

## Calendar

July - Filing Opens  
City Council  
Hospital Board

August 8  
Filing Closes

August 22  
90th Anniversary  
Kelley House  
Mendocino  
12-3 pm

August 26  
90th Anniversary  
Ukiah Civic Center  
Opens 6:30  
Film 7:00

August 28  
Senator Barbara Boxer  
Little River  
TBA  
Rachel 937-3227

August 29  
NWPC Summer  
Meeting  
Potluck  
Val Muchowski's house  
2333 Guntly Rd.  
Philo  
4 - 7 pm  
895-3543

### Celebrating the 90th Anniversary of Women Getting the Vote

On Sunday, August 22, 2010, a celebration of the 90th anniversary of the ratification of the 19th Amendment, guaranteeing women's right to vote, will be held on the Kelley House lawn in Mendocino from 12 -3 pm. The Women's Chorus will sing and Poetry will be read. Oral presentations of the leaders of this successful and dynamic 72-year political campaign to win women's suffrage will be presented. This event is free and open to the public.

August 26, 2010 will be a day of celebration of **Women Getting the Vote**. It will be at the Civic Center in Ukiah. Doors open at 6:30 p.m. for refreshments, at 7:00 p.m. Iron Jawed Angels, the story of Alice Paul and the move to ratify the 19th Amendment, will begin. Participating will be NWPC, City of Ukiah, AAUW, Ukiah Saturday Afternoon Club, Soroptimist Club, Ukiah Democratic Club, and Ukiah Republican Women. We will have a Proclamation from the City and the County. The Inland Chorus will sing.

It began with Woman's Rights Convention in Seneca Falls, NY in 1848 and ended with the addition of the 19th Amendment to the U.S. Constitution in 1920. As noted by suffragist leader Carrie Chapman Catt, president of the



National American Woman Suffrage Association, "*Millions of dollars were raised ... hundreds of women gave the accumulated possibilities of an entire lifetime, thousands gave years of their lives, and hundreds of thou-*

*sands gave constant interest and such aid as they could.*" It was a continuous, seemingly endless chain of activity. Young suffragists who helped forge the last links of that chain were not born when it began. Old suffragists who forged the first links were dead when it ended.

Between 1868 and 1920, the Woman Suffrage movement confronted the great obstacles of well-financed political, corporate, and religious opposition, as well as voting fraud so widespread that politicians dismissed it with a wink and a nod and women guarded the ballot boxes to help ensure a true vote count. During this time, suffragists were forced to conduct 56 referenda campaigns to male voters, 480 campaigns to urge legislatures to submit Woman Suffrage amendments to voters, 47 campaigns to induce state constitutional conventions to write Woman Suffrage into state constitutions, 277 campaigns to persuade state party conventions to include Woman Suffrage planks in their platforms, 30 campaigns to urge presidential party conventions to adopt Woman Suffrage planks and 19 campaigns with 19 successive Congresses.

Women in the West led the way with victories for state-level Woman Suffrage in Wyoming (1890); Utah, Colorado and Idaho (1900); Washington (1910); California (1911); Arizona, Kansas and Oregon (1912); and Montana and Nevada (1914). Many suffrage campaigners endured terrible food, contaminated water, uncomfortable beds, and often hostile audiences. Some were chased by wolves, faced fever and food poisoning, and survived train collisions, explosions, and other near-tragedies. Others flew in hot air balloons and early airplanes to scatter rainbow-colored "Votes for Women" leaflets over neighborhoods and county fairs.

In the great eastern cities, women planned and carried out well-crafted advocacy campaigns and, defying social convention and facing disapproval from their families and communities, marched in huge suffrage parades in colorful costumes, with symbolic floats, brilliant banners, and stirring bands. They were sometimes attacked by violent mobs of angry, drunken, and disorderly men.

Suffragist leaders Alice Paul and Lucy Burns along with members of the National Woman's Party challenged President Woodrow Wilson's fail-

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Do you have an item to include in the next newsletter?

