

General

9/1/04

John



CES

Update



The following package is a compilation of issues and updates regarding our work at CES. This would not be possible without your help and concern about our drinking water, air quality and concern for our children's future.

Enclosed you will find an update on the issues in our new booklet Contact, LANL Groundwater monitoring problems, Santa Fe Airport Expansion survey preliminary results, the verified voting trail issue and an absentee ballot request.

I hope this gives you some ideas on how to make a difference and that your vote counts, when the process is clean. We need your voice, you need to make Contact.



Remember we would like to keep you informed on these issues and that takes money. Please remember us when donating this year, we are starting to make a difference after 5 years and our membership is growing. Our demographics are diverse and our organization can boast that our membership has a 70% voting record. That's power to create change with people like you who care.

Your donation is truly appreciated and we need this to keep our doors open. CES will receive a cash match from a local private charitable foundation for every public donation we receive. Please help us, help our community and our future by donating to **CITIZENS FOR ENVIRONMENTAL SAFEGUARDS.**



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RCRA Violations

AT LANL

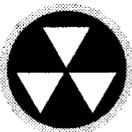
ON GROUNDWATER MONITORING



In CES's groundwater research a report found its way to the door of CES. The report states that LANL's inability to acquire reliable data on the groundwater monitoring wells and interpret it properly is a violation of the *Resource Conservation and Recovery Act (RCRA)*. Many of the LANL monitoring wells do not meet RCRA requirements. The majority of the LANL monitoring wells were drilled using polymer-based fluids and/or bentonite clay muds that may prevent the detection of contamination and/or introduce false indication of contamination. Furthermore, the Westbay screens used to collect water samples inside the wells are not put into the proper strata that would yield a more representative water sampling. The monitoring wells have been showing lower yields of contaminants because of the process of faulty drilling and sampling.

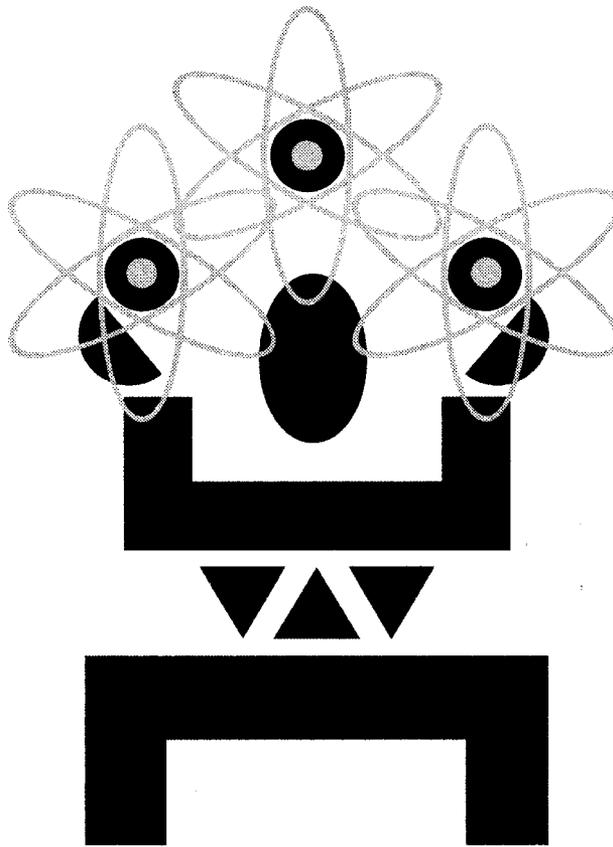
LANL knew at the time (1998) while implementing the activity for the Hydrologic Work Plan that they were not installing or sampling the wells properly. Further, the External Advisory Group (EAG) wrote two reports a year from 1998-2002 and back up Gilkeson's report. The EAG warnings were not heeded, the wells were not properly installed, water sampling was skewed and RCRA was being violated.

Furthermore, LANL is misrepresenting the facts to the public in their Geochemistry analysis. When LANL reports read that the contaminants were "not detected" it means that contaminants were recorded by instrument but at a low level. This is where their report lies. They take water samples from stagnant water in the well-casing that was coated with polymers which dilutes and changes water chemistry and does not show the correct background level already in the water.



The newly released information goes on to prove the aquifer strata has a high hydraulic conductivity and is a fast pathway for groundwater travel. This is significant because LANL has made several public claims that the conductivity and recharge rate is minimal and would take 1000s of years to perch aquifer drinking water. LANL has publicly stated in the Hydrogeologic Work Plan that only traces of **TRITIUM** have been found. However, this new report indicates high amounts of **URANIUM**, both naturally occurring and man-made or enriched uranium have been found and are used in the production of nuclear weapons. **STRONTIUM-90** and **TECHNETIUM-99** are present in the regional aquifer, below the LANL low-level radioactive waste disposal landfill, MDA-G and in other areas of groundwater flow. This information has not been mentioned in the LANL groundwater public meetings. Currently, LANL's faulty tests from improperly drilled wells show that contaminants are below safe drinking water standards, but we really do not have any accurate measurement of contaminants in the aquifer nor do we have adequate oversight of the regional groundwater and drinking water since it appears that RCRA cannot and will not be enforced in the State of New Mexico.

These wells are critical that they are monitored properly, specifically at MDA-G, the largest nuclear waste site in New Mexico and the wells on the boundary of the San Ildefonso Pueblo. The federal facility, LANL-DOE gave back San Ildefonso Pueblo the wells in the Los Alamos Canyon. These wells may be pumped in an effort to provide adequate water for transport into



the city and county of Santa Fe as part of the San Juan-Chama Diversion. The draw down from these wells will collect contaminants from surface water recharge and groundwater. CES is advocating for pump and treat clean-up in Los Alamos Canyon and around the MDA–Area G waste sites.

