

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Progress in bringing real food to our schools

Volunteers around the country are finding ways to provide healthy food for our children.

After many years of a steady deterioration in school food, things have become so bad in some schools that activists have stepped in. One such group, called Wellness in the Schools (WITS), is located in New York City.

The Big Apple is famed for exceptionally fine dining in its many upscale restaurants, but it also has a sad distinction -- 43% of its children are obese. WITS is addressing three main issues: healthy food, environmental awareness and greater physical activity. The latter combines playground recess along with combating school-yard bullying.

This is a model for any school wanting to implement a wellness policy.

The non-profit WITS program works with the city's schools, placing culinary school graduates in the schools to train cafeteria workers to prepare healthy food for the children.

In some schools, the young chefs also conduct cooking classes and give demonstrations to teachers, parents and children on how to cook delicious, nourishing and inexpensive meals. The chefs use fresh local ingredients whenever possible.



Some of the suggestions the WITS activists offer include:

1. Eliminate flavored milks
2. Create a salad bar
3. Look into the Fresh Fruit and Vegetable Program, which provides fresh fruits and vegetables to low-income elementary schools.
4. Request a Water Jet to provide clean water to the children
5. Order biodegradable food trays
6. Request scratch-cooked recipes from the Office of School Food
7. Request grass-fed beef (and definitely meat that is free of pink slime)
8. Start a school garden
9. Have party food be healthy
10. Start a Farm-to-School program to bring in more local produce.

See www.wellnessintheschools.org

Continued on page 2

Mother's Day

There are countless amazing mothers -- many of them among our members. But I think you will find the story on page 3 of one of these women, Carla, to be especially moving. She is the type of mom every child deserves.

Editor

Hyperactivity, anxiety and depression are linked to Yellow 5

In September, the *Journal of American Science* published the results of a study showing the effects of tartrazine -- Yellow #5 -- on rats. (Kamel, et al)

Since it is possible to observe and measure dysfunctional behavior in rats that are similar to those seen in humans, these animals are often used in research.

Exposure to tartrazine was found to cause the animals to engage in many troubling behaviors, including fewer social contacts, which the researchers note are "symptoms of severe psychiatric disorders, including anxiety, depression and social phobias."

They suggest that the hyperactivity the animals showed may be linked to the fact that this dye robs the body of zinc; it also reduces the ability to use vitamin B6, which is crucial for the normal functioning of neuro-transmitters in the brain. ♦

"The Cooking Room"

A vacant science lab in a Greenwich Village (NY) elementary school has been turned into a hands-on kitchen classroom. Children in grades K-5 learn how to prepare real food using fresh ingredients. The cooking program integrates food education into the core curriculum of the school, incorporating math, reading, science and problem-solving.

Chef Zak Pelaccio and a small army of dedicated volunteers work along with the school administrators to create what is hoped will be a model for other schools to use. Visit their site at www.thecookingroom.org



Fierce Resistance

Despite the widespread awareness that children are experiencing serious health problems from the food served at their school, change is not coming easily in some communities. Individuals in key positions are fighting to prevent the needed reforms. So most school "food" continues to be a combination of synthetic additives, cheap fats, cheap sugars, make-believe meat, MSG clones, and way too much sodium.

Instead of paying someone to prepare healthy food in their cafeterias, too many food service directors are paying someone to prepare unhealthy pseudo-foods in a far-away factory. Most of the money spent goes to processing, packaging, storing and transporting. And a portion of the school's money may end up in the pockets of those involved in this sad scenario.

Parent Power

Low quality food is not confined to poor communities. In the prosperous suburbs of Washington, DC and Philadelphia, activists are fighting to make their school administrators aware and accountable.

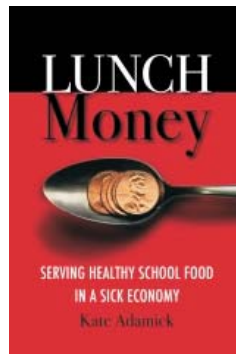
Fairfax County, VA, volunteers are reaching parents through ambitious events and their online newsletter and petition www.realfoodforkids.org

Another place where parents are fighting a hostile system is Upper Dublin, PA. The school board has been deaf to the calls for healthy food.

