

HEMP HEMP HOORAY

Do you want to save the trees but still need wood products? The answer is easy: hemp.

The only semi-valid argument against the hemp industry in Oregon was that hemp could pollinate smoking marijuana. Now that we've successfully legalized medicinal and recreational pot, if this is a problem we could import it from Southeast Asia or grow it with air filters indoors.

Some hemp strains reach tree sizes of 20 feet in height; the plant has a continuous set of unbroken fibers going from top to bottom. Wood's fibers are shorter. For paper processing wood requires sulfuric acid and bleach; four-to-seven times the amount of harmful chemicals. The real gift of using pot instead of cutting our precious forests (i.e. the Elliott) is that in equivalent plots of land, hemp will out-produce mass in the form of pulp and fiber 4.1-times faster than trees.

Hemp uses no pesticides, whereas cotton uses half of all those used worldwide.

Its seeds are edible and most nutritious. They contain essential fatty acids that are antioxidants and prevent free-radical damage.

Growing this weed is so simple a solution that it can be overlooked.

So why haven't we already made the smart leap to this agricultural miracle? It could be because of political and economic interests interfering with this environmental, financial and health gift-bestower.

*David Ivan Piccioni
Eugene*

EAT PLANTS, NOT MEAT

As thousands across the U.S. get ready to protest environmental budget cuts, each of us can also help with our driving, our recycling and our diet.

Yes, our diet. A 2010 United Nations report blames animal agriculture for 70 percent of global freshwater use, 38 percent of land use and 19 percent of greenhouse gas emissions.

Carbon dioxide is emitted by burning forests to create animal pastures and by fossil fuel combustion to operate farm machinery, trucks, factory farms and slaughterhouses. The more damaging methane and nitrous oxide are released from digestive tracts of cattle and from animal waste cesspools, respectively.

Moreover, meat and dairy production dumps more animal waste, crop debris, fertilizers, pesticides and other pollutants into our waterways than all other human activities combined. It is the driving force in wildlife habitat destruction.

In an environmentally sustainable world, meat and dairy products in our diet must be replaced by vegetables, fruits and grains, just as fossil fuels are replaced by wind, solar, and other pollution-free energy sources.

On this Earth Day, and every day, let's cherish our environment with eco-friendly plant-based eating. Our next trip to the supermarket is a great starting point.

*Elijah Hennison
Eugene*

REVOLUTION NOW

What was once only white noise is now a roaring, radical red. In a valiant and self-serving effort to reduce the dissonance between my ears, I have recently employed a new strategy. Rather than continuing to sift through "alternative facts" and pore over "fake news," I have tried to believe as truth the tweets and explanations emanating from the White House.

This attempt to acquire perspective only worsened the cacophony, creating in me a level of disbelief and cynicism I did not wish to embrace.

An American oligarch is now president,

representing a minority of voters. Along with the new Prince of Darkness, the unelected Steve Bannon, the current administration has created their own new swamp and they are gleefully wallowing in the mud of our own ignorance.

Signing petitions and carrying signs are nice actions but hardly effective in evoking positive changes in how billionaires think and act.

History will someday tell us the Second American Revolution occurred in 2016 right under our noses. The Third American Revolution must begin now with the rebirth of a "Power to the People" movement

reminiscent of the 1960s.

We must believe that we still have this power! We must fill the streets, squares and plazas and stay there. The ultimate power of the purse resides within ourselves through general strikes, sit-ins and refusing to pay taxes.

To paraphrase the late Peter Finch as Howard Beale in the iconic movie *Network*, "I'm mad as hell and I'm not gonna take it anymore!"

Let's get going people. There is no time to waste.

*Kenneth Roe
Cottage Grove*

The jar below contains organic tea that is _____.

- A. sustainably sourced
- B. handcrafted in a zero waste facility
- C. available locally at the Mountain Rose Herbs Mercantile
- D. absolutely delicious
- E. all of the above



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