Call Val Muchowski (895-3543), or e-mail it to [valmuchowski@yahoo.com](mailto:valmuchowski@yahoo.com)

ure to support woman suffrage by picketing the White House and enduring arrest, incarceration, beatings and brutal forced feeding. Some women came out of prison barely alive, and the news of this treatment by the police and the jailers resulted in national outrage, and the cause of women's voting rights gained much-needed momentum.

The 19th Amendment, called the Susan B. Anthony Amendment, finally narrowly passed Congress in 1919 and was ratified by 36 states in 14 months. It received its last state approval in Tennessee by one vote, that of 25-year-old legislator Harry Burn, who switched from opposition to support after getting a telegram from his mother saying, "Hurrah, and vote for suffrage!" It was certified as part of the U.S. Constitution on August 26, 1920, a day celebrated thereafter as Women's Equality Day.



This year's 90th anniversary of the greatest single expansion of citizenship rights in the United States presents a remarkable opportunity both to honor the unrelenting tenacity and spirit of the multitude of women and men who worked to secure women's right to vote and also to illustrate how much can be achieved in a democratic society by the collective efforts of citizens committed to political reform.

It was the hope of our Foremothers who fought and died for Woman Suffrage that future generations of women would use that hard-won vote to make this a better world and to fight for full equality and justice for women.

To join the celebration of this event, call Val Muchowski at 895-3543

For more information about the origin of Woman Suffrage, or the activities of the National Women's History Project, contact: National Women's History Project 3343 Industrial Dr., Ste. 4, CA 95403 Phone: 707-636-2888 Email: nwHP@aol.com URL: www.nwHP.org.

### Here and There

Time for you to be involved. Filing for city council seats has begun. Filing will close on August 8th. Pick up the gauntlet that Susan B. Anthony cast down and run for office...Congratulations to Estelle Clifton and her beautiful daughter Ayda Ivy Clifton....The San Francisco Mime Troupe performs their annual Ukiah free show in Todd Grove Park on Wednesday, July 28th. Music starts at



## NWPC Mendocino County Executive Board

Chair	Val Muchowski	895-3543
Vice Chair - Inland	Estelle Clifton	462-6620
Vice Chair - Coast	Patricia Darland	937-1798
Treasurer	Joelle Sumski	743-1945
Secretary	Arleen Shippey	462-7173
State Board of Directors	Katarzyna Rolzinski	468-9003
PAC Treasurer	Lynda McClure	463-0629
Membership	Joelle Sumski	743-1945
Historian	Madelyn McCauley	463-0626

6:30 and show is at 7 p.m. They have a new play about workers in America. For more information contact Lynda at 463-0629...Ana Ariza is still looking for Board members for Casa Nuestra. They are planning A Health Faire for August, a Mexican Independence Day festivity in September, Dia de Los Muertos Dance October 29th at Saturday Afternoon Clubhouse.

### Members

New Members: Ana Ariza and Jan Hoyman  
Thank You Renewals: Joelle Sumski  
Due in September: Jess Thompson

### The Propositions for November 2010

Secretary of State Debra Bowen announced today the numbers assigned to those ten measures that have qualified for the November ballot. Here is the line up:

- Proposition 18 - Water bond.
- Proposition 19: - Legalize and tax marijuana.
- Proposition 20 - Redistricting for Congress.
- Proposition 21 - Vehicle license fee for parks.
- Proposition 22 - Bans state from borrowing or redirecting local funds.
- Proposition 23: Suspends AB32.
- Proposition 24: Repeals corporate tax benefits.
- Proposition 25: Majority vote for passing a budget.
- Proposition 26: Two-thirds vote for approving fees.
- Proposition 27: Eliminates redistricting commission.

### Crude Cover-Up

For more than 20 years, I have been nagging, cajoling and pestering every elected official and candidate in my path to protect our ocean from offshore oil. I've made a fool of myself, been bossy and obnoxious. California Democrats have been especially sensitive to the dangers and destruction that drilling imposes. Now, in these emergency times Barbara Boxer, an important ocean activist, needs our help. Her opponent want to expand drilling along our precious coast.