Without having the correct installation, data and enforcement of federal RCRA laws, the public welfare and health is at risk. The State and DOE have sued each other over a Corrective Action Order (CAO) that would enforce RCRA. This past week NMED has come to an agreement on the CAO; it is now open for public comment. Now let us see what NMED intends to do about LANL's mess. CES will comment on this issue. Unfortunately, both NMED and EPA will not do anything until the water becomes irreparable, partly because of government intervention due to administrative policy and because many of these **RADIONUCLIDES** cannot be regulated as the current law stands. The nuclear industry is protected; the people and Earth are not.

Monitor our website for updated information at: www.environmentalsafeguards.org.

Citizens for Environmental Safeguards (CES) has been working to protect the water quality of the Santa Fe Northern New Mexico region. Currently, CES is re-petitioning the Environmental Protection Agency (EPA) to reconsider the entire Española basin a sole source aquifer.

WE NEED YOUR SUPPORT. Look for more on this effort in upcoming reports.

Any further questions regarding this issue please contact **ELAINE CIMINO**—CES Director
1.877.424.9100

Airport Expansion

S U R V E Y



This is a preliminary draft analysis of the Santa Fe Airport survey. The results are being professionally analyzed and a final report will follow.

Our preliminary findings show the following:

WHO'S IMPACTED BY AIRPORT NOISE AND HOW OFTEN

2 out of 3 people surveyed living within 5 miles of the Airport were impacted by noise. Whereas, 1 out of 5 living within a 10-mile radius of the airport were impacted by noise. The population surrounding a 10-mile radius of the airport is estimated at 50,000.

Weekends when people are home to hear airport noise were found to be greater than holidays; 2 out of 3 people stated they thought weekend noise was worse.

ECONOMIC BENEFITS?

95% of the focus group *did NOT want tax dollars* spent on Airport Expansion projects.

93% did not believe that the airport expansion would bring more jobs.

AIRPORT USE

10% of the people who were surveyed used the Santa Fe Airport. 1 person used private service.

98% used the Albuquerque Airport.

FIRE PROTECTION?

5 out of 6 people surveyed thought there should be 24/7 fire protection at the airport.

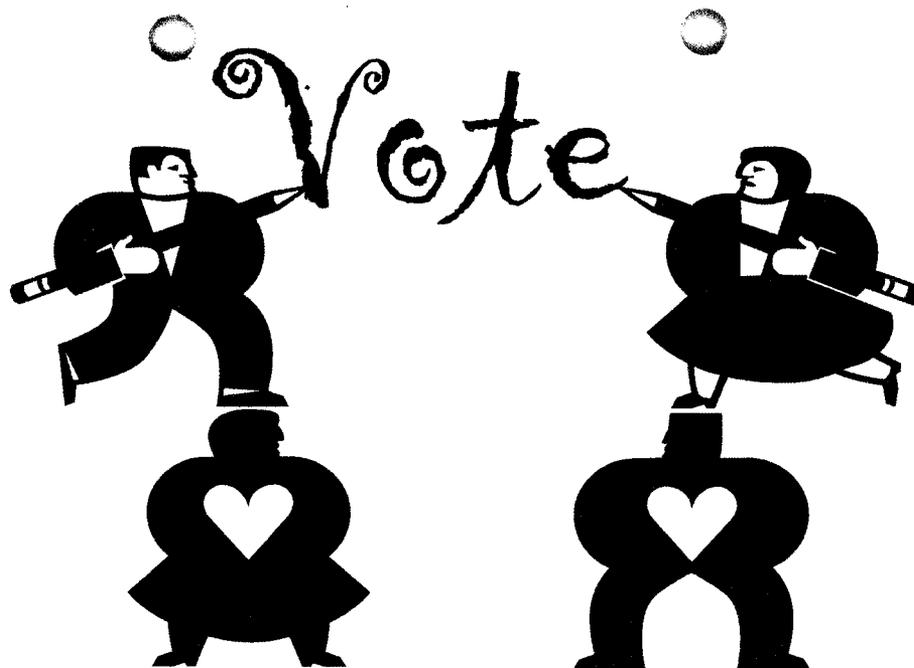
Two thirds stated that the Part 139 certification would risk fire protection to other residents in the County and City.

IMPACT OF AIRPORT NOISE ON SCHOOLS AND CHILDREN

There was an even split on whether Airport Noise impacted school children. Those people living within the 10-mile radius limits: had no children, questions were not applicable or did not answer the question. Those living within the 5-mile zone were split 2:2 on the noise impacts on schools and school children. While 2 out of 3 say they have been awakened by airport noise, and 2 out of 3 say that noise interfered with telephone conversations. 1 out of 5 complained that noise interrupted watching television.

CES DEMOGRAPHIC

CES's membership and mailing list has a large demographic, ages 30 through 80, with the largest portions of the list in the zip codes of 87507, 01 & 05. CES's largest percentages of registered voters are in Senate Districts 24, 25 & 39, and Legislative Districts 41, 42, 45, 46, 47, 48, 50 & 57. This survey was mailed to our membership list; we received a 30% return. The above is reflective of how this percentage answered the questions.



JUST VOTE  ABSENTEE IF YOU WANT TO

CES Just Vote Education Campaign



In the past three months **CES** has not sat idle on how we should help get out the vote and specifically within the membership of Citizens for Environmental Safeguards (CES).

The New Mexican Conservation Voters Education Fund recently provided a service to CES on the CES private mailing list enhancement. Part of the service was to identify who in our membership actually votes and how often; the service also updated addresses and gave us a breakdown on demographics that we serve and in what districts most of our membership live.

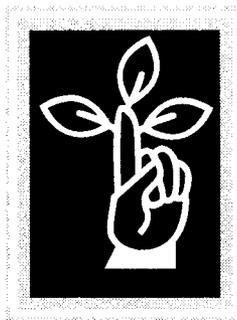
For example, when we do a survey on an environmental issue close to 45% respond by return mail. This is phenomenal considering the average rate of return is about 10% if one is lucky. What was startling to find is that looking at the registered voters on our list, in the last three elections, the number of our people that voted dropped to 15-20% from 60%.

