

LOCAL AUTHOR



Royalties from Julie Davey's book "Writing for Wellness" are Donated to City of Hope

Two-time breast cancer survivor Julie Davey's personal experience and those of her students inspired her to write "Writing for Wellness: A Prescription for Healing."

The book, in addition to easy to follow writing instructions, offers the emotional, humorous and inspirational stories told by cancer patients and others who have suffered tragedy or loss. The stories were written by Davey's students both during her career as a Fullerton College professor and in "Writing for Wellness" classes she teaches at the City of Hope.

Davey retired in 2004 after 18 years of teaching journalism at Fullerton College. She also taught

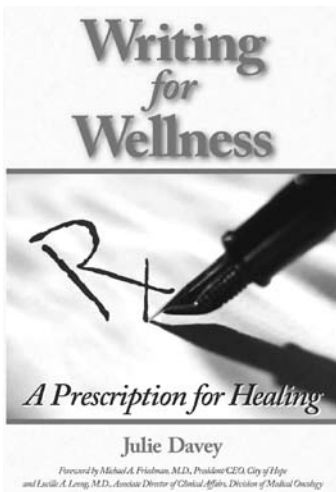
freelance writing, public relations and was the advisor for Fullerton College's Hornet newspaper and Torch magazine.

During her years at the college she met the late Violet Wightman, the oldest student to ever attend Fullerton College. Violet took classes taught by Davey for six years. In 2001, just prior to her death at age 97, Davey helped to get Violet's book of poems published through the FC print shop.

An entire chapter of "Writing for Wellness" is devoted to Violet who Davey says inspired her to write the book and create her class. She says "writing helped Violet cope with her cancer."

In 2001, while still teaching at Fullerton College, Davey began as a volunteer teacher at the City of Hope conducting a class bearing the same name as her book, "Writing for Wellness."

Vince Williams, former cartoonist and graphic artist for the Hornet and a previous Davey student, designed the cover. Among the many stories told in the book are several by other former students and Fullerton residents including: Allison Anderson, who writes about her father's cancer. She was 19 when he was diagnosed and he died two years later; the story of Jeff Howe, a lung cancer survivor, former editor of the Hornet and Torch, told by his mother; longtime Fullerton resident Bernice Goetz writes about being a friend to a cancer patient and Vivianne Wightman (also a FC journalism instructor and former Davey student) writes about her grandmother Violet.



Davey now lives in Duarte with her husband Dr. Robert Davey, a retired Cal Poly Pomona aerospace professor. She was recently named "Humanitarian of the Year" for 2007 by the Duarte City Council and Chamber of Commerce.

All royalties from the book are donated to the City of Hope. The book has been reviewed by the Mayo Clinic librarian and is available online at Amazon.com.

Biodegradable Soapbox

by Suzanne Hofstetter ©2008 ms.greenjeans@hotmail.com



Wave of Relief

Hurray! Yippee! Wow! Last week's 8 - 2 California Coastal Commission's (CCC) vote against extending the 241 toll road marks a rare victory for protecting Orange County's open space against development. Forming the largest attendance in the CCC's 36-year history, over 3,500 people rallied at the Feb. 6 hearing, including surfers, students, families, environmentalists, seniors, and Native Americans. The landslide triumph to preserve the San Mateo watershed, despite letters sent by Gov. Schwarzenegger to CCC members supporting toll road extension, "was a testament to the power of grassroots activism," said Surfrider CEO Jim Moriarty.

The CCC rejected the proposed toll road for many reasons, including threats to endangered species, running a 6-lane highway through a San Onofre State Park campground, and destruction to the San Mateo Creek sediment flow which produces the world-famous surf break at Trestles and its surrounding beaches.

I am sure that many Fullertonians have spent memorable times enjoying the beauty of these county line beaches (that is, if you don't look too far south toward the nuclear reactors . . .) Ms. Greenjeans herself spent a pivotal moment sitting atop those cobblestones at Trestles: the first discussion of the "M" word with the future Mr. Greenjeans. Grandpa Greenjeans has shot the curl there since the 60s. To Son of Greenjeans, it is his beloved "train beach", and I feel more hopeful after the CCC's vote that his generation will be able to enjoy it, too.

Mommy, There's Roundup in my Soup!

Here's a question to send your tummy rumbling: What is the best meal you've ever eaten? Though I've had many a memorable munch, the most delicious food I have eaten was a very simple dish: rice and vegetables. I was traveling through the Pacific Northwest when I stopped at an organic farm stand. With only a few dollars in my pocket, I bought bright green and yellow squash, juicy tomatoes, robust green beans, savory onions, and for dessert, candy-like raw white corn. I had never before eaten corn like that! But then again, I have lived in Orange County for most of my life, where despite the name of the place, there are not many chances to enjoy totally organic produce that is sold at a stand 10 feet from where its grown.

Taste is only one reason why organic triumphs over conventional produce. Health is another obvious factor - pesticides are linked to everything from cancer to diabetes to birth defects. People often shrug their shoulders and tell me, "Well, you're going to die somehow!" as they bite into an anemic, chemically-grown strawberry. To them I want to say, "It's not all about you!" Farming that uses pesticides and chemical fertilizers pollutes soil, air, and water. Also, it harms the laborers who grow and harvest the produce, and children are among the most vulnerable because of their physiology, growth, and habits.