After the frightening explosion, death of 11 workers and horrific oil spill in the Gulf of Mexico, the whole world is talking about offshore oil. But there is no joy in saying I warned you. I am almost speechless.

So heartsick, I could only listen on tv to the reportage of the oil vomiting into the Gulf of Mexico. I couldn't watch the sickening images of pelicans and other sea life smothering in oil.

Angry and depressed, I feverishly worked cutting, pasting and painting, a huge abstract collage painting. I call it "Crude Cover-Up". It depicts my sadness, feelings of futility and the devastation of the spill. In my piece, veils of transparencies overlay the viscous horror, the culpability of BP, the Minerals Management Service, for allowing them to do whatever they wanted, and the oil

industry's rapacious greed. Having made billions they couldn't be bothered to plan for the contingencies or pay for the technological devices which are necessarily inevitable from accidents in resource extraction. The Environmental Impact Reports for ALL oil companies drilling in the Gulf are IDENTICAL. They were written for oil drilling in Alaska and discuss cleaning off walrus' — which have never lived in the South — as any grade school child would know.

There are so many questions. Everything they did that was wrong. What's next?

We must support our President and people of conscience. We must stand up and stop the wanton destruction of our environment, our climate, and our planet. By seriously developing alternatives to fossil fuels we can also create jobs, energize our economy and end our dependence upon foreign oil. Will we pull off the fig leaves of deception and avarice? Will you help? Work on the campaign of Barbara Boxer. Help by sending her money.

*Rachel Binah  
Democratic National Committeewoman  
Chair Emeritus, Environmental Caucus of the  
California Democratic Party*



**For Immediate Release**

2010 November Election: Mendocino Coast Hospital District  
There will be three seats at term. They are each four year seats

1. Patricia Jauregui-Darland-Incumbent
2. John Kerman-undeclared
3. Mike Dell'Ara- undeclared.

I would like to encourage a woman to run. When women run-we win! Applications are now available at the clerk's office in Ukiah. Anyone who lives within the healthcare district can run. The district runs from Westport to Elk and inland to Comptche, for an exact map check with the clerk's office. Please call me if you would like further information. 707-937-1798

*Patricia Jauregui-Darland, NWPC Mendocino Coast Vice Chair.*



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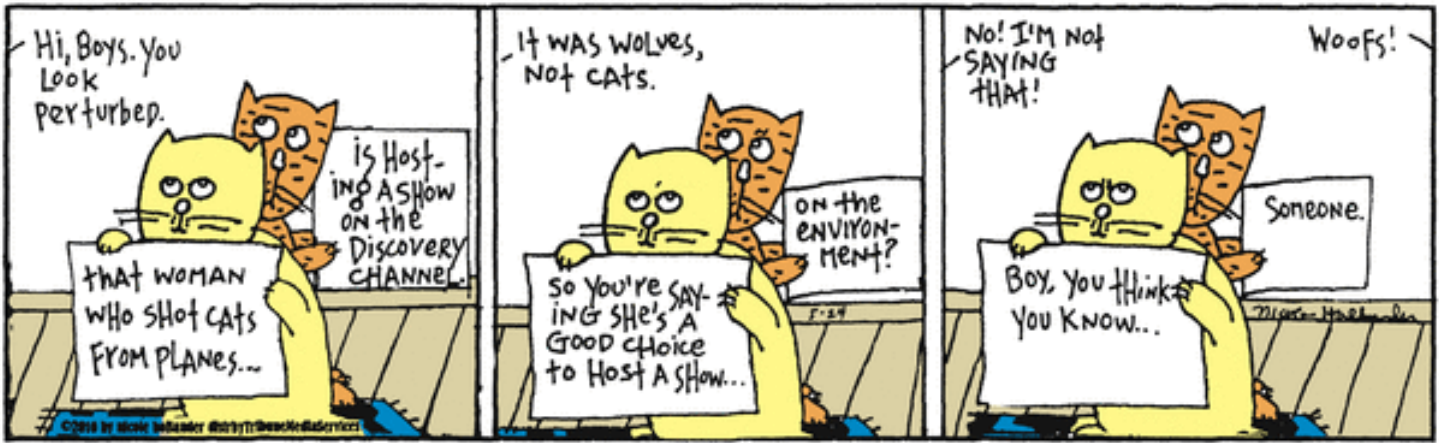