I look at this figure and realize that we have people on our list that are deeply concerned about environmental, voting, health and educational issues, yet they have dropped out from voting. Why? I suspect that they have lost confidence in the system, perhaps from the lack of a voter verified paper audit trail (**VVPAT**), or they are too busy.

So in an effort to spark some more votes—whichever way you want to vote: **JUST VOTE**—and to make sure there is a **PAPER TRAIL**, CES is sending out Santa Fe County Absentee Ballot Applications to the membership.

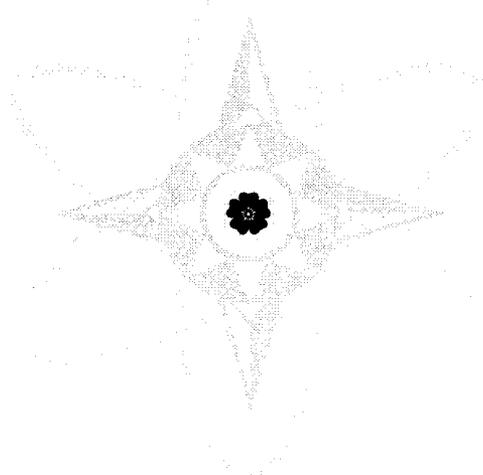
If you are one of the people that have dropped out, or even if you have just been too busy to vote, **COME BACK**, we need you to participate. Enclosed is an application. The absentee ballots start being mailed out on **OCTOBER 5TH**. Remember, if you live in another county you must contact your County Clerk for that specific county application or address.

LA CIVIL General (Groundwater)



Contact

A GUIDE TO ENVIRONMENTAL HEALTH,
WELLNESS & ACTIVISM



Mission STATEMENT



The mission of La Cienega Valley Citizens for Environmental Safeguards (CES) is to educate, organize and implement community grassroots committees and groups to take action that protects our environment, watershed and cultural landscape. We work to fulfill the public interest and welfare, as a conservation organization whose mission it is, also to conserve imperiled watersheds both in water quantity and quality issues, habitat, native species and their threatened habitat. This mission has evolved to include the oversight of water quality issues pending from the contaminants in particular from Los Alamos National Laboratory, from which our community is downwind and downstream. CES is working in coalition with other small grassroots organizations to stop the military proliferation of the nuclear weapons and mixed waste dumpsites. Consistent with our mission CES has formed resident/community committees that act to protect the cultural resources and the public welfare interests in land use issues that affect our traditional and historic communities. Active public participation in this process fulfills our public educational goals to our local residents, community supporters and the general public in the process.

In the interest of the public welfare, CES's goal is to protect information and the public input process on environmental issues that would be useful to the preservation of watersheds within the state of New Mexico and elsewhere.

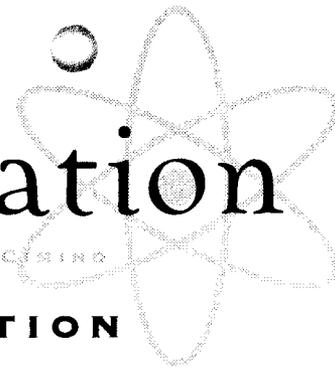
THE SUCCESSFUL CURRENT & PAST PROJECTS OF CES INCLUDE:

- ⊕ CES is currently implementing the environmental justice survey to find out local communities' perceptions on the contaminants from LANL.
- ⊕ CES filed an EPA Sole Source Aquifer petition and is filing for re-consideration of the petition.
- ⊕ A \$1 million dollar generator was connected to the wastewater treatment facility to keep the facility from dumping 17 million gallons of raw sewage into the Santa Fe River in the case of a power failure as a result of the CES 300 member signed petition drive.
- ⊕ Won a recent FOIA court ruling in the 1st District Court of New Mexico, Judge Art Encinias ruled that the County of Santa Fe must turn over all information requested by CES concerning water acquisitions in the traditional historic communities of La Cienega, at no cost.
- ⊕ CES worked with the Anti-SLAPP Alliance to pass the Anti-SLAPP (Strategic Litigation Against Public Participation) Act in the New Mexico Legislature in 2001.
- ⊕ CES worked to establish Senate Joint Memorial 84 in '02 and HJM 8 in '03 — the Los Alamos Oversight Legislative Interim Committee working in tandem with the Hispanic Roundtable, the workers unions at LANL, Los Alamos Study Group, Tewa Women United and other grassroots community groups and environmental organizations.
- ⊕ Currently have an outstanding Freedom on Information request to DOE regarding Hydrological information.

The La Cienega Valley Citizens for Environmental Safeguards (CES)
is a 501(c)(3) federal tax-exempt nonprofit organization, which is incorporated in the State of New Mexico.

Ionizing Radiation

WRITTEN BY CATRIE SULLIVAN EDITOR BY ELAISE CASINO



HARMFUL KINDS OF RADIATION

⊕ **ALPHA** (the nuclei of helium atoms) ⊕ **BETA** (electrons) ⊕ **X-RAY & GAMMA** (high energy light photons)

Red, blue and yellow light are *low energy* forms of radiation. Ionizing radiation, however, damages health because of its very *high energy*. In delicate living cells, ionizing radiation damages molecules by knocking electrons out of their atomic orbits. Usually—but *not always*—cells repair this damage quickly. *Un-repaired* damage may be minor or it may lead to cancer, other disease or a genetic mutation passed from parent to child.

ALPHA (α) radiation is emitted, for example, by **PLUTONIUM**, **URANIUM**, and **RADON GAS**. It cannot penetrate the skin but once allowed into the body by breathing, ingestion or through a wound, its huge energy release is very damaging to cells. Most of us have traces of plutonium from open-air nuclear weapons tests in our bodies (mainly bone; see CANCER).