See <http://tinyurl.com/dublin-petition> for details.

Lunch Money

The March issue of *Pure Facts* described the work of Kate Adamick. Here is her new book.



"Why do responsible...adults place children in harm's way in the cafeteria when they go to great lengths to protect them from harm elsewhere on school grounds?" asks Kate Adamick.

This book is filled with practical solutions to the many questions parents and school staff have when they strive to serve healthier food.

The author provides details on serving better food without increasing costs; it is the same training given to the school cooks who go through her intensive "boot camp" and emerge accomplished cooks and managers.

DC setback

The promising reforms in the Washington, DC, schools are in trouble. The city's Chancellor plans to scrap the new initiatives and return to hiring the more costly large distribution companies. One such company, Chartwell's, currently provides food to many of the schools, charging \$4.21 per meal, vs. the \$3.06 D.C. Central Kitchen charges for preparing healthy, made-from-scratch meals.

Pink Slime Optional

The US Department of Agriculture, the overseer of school food that has been asleep at the wheel for decades, will now give schools the option of buying ground beef "with or without" pink slime.

The Missing Link

FAUS applauds all of the local and national efforts to fix the terrible food served in most public schools, but there seems to be a blind spot when it comes to the basic fact that more money is not needed. Not only can healthy food be prepared at a lower cost than factory food -- you can either pay the cook in your school or pay the assembly line worker at the processing facility -- but **good food can save schools enormous amounts of money!**

The Association has long shown that healthy school food not only results in brighter, healthier children, but it means that fewer children will require expensive special services.

A landmark study from New York showed that simply removing the worst of the synthetic additives from school food resulted in a dramatic drop in the number of children who were 2 or more years behind. This translates to huge cost savings -- more than enough to buy real food! ♦

A mom's story

Tommy came to me when he was one day shy of six months. He was a sad, sick little boy, still withdrawing from drug exposure in the womb. He had three mommies before me.

He pushed me away when I tried to hold him, actually leaning back as far away from me as he could. He was heavy, and I am a small, older lady and I was always afraid of dropping him, so I learned to hold him with his back to my chest; it was the only way I could get a good grip on him. He wouldn't let me rock him. In fact, he didn't want me at all. But I used my more than thirty years and many children's worth of mommy instincts, and finally began to make some progress.

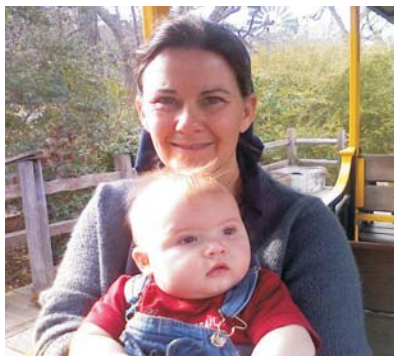
I looked for certain markers. Because babies are always falling down or bumping their heads, I looked for these. If he got hurt, I wanted to see him take comfort when I picked him up. Then, I wanted to see him look at me if he got hurt. And my last marker, when I knew we were really bonding, was if he got hurt, I wanted to see him run for me. It took awhile, but it finally happened.

Then the rages started.

It was terrible! He would rage for hours, and I knew once he started, there would be nothing I could do to stop them. Sometimes he would rage in the car seat. He's a big boy and I had him in a high back booster seat, but when he would rage he would somehow manage to slide out and get the belt around his neck. One day, after we had stopped for the third time in less than three miles, I looked at my sixteen-year-old son, sweating as we tried to get this two-year-old back in his car seat (yes, it took two of us) and I cried out to the other children, "Oh, kids, I'm so sorry I have done this to us!" Then I was stricken with guilt because I loved Tommy! How could I think that way?



Thomas and his sister Angel-Leah when they first came to live with us.



Tommy is the youngest of ten children in our family -- seven biological ones and three adopted. We've had more than fifty foster children over about twenty-five years.

I cannot tell you how thankful I am for this diet. I'm so glad we didn't resort to drugging him! He is bright-eyed and beautiful. We healed him by feeding him what God intended for him to be fed!

I have often wondered about his biological family. We have an open adoption with them, and the other young people are just falling victim to drug abuse and alcohol abuse, one after another. I heard once that when you feel bad, you self-medicate with these things. If some of them could have tried this diet, could it have saved them?