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### Mendocino Coast District Hospital Report

Over my last year and half on the Board of the Mendocino Coast Healthcare District; many strategic goals have been achieved. In this short period, the Board of Directors, in collaboration with management, physicians, employees, hospital foundation, community and the community advisory council identified key strategic goals. The key guiding factors were to keep the hospital financially viable, promote a state of the art medical facility, and provide high quality services to the community. Here a just a few of the key strategic goals that are currently in process or have been achieved.

1. Joint Commission Accreditation. This accreditation is for three years and establishes that quality standards are met and followed at the highest level.
2. State of the Art Diagnostic Imaging Center to open in 2011. This will provide Mendocino access to some of the nations most advanced imaging equipment.
3. Leading edge patient medication delivery systems that are patient controlled analgesic pumps.
4. Telemedicine and Robotics We now have a full time Robot that is part of our telemedicine program that brings state of the art medical specialist to the patient's bedside. This has opened up a whole new realm of medicine to our staff and patients and has been seen as a long term investment with cost savings associated with bringing the specialist to the patient rather than sending them out to another facility. Feedback from patients has been positive.
5. Emergency room improvements which included state of the art portable ultrasound equipment.
6. Local Uninsured Discount policy: Call the hospital for details at 961-1234
7. Budget 2011: The hospital is projecting a break even year for 2011 although it is anticipated there will be some operating losses. There will be some price decreases and increases in keeping with changes in the law and expenses associated with costs. There will be a 5% employee salary increase that is now in effect as of July
8. Healing Hospital Program attainment which is fully opera-

tional with many wellness program offerings. The use of healing touch, guided imagery and even hypnotherapy are just three of the many healing concepts now being utilized. Please log on to the website at [www.mcdh.org](http://www.mcdh.org) for a complete listing of the wellness programs.

9. Volunteer Outreach: Although an earthquake affecting millions was not part of our strategic plan; MD's, RN's and an EMT from the hospital staff were part of the relief volunteer effort for the Haiti earthquake victims. This certainly demonstrates the commitment of our staff to reach out to help others in need.

The hospital has made innumerable other improvements which are clearly visible the moment you walk in the door and are greeted by our friendly staff. I am very proud to be not only an elected member of this Board but a member of the hospital team that has made incredible strides in all aspects of meeting the Strategic Plan. I would like to take this opportunity to thank all the members of the MCDH team and the Foundation for working so hard to achieve these and many other goals to numerous to mention but just as important.

#### Members of the Board

- Tom Birdsell, President
  - Sean Hogan, ESQ., Vice President/Treasurer; Chair Finance Committee
  - Patricia Jauregui-Darland, R.N., Secretary; Vice Chair Finance Committee
  - Mike Dell'Ara, Chair Planning Committee
  - John Kerman, D.O., Vice Chair Planning Committee
- Patricia Jauregui-Darland, R.N., MCDH Board of Directors.*

#### Holly Madrigal

*"Yes it's official, I am in a runoff election this November! Thank you everyone for your support and good wishes. Now the real work begins."*

*Holly Madrigal, Facebook, June 28, 2010*

The Holly Madrigal for 3rd District Supervisor campaign is gearing up for the November runoff. We think we have a great

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chance. In 2002, John Pinches came in first in the March primary, Hal Wagenet came in second, and Tom Lucier (a conservative) came in third with 25 percent of the vote. And still Hal Wagenet won in November.