TRITIUM, a form of hydrogen, is a source of **BETA** (β) radiation. **TRITIUM** creates a health risk by replacing normal hydrogen atoms in organic molecules or in water molecules in our bodies (~85% water). Tritiated water in the body irradiates organs and, through the placenta, unborn babies. **TRITIUM** gas, used in industry and produced by detonation of nuclear weapons, also moves widely in the environment. **BETA** radiation can also burn the skin and cause skin cancer.

Other important **BETA** emitters are **IODINE-131** and **STRONTIUM-90** (see CANCER and THYROID DISEASES) **STRONTIUM-90** is water-soluble and enters the food chain through plants. In the body it concentrates in bone taking the place of calcium, where **BETA** radiation can kill blood-forming cells in bone marrow as well as increase cancer risk.

X-RAYS and **GAMMA RAYS** are high-energy photons that penetrate the body and set in motion cell-damaging electrons. Nuclear power plants routinely emit radioactive **XENON** gas, which because it quickly 'decays' is treated as a small risk. However, **XENON'S** decay product, **CESIUM-137** remains in the environment for long periods and once in the body accumulates in muscle where, on average, it irradiates tissue with **GAMMA RAYS** for about 2 years before being eliminated.

HIGH DOSE RADIATION is used to *kill* cancer cells while lower dose **X-RAYS**, which can initiate cancer, are valuable for diagnosis. **X-RAYS** are also now seen to play a central role in ischemic (obstructive) heart disease, whose mechanism, like cancer, is thought to be incremental accumulations of cell damage. Physicians and radiologists are beginning to take **X-RAY** exposure risk seriously by upgrading equipment and minimizing exposure. Mammogram doses, for instance have dropped well over 10-fold in recent years!

PLUTONIUM'S LONG LIFE



PLUTONIUM-239 from atmospheric nuclear weapons tests contaminates our environment and remains radioactive for ~250,000 years.

It is estimated that there will be 1/4 to 1/2 million fatal cancers in the next 100 years caused by weapon related plutonium radiation doses received by the year 2000—over time 1 to 1.5 million cancer deaths, above the established rate of occurrence, are expected.¹

Like the smoking → cancer link, we know radiation from weapons tests causes cancer—but we cannot separate those cancers from cancers from other causes. Also the disease is so common that cancer from weapons tests is a small fraction of all cancers. Because of this, governments and business may sacrifice public health for technology. We must demand a voice in, and a veto over, policy decisions where our health may be at risk.

man-made sources

Ionizing Radiation

DIAGNOSTIC MEDICAL X-RAYS are the main source of radiation exposure for people in many countries. Cutting doses by 1/2 (on average) would retain image quality and reduce the role of x-ray on cancer & heart disease.

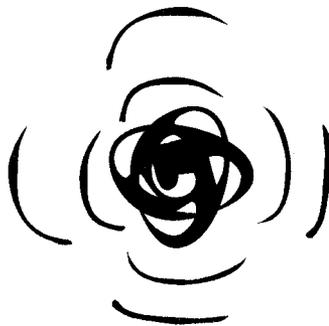
NUCLEAR POWER PLANTS emit radiation during operation, as do their dangerous wastes. Accidents produce radiation, and when plants close after their 30-year lifetime, equipment and many buildings are radioactive.

BUILDING AND TESTING NUCLEAR WEAPONS has contaminated much of the Earth's water and land with man-made radioactivity. As more countries build nuclear arsenals, more cancer and illness will follow.

environmental sources

COSMIC RAYS (at sea level) ~26 millirem (mrem)/year ♦ **URANIUM, THORIUM** (soil) ~30 mrem/year ♦ **POTASSIUM-40** (natural and in our bones) and **LEAD, POLONIUM & URANIUM-238** from radioactive decay ~30 mrem. ♦ **TOTAL** = 100 mrem/year. Life forms flourished on Earth only after atmospheric ozone was present to protect fragile chemical bonds in living molecules from high-energy cosmic radiation. Cells would not have evolved repair mechanisms if radiation were harmless—but *repair mechanisms do not always work—if they did, radiation would not cause cancer.* Add to this for higher altitudes, medical x-rays, radon gas, consumer products and radiation therapy. We increase the level of man-made radiation at our own and our descendants' peril. All doses count—whether the source is natural or man-made.

IONIZING RADIATION AND HEALTH



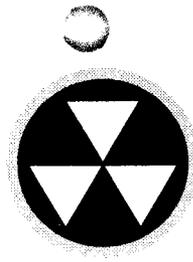
To insure the survival of nuclear weapons programs and nuclear power, pro-nuclear governments do not acknowledge *that human studies prove beyond reasonable doubt* that low-level radiation damages human health.²

⊕ Officials often tell us that radiation from routine releases or accidents at nuclear power plants are too low to hurt anybody; that people reacted irrationally or studies found no problem. *We know, however, there is no safe dose of radiation and we know that when officials claim that no study found a problem it is often because no study was done.*

⊕ Officials often hide radiation-related health data behind claims of national security. Government, however, has no right to hide health data from those who may be its victims. Similarly, officials often say accidental releases of radiation are harmless because they are small compared to natural background radiation. *However, ionizing radiation from all sources, natural or man-made, carries risk of cancer and other illness.*

TO IMPROVE HEALTH WE MUST WORK TO:

- ⊕ *Reduce diagnostic x-ray doses*
- ⊕ *Reduce weapons programs*
- ⊕ *Replace nuclear power with alternative energy systems.*



HEART DISEASE



Ionizing radiation is a proven cause of cancer. A major recent US study indicates it plays a central role in heart disease also. The mechanism may involve radiation-induced mutations that initiate mini-tumors on the inner surfaces of the heart's arteries.³

THE IMMUNE SYSTEM

The organs of the immune system produce cells that protect against disease and infection. Radiation can reduce production of these cells—for example, when particles of plutonium lodge close to bone marrow, the ability of bone marrow to make white blood cells and other immune system cells can be damaged.