Organic farming is also more energy efficient than conventional farming. According to a 21-year study published in the May, 2002 issue of *Science*, "Per unit of energy, the organic systems produced more food, and

the organic soils housed a larger and diverse community of organisms." Conventional farming is additionally debilitating to the environment because production and transportation of pesticides and chemical fertilizers require an enormous amount of energy and expend huge volumes of pollution. And, hurray! According to Californians for Pesticide Reform (CPR), California leads the nation in pesticide use.

Why Not Go Organic?

With all the overwhelming evidence pointing to the superiority of organic produce, Ms. Greenjeans asks the public, "Why not go organic?" Besides the "I'm gonna die somehow" mentality (bleak!), the chief reasons are price, availability, and quality. OK, so here goes Ms. Greenjeans to attack these barriers.

PRICE: Organics' significantly higher price drives away many consumers. However, buying organic is becoming mainstream, a point not lost on conglomerates such as Wal-Mart and Costco. Both stores now sell organic products, which is exciting yet also suspicious - for years, big business has been pushing for the organic label standards to be lowered. The best place to buy organics cheaply is our local farmers' market. If you can't make it to the Wednesday morning Fullerton market at Independence Park on Valencia (between Harbor and Euclid), there is a Tuesday evening farmers' market in Brea and a Saturday market in Yorba Linda.

AVAILABILITY: Most supermarkets now carry organic produce. However, check labels to insure that the produce is as local as possible; many supermarket organics are imported. The concern there is not so much with skimping on the organic practices (U.S. produce actually contains more pesticide residue than imported!), but with quality and transportation costs. Also, a good rule to remember is to eat seasonally. Yes, I bite my fist in pain when strawberry season is over, but I can then welcome luscious local grapes into my life.

QUALITY: Unfortunately, supermarket organic produce tends to lack in this department. Looking at a flaccid cucumber begs the question - how long have you been waiting to meet me? By far, the farmers' market is your best choice here.

Last, Environmental Working Group (EWG) publishes a nifty "Shopper's Guide to Pesticides in Produce". An EWG simulation shows that by avoiding the top twelve most contaminated fruits and vegetables and eating the least contaminated instead, people can lower their pesticide exposure by almost 90%. Here are their suggestions:

Dirty Dozen (Buy These Organic) - peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, lettuce, imported grapes, pears, spinach, potatoes.

Cleanest 12 (Lowest in Pesticides) - onions, avocado, frozen sweet corn, pineapples, mango, frozen sweet peas, asparagus, kiwi, bananas, cabbage, broccoli, eggplant.

Great Greenjeans! It's been hours since I sat down to drop these pearls of wisdom, and I could eat a horse - an organic, free-range, grass-fed one, that is!

ON MY BIODEGRADABLE SOAPBOX: Don't forget what happened at the CCC meeting this month. It is truly amazing what grassroots activism can do, and there are plenty of opportunities here in Fullerton to make a difference - we can do it!

GREENJEANS-APPROVED:

•Grow your own! For the best local produce, start an organic garden. Mother of all Herbs is a local business that sells organic herb, strawberry, and vegetable seedlings (hard to find in the OC!) at the Fullerton, Whittier, and Yorba Linda Farmers' Markets. Contact Kathryn Smith (562) 322-8116.

•Holistic Moms Network Meeting Wednesday, Feb 27 at 6:30pm meet for a social hour. Fullerton dentist Dr. Klusmier (holistically minded, prevention oriented, non-invasive and well educated and balanced on amalgam removal) speaks at 7pm. Meet at Belly Sprout, 426 W. Commonwealth Ave., Fullerton. 879-1303

Writing to Heal Seminar Offered at CSUF

Carol Celeste, president of the Orange County Branch of the California Writers Club, will present a seminar at 7pm on Thursday, Feb. 21. This event is presented by Osher Lifelong Learning Institute (OLLI) at Cal State, and will be held in Mackey Auditorium at the Ruby Gerontology Center on campus. The seminar is free but reservations are requested. Call (714) 278-2446 for reservations and parking information.

Celeste is the author of an EBook, "When the Old Block Chips - a Survival Guide for Adult Children of Difficult & Toxic Aging Parents." She has been a writer and editor for more than 20 years, and conducts classes where you can explore writing as a medium for recording life's journey.

"Writing offers an opportunity to let out those deep-set stresses that can make you sick," says Celeste. "Research shows that expressive writing reduces stress and strengthens the immune system."

How does this work? According to Celeste, writing about your experiences and opinions allows you to reflect on thoughts

and feelings...which can lead you to solutions that relieve stress. In this class, Celeste will reveal how this works and provide an exercise so that attendees will be able to experiment with this process.

The Author Series is free and open to the public. OLLI provides a unique opportunity for retired and semi-retired individuals to participate in an extensive program of classes, lectures, special events, travel and social gatherings.

Other presentations in the Series are:

•March 6 at 7pm: "Almost Everything Gets Better After 50" with Jane Glenn Haas, author, newspaper columnist and founder of WomanSage.

•March 20 at 7pm: "Hollywood Forensics: Real or Pure Fiction?" with D.P. Lyle, M.D., an Orange County cardiologist and author who has worked as a story and technical consultant on many of television's most popular dramas.

•March 27 at 7pm: "The Empty Nest" with Karen Stabiner, author of seven books including "The Empty Nest: 31 Parents Tell the Truth about Relationships, Love, and Freedom after the Kids Fly the Coop."

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