We're working on getting a July fundraising mailer out to supporters and Democratic donors, inside and outside the 3rd District. Thank you to SEIU—they have offered to contribute \$500-plus to pay expenses for that mailer. We're looking for a headquarters in Willits, and we've got a couple good possibilities. We've

got some new volunteers, and volunteers with the spring campaign are stepping up to do even more. Thanks to everybody who helped out. Check out Holly's Facebook page, <http://www.facebook.com/Holly4Supervisor>; you don't have to have a Facebook account to see the posts. To make a donation to Friends of Holly Madrigal, you can send a check to P.O. Box 2010, Willits CA 95490 or use our web site's Contribute page at <http://www.holly4supervisor.com/contribute.html>. The campaign email is [holly4supervisor@gmail.com](mailto:holly4supervisor@gmail.com).

Thank you to the members of the National Women's Political Caucus for your endorsement, your contribution and your support, and we're looking forward to a great campaign.

*Jennifer Poole, Holly's campaign manager*

### Meredith Lintott

Thank you so much for your support in the June Primary! I appreciate your strength and guidance. I was the leader in the race for District Attorney; however, the general election will be my most challenging yet and I will need all the help you can give, whether donations of time, money, and/or guidance.

To become part of my team, please contact me at 972-3260 or Polly at 462-0246. You can visit our website at [www.lintott4da.org](http://www.lintott4da.org) to email, or donate. I will be adding more content to the site. I also hope to utilize my Facebook page more effectively to let voters know about events, precinct walking, etc. If you haven't joined, please do so now!

As you may know, I have established an elder abuse outreach program, hiring an attorney to specialize in the prosecutions. Tuesday, July 12th, the Board of Supervisors approved a new part time investigator position to focus on complex elder abuse cases (the financial cases are extremely complex and time consuming). I am excited to be moving forward with this important work.

Through these tough budget times, the District Attorney's Office has continued to protect the interests of Mendocino County citizens with a stellar track record of convictions for violent crime and property crime while continuing efforts for crime prevention and opportunity for our youth. At this time, help me keep this positive forward momentum. I believe stability and continuity of leadership is the way to keep our county safe!

### Wendy Roberts

Wendy Roberts has kicked off her Fifth District Supervisor runoff campaign. On July 3rd she showed up to support local kids at the annual BBQ fundraiser for Mendocino's school foundation of which she is a former board member. A day later, she shook hands and tossed out Tootsie Rolls at the Mendocino 4th of July parade. Tuesday found her back at the BOS, monitoring on-going discussions of solid waste management. Wendy describes her campaign as a "hilly marathon" against an established politician with high name



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recognition. As a liberal Democrat, she is running on her track record of community and environmental service, and a solid financial background. She's committed to fiscal responsibility and restoring economic vitality because "...it's the only way to achieve the positive social and environmental outcomes on which most 5th District voters agree."

**Dear Northern California NWPC Caucuses:**

I attended my third national board meeting May 15-16, 2010 in Austin, Texas. The twelve NWPC board members attending represented Arizona, California, New York, North Carolina, Texas, and Washington. NWPC Executive Director Clare Giesen attended from Washington, D.C.

Meeting highlights:

**Political Action**

1. Ratified Political Planning and Appointments Committee recommendations for endorsement of national and state candidates Janice Hahn, CA Lt. Governor; Kamala Harris, CA Attorney General; Debra Bowen, CA Sec of State; Maria Panic, CA-24; Karen Bass, CA-33; Libby Mitchell, Gov of Maine; Tarryl Clark, MN-6; Connie Stokes, GA-4; Niki Tsongas, MA-5; Roxanne Conlin, U.S. Senate (Iowa).

Note: Five candidates were recommended by NWPC-CA.

**Outreach**

1. Approved development of college campus caucuses following presentation by NWPC-Texas intern and University of Texas Caucus president elect.

Note: The Women's Studies Program San Diego State University is interested in supporting a college campus caucus. The university established the nation's first Women's Studies Program 40 years ago.