Tommy was terribly sick at birth. His mother was a heroin user; she drank and I'm sure she did many other things. She took methadone the last bit of her pregnancy. Tommy was on morphine for a few weeks after birth to try to deaden the pain of withdrawing. All that was before I met him.

I knew something would have to be done.

First, I started looking for a five-point harness car seat so Tommy couldn't wiggle out. They were so expensive and we were so broke. I decided to look on freecycle. I posted a note, thinking if what I get is really bad, I'll just go ahead and find the money to buy him a new one. One lady responded and I ended up driving to the next town where there were really nice, expensive houses. The car seat was on the front porch; I knew it was expensive. Not only that, but it was perfectly clean and looked brand new! I came home and looked it up online and the prices start at about \$250 for the cheapest model on sale. Suddenly, I felt God 'patting' me, saying, "I see you, I'm watching out for you, this is going to be okay."

Every night I put my hands on him and prayed for healing at Tommy's bedside. He would push my hands away and tell me "not to do that," but I held firm and prayed out loud every night.

He didn't want to be touched.

The doctor I have used for 35 years could barely examine Tommy who raged because he didn't want the doctor to touch him. The two of us could barely keep him on the examining table. The doctor directed me to the Child Study Center and as I left he said, "I'm sorry, Carla, but I see years of heartache down the road for you."



He is so gentle today.

Finding Answers!

Since it took six months to get an appointment at the Child Study Center I began to look online for anything that would help, and that's how I found the Feingold Diet. I ordered the materials and began the diet, not just for Tommy, but for the whole family, because I knew it would be better for us all!

Within three days, Tommy's constant runny nose had stopped, his speech improved and he became affectionate. I potty trained him in one day, literally! And not only Tommy saw improvement, but so did his biological sister, Angel-Leah and my biological son, Beau, whose nose ran constantly. My headaches eased up; it was amazing!



Three Raley children enjoy the fragrant Texas bluebonnets.

The time finally came for our appointment with the Child Study Center, but I took Tommy to the well child clinic. The doctor was fascinated with my story, and when I left he said, "When I read the chart and saw the drug addiction and mental illness, I thought 'Oh no, not another one of those.' But this visit has been a joy! I'm glad this little boy ended up with you."



Tommy



Angel-Leah

Tommy today

At age 4 Tommy is a wonderful, sweet child. He says nice things, showing a sense of compassion even at his young age. He isn't completely well; we have break-throughs in the rages, but when it happens, it's not like it used to be. They don't last as long and I can sometimes communicate with him during them. Sometimes I cannot; I can tell if I will be able to reach him by whether or not he has his eyes open. If they are shut, he is "gone" and I know he won't hear me, but those are very few and far between now.

He was worth all this. I'm so glad he's mine! ♦

Carla Raley

The doctor we saw at the Child Study Center said the Feingold Diet is an outdated thing that scientists have totally disregarded, and he would *never* have recommended it to me. He said if Tommy had the same symptoms he had six months ago, he would have put him on medication. He said the change I described and the fact that it had also made major changes in our two other children interested him so much that he wanted to take another look at diet.

Editor's note: Many doctors are unaware of all of the research that has demonstrated the link between diet and behavior problems (including the new study on yellow dye on page one). This is why we suggest that patients provide their physician with information on the studies prior to their appointment. For information on the research supporting our program visit: www.feingold.org/research.php

Be nice to yourself this Mother's Day!

Flowers and breakfast in bed are great, but consider hinting for a gift that will make your job easier.

If you're a Feingold mom and you do most of the cooking, something for the kitchen is an obvious choice. It might be as elaborate as a kitchen make-over or as simple as an extra set of measuring cups and spoons so you don't have to stop in the middle of a recipe and wash the only ones you have!



OXO has pop-open canisters that maximize your kitchen counter or cabinet space. You can use Bed Bath & Beyond's 20% off coupon and save over the retail price. If you have a credit card issued by BBB, as I do, they will mail you gift certificates that can be spent in the store to reduce the price even more. ♦



Going a little more upscale, the Italian company Bialetti has an amazing line of cookware that practically cleans itself! In addition to the striking red and white colors, the nonstick finish is so effective, food slides out of it with little oil needed, and neither gravies nor sauces adhere to the slippery surface.