Many thousands of people suffer immune system damage from Chernobyl. Below is partial list from western Russia, Belarus and Ukraine of health problems that increased in the public and the 600,000 clean-up workers in the 5 years after Chernobyl.⁴

ABNORMALITIES OF THE SEXUAL ORGANS & SEXUAL FUNCTION IN CLEAN-UP WORKERS

ALLERGIES—ANEMIA (x7 in parts of Belarus)

BIRTH DEFECTS (human & other species)

CANCERS OF THE BREAST, LARYNX, MOUTH, THYROID GLAND

CHROMOSOME INJURIES (unprepared)

ENDOCRINE SYSTEM CHANGES—TUBERCULOSIS

THYROID GLAND (enlargement & unusual problems)

SLOW WEIGHT GAIN IN CHILDREN

FATIGUE—FREQUENT FEVERS—HAIR-LOSS

HEADACHES—HEART DISEASE—HIGH BLOOD PRESSURE

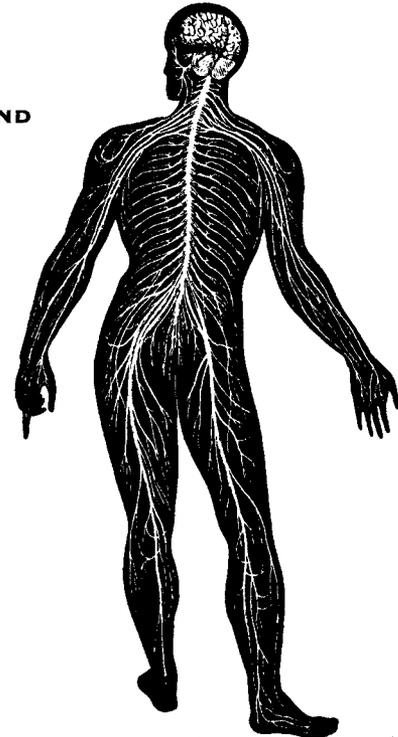
IMMUNE SYSTEM WEAKENING (Chernobyl 'AIDS')

INCURABLE SKIN DISEASES—CATARACTS

LEUKEMIA—LIVER DISEASE—LUNG DISEASE

EARLY DEATHS IN CLEAN-UP WORKERS (7,000 by 1991)

SLOW RECOVERY FROM ILLNESS & SURGERY



THE FAMILY

Ionizing Radiation can cause mutation in the complex genetic molecule (DNA) passed from parent to child. DNA is the 'blueprint' for making hundreds of proteins (enzymes, antibodies and hormones for instance). Some mutations cause the diseases and disorders that run in families, such as heart disease, diabetes, epilepsy, mental, learning and emotional disorders. All of us carry inherited mutations, and pos-

sibly new ones caused by damage from a mutagen such as natural or man-made radiation. If the new mutation is in the DNA of a sex cell that produces a new child, then each cell in the child will contain the new mutation. Because the cells of the embryo and or young children are multiplying more rapidly than those of adults, the risk of widespread damage from a single mutation is greater for both embryo and child. The younger a person, beginning with conception, the greater the risk of damage from radiation because the cells of embryos and children divide more frequently than do adult body cells. The grim list of radiation's dangers miscarriage, low birth weight, mental retardation and major and minor congenital deformities.

CANCER

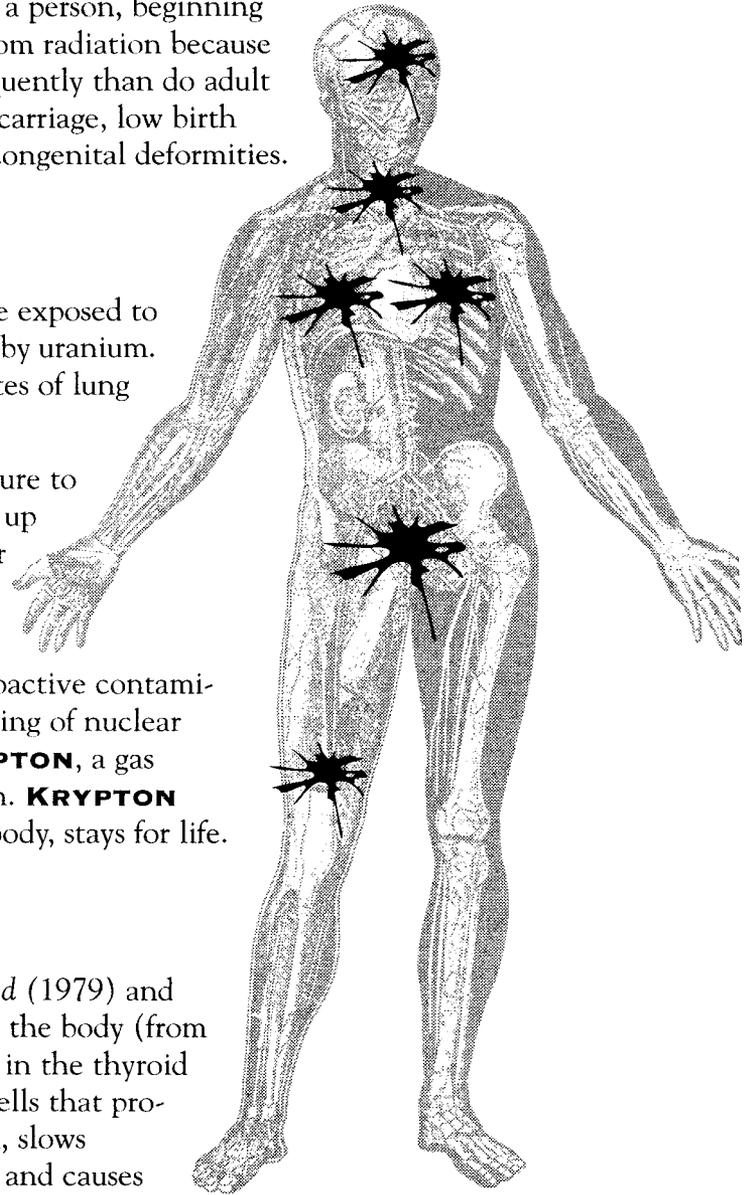
Workers in uranium mining and transportation are exposed to alpha radiation from the **RADON GAS** produced by uranium. As a result, they (miners especially) suffer high rates of lung cancer.