**Fundraising**

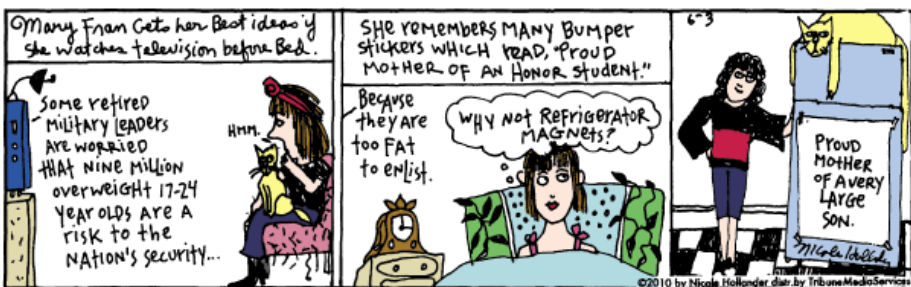
1. I participated in diversity celebration honoring six inspirational trailblazers including NWPC co-founder Dr. Dorothy Height (1912-2010). This NWPC-Austin fundraiser raised \$1500 and was a visible demonstration of NWPC's commitment to diversity and equality. It was an excellent example of local caucus fundraising.

Note: NWPC's major fundraiser, the Exceptional Merit Media Awards (EMMAs), is in New York City October 14. It recognizes journalists and print, broadcast and electronic media that inform and educate the public about critical issues impacting women's lives. The EMMA's planning committee is led by NWPC-CA board members Marguerite Cooper and Carmen Schaye.

**Membership**

1. Approved developing an on-line membership toolkit for recruitment and retention to be posted on www.nwpc.org.

Note: NWPC-CA already has this for caucus presidents and state representatives in the Leadership Manual filed in Yahoo.Groups, at <http://groups.yahoo.com/group/NWPCCAboard>.



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## Communications

1. Reported on newly designed national website to go up by end of May.

Note: As a member of the board Communications Committee, I participate in weekly conference calls to review an activities calendar and plan for press releases, social media and website updates. I'm currently drafting a press release about the importance of supporting women for elected and appointed office.

## Board Goals/Strategic Planning

1. Discussed strategic goals and progress on our 2010 Action Plan focused on fundraising and development.

Note: NWPC-CA President Teray Stephens is VP for Board Development and Operations and leads this ongoing effort. Next board meeting is August 7-8, 2010, in Charlotte, North Carolina.

*Susanne LaFaver, Northern California National Representative*

## Imagine following the lives of four babies living on different continents

FIRST 5 Mendocino is proud to announce we will be hosting the only screening in Mendocino County of the recently released documentary "Babies". The film follows the first year of four babies living on different continents, providing a glimpse into a diverse variety of families and infant care in Mongolia, Namibia, San Francisco and Tokyo. Because FIRST 5 Mendocino appreciates and wants to share with our community the cultural differences and universal similarities of child development we are sponsoring the screening of "Babies" at Arena Theater in Point Arena.

"Babies" will play from Friday, July 23 to Wednesday, July 28. Admission to "Babies" will be reduced by \$1 for all tickets to the screenings. FIRST 5 Mendocino will also be holding a special free reception at 3 p.m. on Sunday, July 25, to be followed by a completely free screening of the movie at 4 p.m. The schedule for all showings is available at [www.arenatheater.org](http://www.arenatheater.org).

FIRST 5 Mendocino supports children prenatal to 5 years old by creating and promoting services and information for early childhood development. Our vision is that all children in Mendocino County will be born healthy, thrive in a supportive, nurturing and loving environment, enter school eager to learn, and become capable, contributing members of our community.

FIRST 5 Mendocino invests about \$800,000 annually in the healthy development of young children. On the South Coast, grantees have included: Action Network Family Resource Center in Gualala and Point Arena; Arena State Preschool Play Area; the Mendocino County Youth Project; newborn home visiting and parenting support; and support for child care small businesses to become licensed. In addition, child care providers such as South Coast Day Care, Point Arena Little School and Arena State Preschool benefit from our stipend program called Comprehensive Approaches to Raising Educational Standards (CARES).

South Coast children and families also benefit from FIRST 5's support for county-wide programs such as: Healthy Kids Mendocino, insuring all children ages 0-19; Raise & Shine, assisting parents with the daily challenges of parenting children; Food For All Mendocino; Breast Start Mendocino; Pediatric Dental Initiative, sedated dentistry for children; the Kit for New Parents, DVD and resources given to each family expecting a

child; Imagination Library, a free book program for all children 0 to 5 years old; and smoke alarm distribution.