More gluten-free options!

The gluten-free community is raving about Canyon Bakehouse products.

Using a wide assortment of flours and legumes, the results are said to have the appearance, taste and texture of conventional breads. In addition to being gluten-free, the products from Canyon Bakehouse do not contain any gluten, dairy, soy, nuts, or casein, but they do contain eggs. The products are kosher as well.

It was especially surprising to see that people on a GF diet can now enjoy Rosemary & Thyme Focaccia! Stage Two treats include Cranberry Crunch Muffins and Raisin Bread.

For a company that is only a few years old, it has a surprisingly wide distribution, especially in its home state of Colorado. Many, but not all, Whole Foods Markets carry the products, and in the Midwest they can be found in some Hy Vee's, Byerly's and Lund's. Health food stores are a good place to look, and the company's web site provides details. See www.canyonbakehouse.com ♦



Gilbert's Gourmet Goodies - gluten-free and fabulous cookies, brownies and cookie dough



Lucky consumers in the Northeast can find locally available cookies, brownies, and cookie dough free of wheat, gluten, nuts (including peanuts), soy, dairy, corn and trans-fats, and the additives we exclude.

Liz Gilbert's food sensitivities, plus her culinary training, motivated her to create these award-winning yummys. For information on ordering the products, visit her web site at: www.gilbertsgourmetgoodies.com ♦



Tricked by Trix!

Last month, *Pure Facts* had an article about Trix yogurts replacing synthetic dyes with natural colorings. A Feingold mom bought the product (even though it has not been researched or accepted) and found a paper inside the packaging saying that it contains FD&C dyes!

"Animal Farm" in Michigan

The literary classic *Animal Farm* describes the abuse of power on a farm.

There is currently a serious problem in some of the southern states where wild pigs are posing a threat to humans and property. They are referred to as "feral," meaning they are ferocious. But in a northern state, Michigan, this has taken a bizarre twist.

The hundreds of small family farmers around the state who raise pigs on their own fenced private land are facing the risk of having their animals destroyed, being charged with a felony for raising the animals and even sent to jail. These pigs are mostly "heritage" species which are increasingly popular with chefs and consumers. They spend most of their time in pastures; they are healthy animals and accustomed to being cared for by humans. In other words, they do not pose a threat to anyone -- well to almost anyone. Natural food activists say the only threat they pose is to the large factory pig farms in the state, and this is simply a ploy by the pork lobby to get rid of the competition.



Huge pig warehouses raise animals in filthy conditions, where they are so badly treated they do become aggressive. By contrast, pigs that are free to live in pastures and are cared for, do not pose a threat.

The new ruling is called the "Invasive Species Order" or ISO.

Implementation of the ISO not only takes private property without compensation, it also denies farmers of fundamental private property rights and the right to make a living. It will reduce or eliminate customer access to heritage breed pork.



The state agency responsible for overseeing farms and ranches is Michigan's Department of Agriculture. But this campaign is being waged by an agency that has no jurisdiction over farm animals -- the Department of Natural Resources (DNR). Its job is to manage animals in the wild.

The DNR has issued a vague list of characteristics they claim defines a "feral" pig. It includes their color, markings, straight or curly tails, and type of coat. Interestingly, most of the heritage pigs have one or more of these physical traits, and only one of them is required to label an animal as feral. Also curious is the fact that none of these descriptions apply to factory pigs.

One of the issues the DNR is supposed to address is the 67,000 deer/car collisions that occur in the state each year.



Agents of the DNR believe they can trespass on a family's private property with no warrant and expect the farmer to destroy his livestock or do so themselves. A citizen who refuses to comply faces the risk of heavy fines and jail time.

One farmer, Mark Baker, has filed a lawsuit against the DNR and is being assisted by the Farm-to-Consumer Legal Defense Fund, as well as a growing number of outraged citizens both in Michigan and around the country. To learn more, visit www.BakersGreenAcres.com

Farmers point out that pigs are smart animals; those that live on a farm are not likely to leave their source of food.

Some of the State's Senators and Representatives have written in protest to the Governor, and others began taking steps to delay these provisions. But, observers claim they changed their minds after they were "button-holed" by lobbyists.

