly instructs classes on the subject and is a frequent guest on radio and TV.

Ms. Turner will be presenting "Helping Your Child Eat Well: Nutritional Needs and Strategies for Helping Your Child be a Willing Participant in Eating Healthfully."

Included in the presentation will be preparation and sampling of nutritious snacks.

Lynn Murphy, Director
Region 6

Mother's Day and the Single Parent

by Colleen Smethers

Mother's Day is approaching, and with it come the TV commercials depicting Mom in her ruffled apron, standing in high heels on a mirror-clean kitchen floor. For most American mothers, this is not realism, but a slice of the 50's (and it was an unrealistic picture even then!)

Holidays like Mother's and Father's Day can be especially hard for the single parent. So what can you do? a) Take a crash course in self-hypnosis and just check out till it's over. b) Hope for the best and see what happens. c) Engineer another adult to help your child find a way to honor you—this will make some parents uncomfortable. d) You could discuss the holiday with your child—either before or after the fact. e) If you resort to dropping not-so-subtle hints like "I hope I get breakfast in bed" then you had better be prepared for *whatever* comes your way.

I am a single parent of 5 children. The best advice that came to me years ago and helped the most was to recognize that it really does hurt when that special day goes by unrecognized.

This year make your own plans for the day; do something nice for yourself. (Only you know what that is.)

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Rules For Relocating With Children

or

Is There Peace After Pennsylvania?

By Cyndy Witzke

The following is a list of rules I developed after a recent move our family made from Pittsburgh to Randolph, New Jersey.

These rules pertain to children in general, but families with Feingolders may find an extra measure of humor lurking between the lines.

Keep in mind, however, that while you may find this article somewhat amusing, I am still sobbing into my morning coffee.

1. Don't take your children househunting with you. They will test the durability of walls, stairwells, floors, windows and shrubbery in ways that your realtor may find offensive, if not suitable grounds for litigation.

2. If you must travel more than 45 minutes by car to your new location, attempt to have the movers "accidentally" pack one or more of your children.

This is an especially good idea if you are the Non-Participatory Parent type, i.e., one who never did enjoy finding the alphabet in license plates and counting cows at 55 mph.

There will be no problem locating the boxed child at the other end as this will be the only carton to have moved the entire length of a fifty-foot trailer unaided.

3. When you take your Feingolder on a trip, keep in mind that He Is What He Eats. Everything he puts into his mouth may be revisited upon you in the form of hyperactivity inside a small closed compartment.

Multiply that possibility by the number hours you will travel without benefit of escape to another room, and then decide if packed lunches are indeed preferable to Ralph's Roadside Hoagie Heaven.



4. After you have reached your destination and are unpacking, remember, Find The Toys First. When you're deep into the dishes barrel and they can only find one GI Joe guy to share between the two of them and their eyes are beginning to glaze over and you sense imminent danger, it is inadvisable to offer a plate as an act of appeasement. Let's get our priorities straight here.

5. Find the clock second, so you will be sure not to miss your children's bedtime, which rule leads us to:

6. Don't assign a Feingolder a bedroom overlooking a lower roof, particularly if you expect to find him in bed—or anywhere else in the room, for that matter—when you go in to give him his goodnight kiss.

7. Never allow a child to bring along the telephone numbers of his former friends back home unless you plan on converting your telephone into a cattle prod. Be suspicious if your first telephone bill is delivered by UPS.

8. Keep in mind that if your heretofore well-behaved Feingolder is going to have a food reaction and run out of control at a neighbor's house, it will be at the home of that one neighbor who baked a cheesecake from scratch with three different toppings and brought it to you along with dinner and a potted plant the day you moved in.

9. When you make an appointment with your child's teacher in order to explain the Feingold Way of Life and offer any assistance, he may well explain to you how he brings his kids' Halloween candy to school and doles it out to the class in bits and pieces—not only as a reward for educational achievement, but to keep his own kids from becoming hyperactive at home. Don't hit him.

10. And finally, when you've finished unpacking and you're sitting alone at the kitchen table missing your friends and your family and your house back home and thinking that your spirits probably couldn't sink much lower, remember you children's smily faces and their chubby little hands locked around a crayon, and be thankful that you had them to bring along with you.

Note: For help finding the association serving your new location, contact FAUS, or the Travel Aid Committee, 911 Hillwood Ave., Falls Church, VA 22042.

Strategies for Dealing with the End-of-School Party

You made it through Halloween. Thanksgiving wasn't hard, and you handled Christmas very well.

Easter was a credit to your imagination. The baskets overflowed with Feingold-safe delights, and nobody seemed to miss the jelly beans.

Just when you think you're out of the woods and there are no more junk food holidays to contend with, along comes the last-day-of-school party.

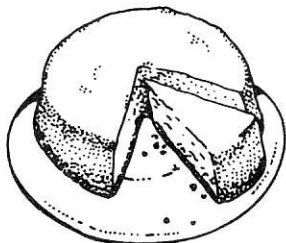
You're the mother of three kids (one Feingold, two Regular) holding down a full time job away from home—not to mention the full-time job *at home*. Baking cupcakes for half of the elementary school population is not your idea of fun. But you

can't let your Feingolder "blow it", and your other two will feel slighted if they don't have goodies to take in for their class too.

You don't have to do everything in triplicate. Bake one batch of cupcakes, and give each child one third to take in and share with his friends. Add a container of approved-brand lemonade and a bag of chips for each child's class. This will give you maximum benefit for a minimum effort.

As you wash the beaters, be comforted by the realization that nobody, thus far, has succeeded in connecting junk food with the 4th of July, and you'll have until the end of October to take it easy.