We know that breast cancer can result from exposure to radiation in childhood. Some breast cancers show up quite soon after exposure but most are not seen for one to several decades.

Bone cancer, leukemia and other blood diseases result from exposure to **STRONTIUM-90**, a radioactive contaminant from power plant accidents; atmospheric testing of nuclear weapons, banned since the 1960s; and from **KRYPTON**, a gas released by nuclear plants during normal operation. **KRYPTON** decays to **STRONTIUM-90** which, once in the body, stays for life.

THYROID DISEASE

RADIO-IODINE escaped at the *Three Mile Island* (1979) and *Chernobyl* (1986) power plant accidents. Once in the body (from air, food or water), **RADIO-IODINE** concentrates in the thyroid gland where it increases cancer risk and destroys cells that produce the hormone thyroxin, slows a child's growth, slows healing, slows brain function, reduces sexual drive and causes anemia as well as a *multitude* of other problems. Potentially in Belarus and Ukraine, millions of people were at risk of reduction of thyroxin hormone if they drank a liter of milk per day from cows eating grass contaminated with **RADIO-IODINE** from Chernobyl.

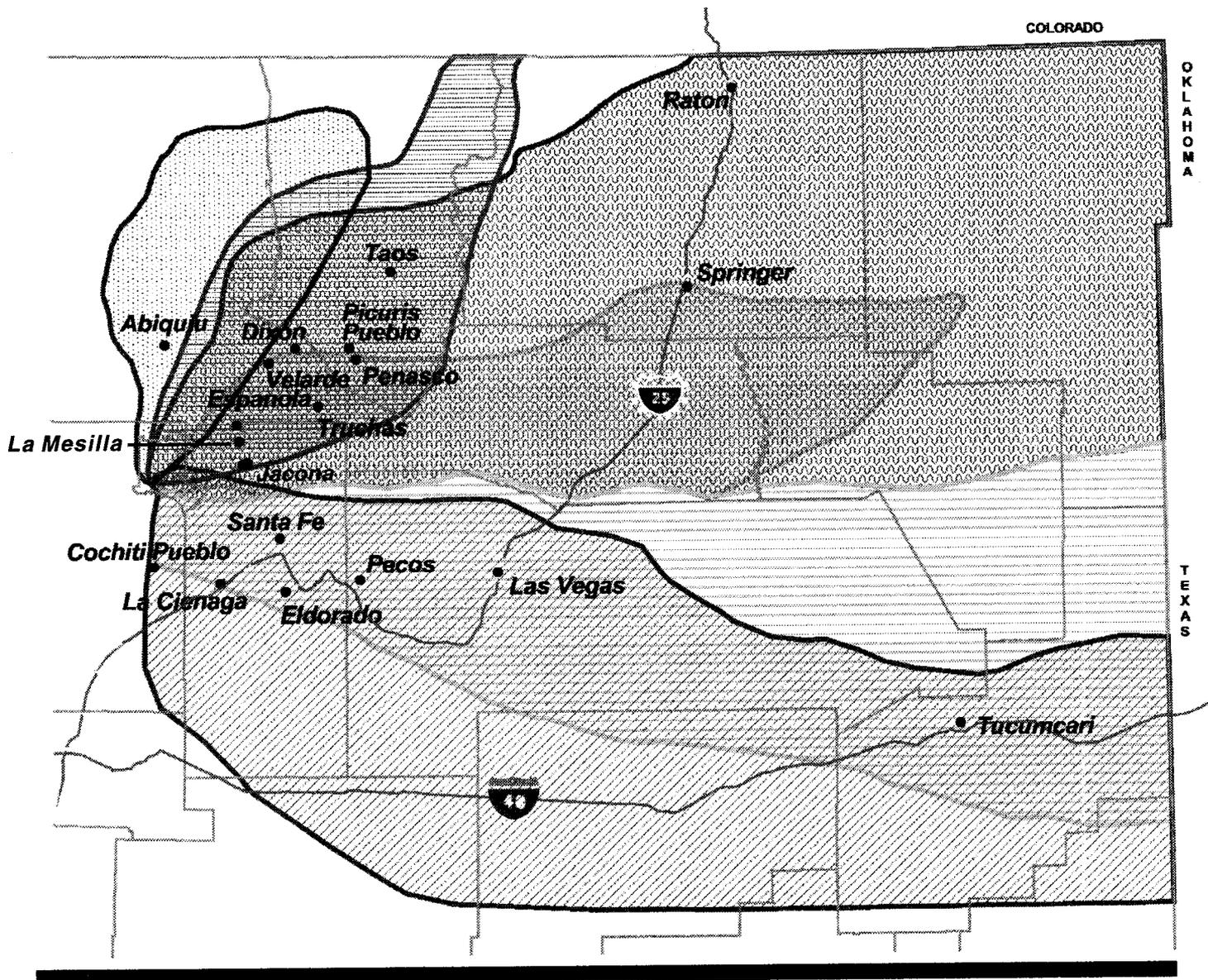


1. 'Estimated Doses & Fatal Cancers from Nuclear Testing,' *Science for Democratic Action*, V. 4, #2, p. 9. (Institute for Energy and Environmental Research, IEER, Washington D.C.)
2. GOFMAN, JOHN W., 1990, Radiation-induced Cancer from Low Dose Exposure, *Committee for Nuclear Responsibility*, San Francisco. Chapters 18, 19, 20, 21.
3. GOFMAN, JOHN W., 1990, Radiation-induced Cancer from Low Dose Exposure, *Committee for Nuclear Responsibility*, San Francisco. Chapters 18, 19, 20, 21.
4. a) GOFMAN, JOHN W., 1991, *Fall Newsletter*, *Committee for Nuclear Responsibility*, San Francisco.
b) MEDVEDEV, Z., 1992, *The Legacy of Chernobyl*, New York. Chapters 4, 5, 6.