## The New Year of the Woman

It's looking like a new "year of the woman" in politics.

Eighteen years after a few glass ceilings were broken, hundreds of female candidates have set their sights on Congress, governorships and state legislatures, and a significant number racked up big wins in Tuesday's primaries.

Republican women, in particular, served notice to the old boys of the party.

In California, two wealthy businesswomen who had reached the highest ranks of the corporate world, Meg Whitman and Carly Fiorina, captured the GOP nominations for governor and Senate, respectively. In Nevada, tea party-backed state legislator Sharron Angle seized the GOP Senate nod and will face Democratic Leader Harry Reid. South Carolina State Rep. Nikki Haley brushed aside allegations of infidelity and an ethnic slur to grab the commanding spot in the GOP gubernatorial runoff.

One of the night's biggest winners was two-term Arkansas Sen. Blanche Lincoln, who scored a narrow victory over liberal Democrat Lt. Gov. Bill Halter in a primary runoff. Joining these women were Roxanne Conlin, who won the Democratic Senate nomination in Iowa, and Elizabeth Mitchell, Maine's Democratic nominee for governor.

Mitchell is the first woman in the nation to serve as both state Senate president and state House speaker.

In 1992, voters sent record numbers of women to Congress - 24 to the House and five to the Senate. Women angered by the predominantly male Senate's questioning of Anita Hill, who had accused Supreme Court nominee Clarence Thomas of sexual harassment, decided to make their point by ousting the men.

That same year, Bill Clinton ran as a change candidate and defeated President George H.W. Bush. Fast forward to 2010.

Despite their strides - 17 women are in the Senate, 75 in the House, including the first female Speaker, Nancy Pelosi - politics remains a man's world. That could benefit this year's female candidates as a frustrated electorate has rejected the establishment and sent a few incumbents packing.

"Many women are running and taking advantage of this moment," said Debbie Walsh, director of the Center for American Women and Politics at Rutgers University. "When voters are looking for something new and something different, women can really fit that bill because they aren't the status quo, they look different."

Again it's a change election - and women represent change.

Two years ago, Sarah Palin was the first woman on a Republican presidential ticket and Hillary Rodham Clinton came tantalizingly close to winning the Democratic presidential nomination.

Across the country, female candidates have legitimate shots of winning Senate races in Connecticut, Colorado, Missouri and New Hampshire, and gubernatorial contests in Arizona, New Mexico, Florida and Oklahoma. Many more are seeking House seats and a place in state legislatures.

As of this month, the Center for American Women and Politics counted 23 female Senate candidates, 216 House contenders and 23 gubernatorial hopefuls. Another 26 were vying for lieutenant governor jobs, and 77 for other statewide offices.

*Washington Post*

**The year is 1910.**

One hundred years ago. What a difference a century makes.  
 There were only 8,000 cars and only 144 miles of paved roads.  
 The maximum speed limit in most cities was 10 mph.  
 The average life expectancy for men was 47 years.  
 Only 14 percent of the homes had a bathtub.  
 Only 8 percent of the homes had a telephone.  
 The average US wage in 1910 was 22 cents per hour.  
 The average US worker made between \$200 and \$400 per year.  
 More than 95 percent of all births took place at HOME.  
 Ninety percent of all Doctors had NO COLLEGE EDUCATION.  
 Canada passed a law that prohibited poor people from entering into their country for any reason.  
 The Five leading causes of death were:  
 1. Pneumonia and influenza  
 2. Tuberculosis  
 3. Diarrhea  
 4. Heart disease  
 5. Stroke  
 Only 6 percent of all Americans had graduated from high school.  
 Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores.  
 Back then pharmacists said, *'Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health'*.  
 There were about 230 reported murders in the ENTIRE U.S.A.

*Every choice we  
 make can be a  
 celebration of the  
 world we want.*

*Frances  
 Moore Lappe*

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