This is being closely watched by similar agencies in other states.



The Farm-to-Consumer Legal Defense Fund defends the rights and broadens the freedoms of family farms and protects consumer access to raw milk and nutrient-dense foods. Concerned citizens can support the FTCLDF, a U.S. based 501(c)(4) nonprofit, by joining or donating online at www.farmtoconsumer.org or by calling 703-208-FARM (3276).

For more information go to www.farmtoconsumer.org/michigan-swine-iso.htm ♦

PIC Report

The following products have been researched or re-researched and may be added to your Foodlist, Mail Order Guide or Supplement Guide.

Products with this symbol ^ are available in Canada.

SM = natural smoke flavoring

GF = gluten-free CF = casein-free CS = corn sweetener

Stage One

ALABU*[^] (www.alabu.com) Lip Balm: (GF,CF) Peppermint, Original, Tea Tree, Vanilla Infusion; Shea Body Butter:

(GF,CF) Original, Tea Tree; Original All Natural

Cleansing Bar (GF,CF), All Natural Unscented Replenish

Facial Moisturizer (GF,CF), Original Body Lotion (GF,CF)

ANDERSEN DAIRY (retail in OR, WA only) All Low

Fat Milks, Whole Milk, Cream

ANY BRAND Raw Milk

BOAR'S HEAD (GF, CF) All Natural Roasted Turkey Breast

BOB'S RED MILL* [^](www.bobsredmill.com) Xanthan Gum

(GF,CF)

CANYON BAKEHOUSE* (www.canyonbakehouse.com)

(GF,CF) Bread: 7-Grain, Caraway, Whole Grain White;

Hamburger Buns (GF,CF), Rosemary & Thyme Focaccia

(GF,CF)

CRYSTAL FARMS Wisconsin White Sharp Cheddar

Cheese (GF)

GILBERT'S GOURMET GOODIES*[^]

(www.gilbertsgourmetgoodies.com) Giant Single Serve

Cookie: (GF,CF) Chewy Chocolate Chip, Double

Chocolate Brownie, Sensational Sugar, Simply

Chocolate, Super Dooper Snickerdoodle; Pouches of

Small Cookies: (GF,CF) Chewy Chocolate Chip, Double

Chocolate Brownie, Sensational Sugar, Simply

Chocolate, Super Dooper Snickerdoodle; Cookie Dough:

(GF,CF) Chocolate Chip, Chocolate Brownie,

Sensational Sugar

HY-TOP (retail in OR, WA only) All Low Fat Milks, Whole

Milk, Cream

LOEB'S Onion Crunch (CF) Onion Crunch: Combo - 6oz and

12oz, Hamburger, Hotdog, Pizza, Salad – 6oz and 12oz

Hotdog, Pizza, Salad – 6oz and 12oz

NASOY [^] Tofu: Extra Firm, Firm, Silken, Soft, Sprouted,

Super Firm Cubed (GF,CF)

ORGANIC VALLEY* Egg Whites (GF,CF), Organic Cheese:

(GF) Block Provolone, Sliced Provolone, Stringless

Colby Jack

Product Alert

B&M Baked Beans (Original and Vegetarian) now contain cloves and need to be moved to Stage Two.

LOEB'S Onion Crunch is not gluten-free; the same is true for the Canadian version, STRUB'S Onion Crunch.

Stage One, cont.

SCHROEDER (available in IL, IA, MN, NE, ND, SD, WI)

(GF) All Low Fat Milks, Whole, Buttermilk

SINGING DOG VANILLA*[^] (availability limited in Canada)

(www.singingdogvanilla.com) (GF,CF) Organic Pure

Vanilla Extract: Regular, With Bean Inside

STRUBS ONION CRUNCH*[^] (available in Canada only)

(CF) Onion Crunch: Combo - 6oz and 12oz, Hamburger,

Hotdog, Pizza, Salad – 6oz and 12oz

TULA'S COCOKEFIR (www.shop.cocokefir.com) Kefir:

(GF,CF) Citrus, Original

VALLEY FRESH 100% White Natural Chicken in Water

(GF,CF, MSG/HVP)

WEIS Whole Milk Ricotta Cheese (GF)