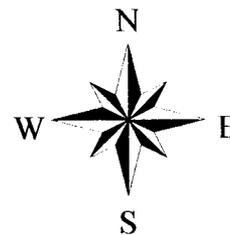
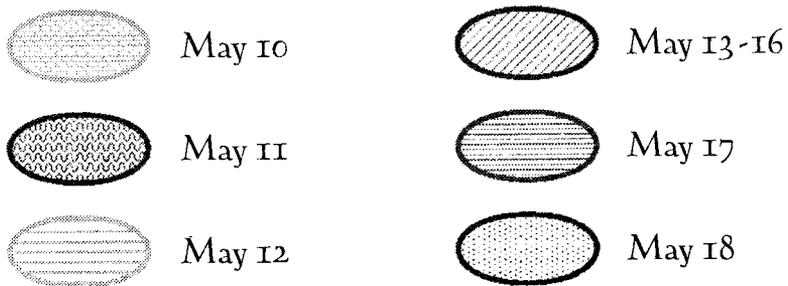
CHART 2

Where were you during the Cerro Grande Fire?

Smoke Plume of the Cerro Grande Fire based on the GOES Satellite images



SMOKE PLUME May 10-18, 2000 Cerro Grande Fire in Northern New Mexico

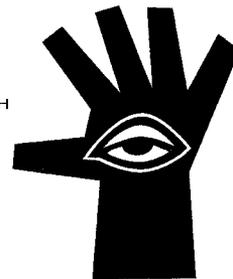


Restoring Balance

*Tell me the story of the river and
the valley and the streams and woodlands and wetlands,
of shellfish and finfish. A story of where we are
and how we got here and the characters and roles that we play.*

*Tell me a story, a story that will be my story as well as
the story of everyone and everything about me, the story that
brings together the human community with every
living being in the valley, a story that brings us together
under the arc of the great blue sky in the day
and the starry heavens at night...*

— THOMAS BERRY, THE DREAM OF THE EARTH



PLAYING WITH FIRE

“All the gods of all our stories know that fire is a double edge sword: what warms may burn, what gives life may also consume, what gives life may take it away,” says David Suzuki in his latest book, *Sacred Balance: Rediscovering our place in nature*. Our relationship with nuclear energy, nuclear weapons production and fossil fuels is the latest evidence of a dangerous truth. The use of energy has shaped our lives giving comfort, economic security, mobility, food and the power to change and destroy the Earth and all human life. It has opened Pandora’s box. When Pandora opened her box, all the plagues that torment humanity scattered to the far ends of the Earth. But one thing was left behind: tucked into a corner was the welcome figure of **HOPE**. And now it remains for us that we can achieve sustainable levels of energy consumption and finding balance in protecting the earth, our food, air, water and our health. We are the air, we are the water, and we are the land.

WHAT CAN WE DO?

Our physical and emotional health is constantly impacted by innumerable threats—from indoor radon gas to chemical toxins to cigarette smoke to polluted air and water. There are ways of helping yourself and your family to stay strong and healthy by eating the proper foods, taking herbs, vitamins and minerals and making exercise a way of life. We can do this by:

BOOSTING YOUR IMMUNE SYSTEM

DETOXIFY FROM CHEMICAL POLLUTANTS, RADIATION, X-RAYS, DRUGS & ALCOHOL

PREVENT OR TREAT DEGENERATIVE DISEASE SUCH AS DIABETES, CANCER & HEART DISEASE

GENERATE MAXIMUM HEALTH BENEFITS BY DEMANDING A CLEAN SUSTAINABLE ENVIRONMENT

There are non-negotiables in life that we need in order to regain a balance with our surroundings.

- ⊕ *Think critically about the information you see and hear.*
- ⊕ *Trust your common sense and your ability to assess information.*
- ⊕ *Confirm to your satisfaction the depth of ecological crisis.*
ASK YOURSELF: *Is this a sustainable way of life?*
- ⊕ *Project your children's future and think about what you will leave behind for them.*
- ⊕ *Do not assume—Many assumptions are the reason we are on the path of destruction.*
ASK YOURSELF: *Is our technology helping or hurting our children's and the Earth's future?*
- ⊕ *Protect the vigor and diversity of local communities.*
- ⊕ *Reflect on ways to make living wages in an environmentally sustainable workplace.*
- ⊕ *Begin to reconnect to Earth.*

Get Healthy

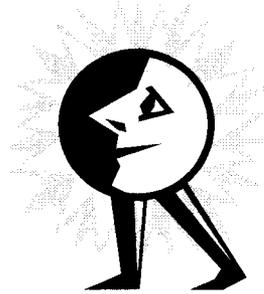
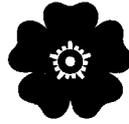


CHART 3

RADIOACTIVE ELEMENT	ABSORBING ORGAN	PREVENTIVE ELEMENT
Cesium-137	Liver, Reproductive Organs, Muscles, Kidneys	Potassium
Cobalt-60	Liver, Reproductive Organs	Vitamin B-12
Iodine-131	Thyroid, Reproductive Organs	Iodine
Plutonium-238, -239	Lungs, Liver, Reproductive Organs	Iron
Strontium-90	Bones	Calcium
Sulfur-35	Skin	Sulfur
Zinc-35	Bones, Reproductive Organs	Zinc

CHART 3 is from the book, *Fighting Radiation & Chemical Pollutants with Food, Herbs and Vitamins*, by Steven R. Schechter, ND



The natural world is subject as well as object.

