

“Silence equals nonexistence. If I don't raise my voice, it's like I never existed.”—Margaret Cho, Comedienne Revolution

### “ORGANIC” PLANTS AND BACTERIAL FOOD EPIDEMICS

Continued from page 9

should be undertaken. Prices now for organic products exclude all but the wealthy, and the buyer has no assurance that the source is chemical-free produce.

Harvesting: I worked in fruit orchards in Michigan as a teen. Little has changed. One is paid by the “lug” (a double boxed container of about 25 pounds). There is no break in the day. No port-a-potties (Andy Gumps) exist, nor water to wash one's hands. Excrement is bound to find its way to the sugary coatings of fruit or the leafy vegetables whose surface is coated with a natural wax.

Is the harvester to be castigated for absent facilities, or must we mandate a certain number of facilities with soap and water in all fields at harvest time?

The peculiar puzzle of *Escherichia coli* from human feces appearing in produce can be traced to those who

do not provide sanitary facilities in the fields and orchards. There is no surprise in this; only growers desiring cheap labor and no facilities.

After harvesting, many leafy vegetables are put into sealed plastic bags. This keeps them crisp—for a time. Note that all must have an expiration date. This is often in small print and difficult to locate on the bags.

Such containers provide ideal habitats for bacterial growth. Most restaurants buy raw foods in these containers because they are convenient. The restaurant owner is blamed when a bacterial outbreak occurs. It is necessary to thoroughly wash packaged greens several times over—but does this take place?

Fruits and vegetables should be peeled before eating for reasons of both toxic spray residue and bacterial contamination. Freezing and cooking will

kill a number of dangerous micro organisms, but toxins that they have produced may not be put to rest as they are not living.

Canned produce is usually safe, but study the can for bulging ends before using. The swelling is due to gases produced by bacterial activity.

After all of these warnings, it is appropriate to state that we have the safest food supply in produce of perhaps any nation. Incidences of food poisoning from *Escherichia coli* are not frequently reported and can come as easily from other products improperly handled in restaurants or in homes.

Think of growing some of your own vegetables and fruits in untainted soil. A window box or small patch of land will do. Even large patio pots will allow for quite a few tomatoes.

—William A. Emboden

### Strike It Rich in Custer State Park, South Dakota

Continued from page 24.

and should be seen by every person in the world—fans of the United States and not. Here, American sculptor Gutzon Borglum, son of an Idaho polygamist and educated in France, created what is probably our nation's most inspiring monument not only to the promise of America, but to the idea that mankind can transcend any and all malice, any and all selfishness and any and all jingoism, finding within the ability to act altruistically on behalf of all sentient beings.

Borglum selected these four presidents—George Washington, Thomas Jefferson, Abraham Lincoln and Teddy Roosevelt—not because they were flawless, not because their administrations and actions were without blame, but because they represent the

enduring appeal of our great and free land: Washington, for our creation and the overthrow of tyranny; Jefferson, for our vision put into lyrical words that ring true; Lincoln, for our preservation as a nation and as an ideal colorblind society; and Roosevelt, for our expansion and maturation as a nation that cares about its resources, both human and natural.

As I sat through the awe-inspiring nighttime lighting program, 9 p.m. and 10 p.m., Memorial Day through Labor Day, when the giant, 60-foot high faces of the four presidents are illuminated and their stories told, I felt one with this great democratic experiment launched 230 years earlier.

**Badlands National Park,** <http://www.nps.gov/badl/>; 605-433-5361

**Custer State Park,** [www.CusterStatePark.info](http://www.CusterStatePark.info); 605-255-4515.

**Crazy Horse Memorial,** [www.crazyhorse.org](http://www.crazyhorse.org); 605-673-4681

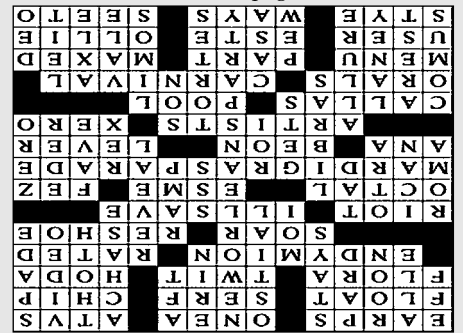
**Mount Rushmore National Monument,** <http://www.nps.gov/moru>; 605-574-2523

We stayed in one of the cozy cabins tucked into the fir forest, but the lodge has modern rooms and a rustic, soaring great room complete with bar, a player piano and fireplace.

## HOLLYWORDS

### Happy Mardi Gras Hollywood!

Answers  
(Puzzle on page 21)



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