



In Geoff's Words...

Schools Side With Junk-Food Vendors

...is the headline of an article in the August 23, 2001 San Jose Mercury News¹. Sen. Martha Escutia (D-Norwalk) authored legislation that would have banned the sale of soda and high-fat or sugary snack foods in California schools. But the bill was opposed by about two dozen school districts. The result was that the bill was heavily amended to apply mainly to elementary schools.

Sen. Escutia is quoted as saying, "...they have put profit at the expense of the health of our kids, and I don't think that is right." Brett McFadden, legislative advocate for the Association of California School Board Administrators, is quoted as saying "That argument is a load of crap. This bill was not attached with the appropriate funding. To live with the mandates of the program, we would have to take dollars out of the classroom. The fact that they can't get funding, and still stick us with the bill so they can have a political and legislative victory, is morally wrong."

What's wrong with this picture? For one thing, Sen. Escutia's argument is not a load of crap, it is exactly correct: McFadden admits the reason California School Board Administrators oppose the bill is they want the money junk food sales bring in. And morals? How moral is it to say lets get more money for the school by ruining our students' health? No, Mr. McFadden, and any other school principle that thinks the way you do, remove junk foods now, place our children's health first, and worry about closing the funding gap second! Did it ever occur to you when you allowed vending machines in the cafeteria that maybe they would compete with the healthy school lunch program? Duh! As an example, food-service officials in the Folsom/Cordova Unified School District said they went from an operating deficit to a \$226,000 surplus after banning junk food in high schools! But

even if a school district wasn't quite as successful, they should never stoop to selling junk food to close a budget gap. It's bad for kids.

In previous issues of Self Health News, I have discussed studies that show how devastating junk food malnutrition is, but let me add experts are now telling us school junk foods are contributing to "an epidemic explosion of children with type 2 diabetes."² Parents should work on stopping this now.

What's New

Hair gel! Like our hair spray, Bare Lotion, and tooth products, the gel ingredients are safe enough to eat! Squeeze some into your hands, run through your hair, and style. Our homemade **dog biscuits** are made from tested pure ingredients, too, but let your pet do the taste test!

If you like to cook, try our "extra virgin" **olive oil**, direct from Italy, completely unprocessed. If the bottle in the store says "extra pure" that means it has been refined. It's not as pure as extra virgin. And try our **Spice Pack**, 10 capsules each of: cayenne, peppermint, fennel, sodium/potassium salt, turmeric, cloves, cinnamon, fenugreek/thyme.

Our **nopal cactus** tables and **maca** capsules are new, but we have to be careful about what we claim they are good for. Do your own research; it's easy on the Internet. One new reputable website is www.supplementinfo.org but there are lots more. Remember to be skeptical of outlandish claims. On the other hand remember most dietary supplements are foods safely eaten for thousands of years, so it doesn't hurt to try them.

Testing Classes

Synchrometer classes continue to be scheduled as needed, on Tuesday and Wednesdays, 10:00 A.M. until 3:30 P.M. The cost is \$175.00. The class is limited to six students and a \$50.00 deposit is required when you make your reservation.

¹ <http://www0.mercurycenter.com/> Art. ID: 0108300166.

² <http://OrlandoSentinel.com>, Comas, Martin E., September 16, 2001.