For information on how you can attend FAUS's 10th Annual Conference, to be held in San Francisco June 27-29, contact Lee Rios, 4783 Pinemont Drive, Campbell CA 95008.



Dear Pure Facts

Why do your recipes call for cubes of yeast? I use the packages of yeast. What is the difference?

When *The Feingold Cookbook* was developed members used yeast in the cube form because it was refrigerated and required no preservatives.

At that time the most widely available brands in the little packets were treated with preservatives.

As the public became more aware of the disadvantages of BHA and BHT, manufacturers saw that a natural product had greater consumer appeal, and they removed the preservatives.

Product Alert

Please remove **Thomas' Corn Toaster Cakes** and **Blueberry Toaster Cakes** from your foodlist. They now contain artificial flavors.

F. A. of Philadelphia

We have received reports of reactions from **Kellogg's 40% Bran Flakes**.

The Choice Is Yours



Ingredients: sugar; cheese; wheat flour; hydrogenated palm kernel, soybean and coconut oils; graham flour; corn syrup solids; modified tapioca starch; molasses; sodium phosphates (for proper set); sodium caseinate (a protein); invert sugar; salt; propylene glycol monostearate (for blending of oils); dipotassium phosphate; mono and diglycerides (for blending); whey (from milk); bicarbonate of soda; natural and artificial flavors; hydroxylated lecithin and acetylated monoglycerides (for blending); artificial color (including Yellow 5); BHA, TBHQ, and citric acid (preservatives).

Heavenly Cheesecake

When a cheesecake which tastes this good is this easy to prepare, it's hard to imagine that anyone would opt for a box of pouches containing mystery powder.

You'll have this whipped up and in the oven before your neighbor has finished reading the ingredient listing on her box of "real" cheesecake.

Preheat oven to 325°.

Crust:

Dust the bottom and sides of a well-buttered 8" or 9" springform pan or 8x8" square pan with ½ cup finely textured granola. (Crush with rolling pin or whirl in blender if necessary.)

Filling:

3 large (8oz) packages cream cheese
4 eggs
1 cup sugar
1 tsp pure lemon extract
½ tsp pure vanilla extract

In the large bowl of an electric mixer beat the cheese till smooth.

Add eggs, one at a time, beating after each.

Add remaining ingredients and beat until blended.

Pour mixture into the prepared pan and bake at 325° for one hour or until set. (A toothpick inserted into cake will come out clean.)

Cool and store in the refrigerator. (The top of the cake will crack as it cools.)

Paulette Marko

Mother's Day

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This is also a golden opportunity to teach your child about Mother's Day by taking a cake (let your child help you bake it) or flowers to another mother in your life. This could be a friend, neighbor, aunt, etc.

When they are grown up, your children will take with them the physical health and well-being you nurtured. They will be equipped with the education for which you took on the whole school district. They will enjoy the emotional development gained because you sat on those rock-hard benches at the little league games, and because you had the courage and stamina to say "NO" to unreasonable demands.

They will have learned to be sensitive to others' needs because you lovingly shared your hurt feelings when no one said "Happy Birthday" or remembered Mother's Day.

They will leave you, all grown up, educated, and with their own life-lessons to learn. You can look at them and know you've done the best job you could, and then . . . it truly will be a HAPPY MOTHER'S DAY.

Pure Facts

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It's a Bug-Eat-Bug World

An alternative to chemical pesticides offers "the most promising crop protection strategy for the next 15 years," says the Office of Technology Assessment. This is by the use of bugs to kill bugs, known as "Integrated Pest Management."

It has been successfully used at the Conservatory of Flowers in San Francisco's Golden Gate Park. Previously, the entire 30,000 square foot greenhouse was sprayed with insecticides every two weeks. It didn't work; the bugs developed a genetic resistance.



So the park turned to the Bio-Integral Resource Center of Berkeley for help. This outfit introduced beneficial mites, wasps and beetles. *Environmental Action* reports, "The plants on display look better than ever. Insect outbreaks are now under control and the Conservatory has saved \$30,000 a month." Also, the morale of the workers, who no longer need to handle pesticides, has improved.

from *The Washington Spectator*

All correspondence, subscriptions, renewals and change of address notifications should be sent to: *Pure Facts*, 21 Maple Avenue, Camp Hill, PA 17011.

Portions of the newsletter may be reprinted provided *Pure Facts* is cited as the original source.

To find the location of the nearest Feingold Chapter or to obtain general information about FAUS, write to: Feingold Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306.

Panel Urges FDA Reconsider Sulfite Position

Sulfite preservatives, which are used in fresh fruits and vegetables, wine, and some seafoods, are a serious threat to a small percentage of the population. They can bring about an asthmatic attack in susceptible individuals; life-threatening in some cases.

This potential danger was first brought to the attention of the public by the Center for Science in the Public Interest (CSPI) in 1982, shortly after the Food & Drug Administration proposed the preservative be classified "generally recognized as safe" (gras).

CSPI's newsletter, *Nutrition Action* (March, 1985) reports: "On February 1, a committee specially convened by the FDA called for a ban on certain uses of sulfites, specifically its use on fresh fruit, vegetables, and potatoes. The recommendation, contained in the final report of the committee, challenges the FDA to rethink its current position, which would require only mandatory labeling, rather than a ban, of the controversial substances."

The National Restaurant Association favors a ban on the routine use of sulfites rather than mandatory labeling, which they feel would be unworkable.

What is FAUS?

The Feingold Association of the United States, Inc., founded in 1976, is a volunteer, nonprofit organization. The purpose of the Association is to support members in the implementation of the Feingold Program and to generate public awareness of the potential role of food and synthetic additives in the treatment of behavior, learning and health problems. This program is based on a diet eliminating synthetic colors, synthetic flavors and the preservatives BHA, BHT and TBHQ.