*The natural world is the maternal source of our being as earthlings
and life-giving nourishment of our physical, emotional,
aesthetic, moral and religious existence. The Natural world is the larger sacred
community to which we belong. To be alienated
from this community is to become destitute in all that makes us human.*

To damage this community is to diminish our own existence.

— **THOMAS BERRY, THE DREAM OF THE EARTH**

Get Involved



MAKING A DIFFERENCE

There are millions of people making a difference every day. Join them. They are the people who are donating money and selflessly working without public recognition as volunteers, carrying out tasks from writing letters, making phone calls, to staffing blockades and joining peaceful public protests. Join them: **CONTACT = ACTIVISM.**

Contact = Activism

Northern New Mexico congressional delegation numbers to call, fax and e-mail. If you have an issue or problem that you need help on contact you local congressional representative. We have also included the committee and subcommittees to which they are assigned and hashing out those issues that mean the most to you.



SENATOR JEFF BINGAMAN
Term Expires 2007

*Los Alamos, McKinley, Rio Arriba, San Juan,
Santa Fe & Taos.*

SANTA FE OFFICE

Suite 101, Il9 East Marcy
Santa Fe, NM 87501
(505) 988-6647 HOURS: 8am to 5pm
senator_bingaman@bingaman.senate.gov

THE WASHINGTON OFFICE

703 Hart Senate Office Bldg.
United States Senate
Washington, D.C. 20510
(202) 224-5521 TDD: (202) 224-1792
HOURS: 9am to 6pm Eastern Time

COMMITTEES

*Energy and Natural Resources
Finance Committee
Health education, Labor & Pensions Committee
Joint Economic Committee*

CONGRESSMAN TOM UDALL

WASHINGTON D.C.

(202) 225-6190 (202) 226-1331 Fax
www.tomudall.house.gov

SANTA FE OFFICE

*For areas of Taos, Los Alamos, Rio Arriba
& Santa Fe Counties*
811 St. Michael's Drive, Suite 104
Santa Fe, NM 87505
(505) 984-8950 (505) 986-5047 Fax

COMMITTEES

*Resources committee
Small Business committee
Veterans committee*

SENATOR PETE DOMENICI
Term Expires 2009

SANTA FE OFFICE

120 South Federal Place, Suite 302
Santa Fe, NM 87501
(505) 988-6511 (505) 988-6514 Fax

ALBUQUERQUE OFFICE

Albuquerque Plaza
201 3rd Street, NW Suite 710
Albuquerque, NM 87102
(505) 346-6791 (505) 346-6720 Fax

COMMITTEES

*Energy and Resources
Senate Appropriations
Budget
Indian Affairs*



CONGRESSWOMAN HEATHER WILSON

IN ALBUQUERQUE

20 First Plaza NW, Suite 603
Albuquerque, NM 87102
(505) 346-6781 (505) 346-6723 Fax

IN WASHINGTON D.C.

318 Cannon House Office Building
Washington, D.C. 20515
(202) 225-6316 (202) 225-4975 Fax

CONGRESSIONAL COMMITTEE ASSIGNMENTS

*House Committee on Energy and Commerce
Subcommittee on Environment & Hazardous Materials
Subcommittee on Health
Subcommittee on Energy and Air Quality
Subcommittee on Telecommunications & the Internet
House Committee on Armed Services
Subcommittee on Military Procurement
Subcommittee on Military Readiness
Republican Policy Committee
Chairperson, Subcommittee on National Security*

Contact = Activism

Activism takes many forms. You can write a letter, stage a protest, organize a local group. But what people don't recognize is that activism also comes in the form of buying power. How you spend your money creates change. The power is yours. Exercise it.

LETTERS TO THE EDITOR

Letters must include name address phone number. Though the addresses and telephone numbers are not published, publications need to confirm authorship prior to publication. All letters and opinion articles are edited.

Limit letters to 200 words to the *New Mexican*.

Limit letters to 300 words to the *Albuquerque Journal* and other publications.

SANTA FE NEW MEXICAN

P.O. Box 2084, Santa Fe, NM 87504-2084

E-mail: letters@sfnewmexican.com

Fax: (505) 986-9147

ALBUQUERQUE JOURNAL

Journal P.O. Drawer J, Albuquerque, NM 87103

E-mail: opinion@abqjournal.com

Fax: (505) 823-3994

JOURNAL NORTH

328 Galisteo Street, Santa Fe, NM 87501

E-mail: jnorth@abqjournal.com

Fax: (505) 983-2523

SANTA FE REPORTER

P.O. Box 2306 Santa Fe, NM 87504-2306

E-mail: sfredit@sfreporter.com

Fax: (505) 988-5348

CROSSWINDS WEEKLY

3701 San Mateo NE Suite J, Albuquerque, NM 87110

E-mail: letters@crosswindsweekly.com

E-mail: editorial@crosswindsweekly.com

Fax: (505) 883-4427

HIGH COUNTRY NEWS

HCN P.O. Box 1090, Paonia, CO 81428

E-mail: editor@hcn.org

Fax: (970) 527-4898

CES

PO Box 29149 Santa Fe, NM 87592

E-mail: info@environmentalsafeguards.com

Fax: (505) 424-9593

Office: (505) 424-9100

*To the Editor,
I am writing because
I am deeply concerned
about...*



*Tell me the story of the river and the valley
and the streams and woodlands and wetlands, of shellfish
and finfish. A story of where we are and how
we got here and the characters and roles that we play. Tell me a story,
a story that will be my story as well as the story of everyone
and everything about me, the story that brings together the human
community with every living being in the valley, a story
that brings us together under the arc of the great blue sky in
the day and the starry heavens at night...*

— **THOMAS BERRY**, THE DREAM OF THE EARTH

CES
La Cienega Valley
Citizens for Environmental Safeguards