WHOLESOME SWEETENERS[^] Organic Palm Sugar

(GF,CF), Organic Stevia (GF,CF), Natural Cane Sugar

(GF,CF), Raw Cane Sugar (GF,CF), Organic Blue Agave:

(GF,CF) Vanilla Flavored, Cinnamon Flavored, Maple

Flavored; Honey (GF,CF): Amber, Raw

Stage Two

ALABU [^] (www.alabu.com) Body Lotion: Almond (GF,CF)

HYLANDS (www.txoptions.com/shop/hometest1.htm)

(homeopathic remedy) DEFEND Nighttime Cold &

Cough (SB,GF,CF, coffee), Nighttime Cold & Cough 4

Kids (SB,GF,CF, coffee)

NEWMAN'S OWN Organic Marinara Sauce

(GF,CF, tomatoes)

SIMPLE GRANOLA* (retail PA only) Simple Granola

(GF,CF,cranberries, almonds) (www.shop.simplefuel.com)

SPANGLER (www.spanglercandy.com) Saf-T-Pop

(CS,GF,CF): Apple Flavor, Cherry Flavor, Grape Flavor,

Orange Flavor

STAUFFERS (www.stauffers.net) Cheddar Whale

Crackers (CS, MSG/HVP, CF)

TULA'S COCOKEFIR (www.shop.cocokefir.com) Kefir:

(GF,CF) Apple Cinnamon, CocoYo (cloves)

WHOLESOME SWEETENERS[^] Organic Blue Agave:

(GF,CF) Strawberry Flavored

The Feingold Association does not endorse or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

Poison Ivy Defense

One of our members suggests using a Feingold favorite, Gloves in a Bottle, to help protect gardeners against poison ivy. This white lotion, which dries quickly, creates a barrier between the skin and potentially harmful substances. It can be applied before **face painting**, to help prevent dye from being absorbed into the skin. Use it to coat a child's hands prior to finger painting or playing with colored modeling materials like Play Doh. ♦



What's NEXT, Pepsi?

Pepsi-Co may have taken 60% of the sweetener out of its cola, but it has been replaced with a scary blend of synthetic chemicals in their newest version -- Pepsi Next.

Inside the light blue can is carbonated water, high fructose corn syrup, caramel color, natural flavor, phosphoric acid, sodium citrate, caffeine, potassium sorbate, **aspartame**, citric acid, **acesulfame potassium**, and **sucralose**.

Aspartame is Equal, Nutra-Sweet

Sucralose is Splenda

Acesulfame potassium is Sunett, Sweet One, Acesulfame K

All three synthetic sweeteners are excluded on the Feingold Diet.

While we are always glad when a company removes any of the high fructose corn syrup from a product, this is a step in the wrong direction!

Watch out for claims that this is a "healthier" version of Pepsi. Sadly, the villification of sugar has led some people to believe that diet foods such as this are a good choice! ♦



Strawberry Pesticide Zapped

The Japanese manufacturer of methyl iodide has suspended production and sales in the US due to severe restriction of its use and consequently slow sales. Considered a public health risk, it is not allowed to be used near schools and homes.

The U.S. Environmental Protection Agency approved it for use in 2007, but it has been found to cause thyroid cancer, miscarriages, and damage to the nervous system, as well as pollute air and water. ♦



Earth Day News

While children learn about protecting the environment in the new film *The Lorax*, there is a bright spot in the struggle to slow the destruction of the Earth's rainforests. Loss of these forests damages our environment and threatens many plants and animals, including the orangutan. Thanks to the work of various activist organizations, a growing number of major companies are pledging to order palm oil from suppliers who use sustainable growing methods. ♦

"Farmageddon"

Just released film about the campaign to destroy small farms and healthy food. But along with the bad news, the film offers reasons to be hopeful for the future.

Pure Facts

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Pure Facts is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

Membership provides the *Feingold Handbook* which includes recipes and a two-week menu plan, a regional *Foodlist* book containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, *Mail Order Guide*, *Fast Food Guide*, and a subscription to *Pure Facts*. The cost in the US is \$82.50. A *Pure Facts* subscription plus Member's Message Board access is \$38/year when ordered separately.

For more information or details on membership outside the US, contact FAUS at www.feingold.org.

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

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