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#62 / May / June 2007

## Fossil Food: Consuming Our Future

by Tom Starrs

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*It takes 10 fossil fuel calories to produce each food calorie; that's three times as much energy to obtain our food as to fuel our houses... and on and on... AND with some solutions, of course!*

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## FILM & BOOK & MUSIC REVIEWS

*Edited by Shawna Galassi, Bob Banner and Francesca Nemko*

21-33

**FiLMs:** *Contested Streets, Words of My Perfect Teacher, A Crude Awakening: The Oil Crash, God Grew Tired of Us, Soul Searching: The Journey of Thomas Merton, In Search of Mozart, Ourtown, Slow Food Revolution, Independent America, Indies Under Fire, Planet Earth, PEDAL, Natural Building and a New Sense of the Earth, Indecent Exposure to Cars*

**World Music:** *Girish Shiva Machine, French Caribbean, Shakti Rhythms by Shiva Rea.*

**Books:** *Big-Box Swindle, Deep Economy, People, Land and Community, Growing Local Value, Loyal to the Sky, Plenty: Year of Eating Locally, Edens Lost and Found, Nemesis, Transparent Mind, Preserving Food Without Freezing or Canning, Terra Madre, The Revolution Will Not Be Microwaved, Kitchen Sink*

## SHIFT GEARS



BIKE MONTH 2007 • SAN LUIS OBISPO COUNTY

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## Looking Ahead to a Sustainable Future

by Pat Veersart

5

*Pat Veersart, an Enforcement Supervisor with the CA Coastal Commission, spoke at a fundraiser for a local group who is suing the county over Measure J. He spoke with passion and urgency.*

## A Renaissance of Local

by Michael Brownlee

6

*Regular contributor Michael Brownlee gave a brief and superb speech at Boulder's Step It Up campaign. He nails it on the head as to what we need to do and Going Local is a major component!*

## Judy Wicks: National Hero for the Local

by Laury Hammel and Gun Denhart

7

*Reprinted from a book that just hit the bookstores, their story about Judy is so inspiring. Of course we have our own local heroes but Judy Wicks is a stunning example of activism, businesswoman, communitarian and politician all rolled up into a fine human being.*

## Interviews

*We have an interview with Michelle Long from Sustainable Connections and BALLE*

8

*Eco Chick interviewed Bill McKibben, author of Deep Economy*

11

*Bob Banner interviews Jan Frazier, author of A Sudden Awakening*

20

## Small-Mart: The New Revolution for the Local

by Eric Rumble

9

*This is a fine piece I discovered on the web as well as in Adbusters. He draws a bridge between what is wrong with globalization and with the solutions. His research takes him to Michelle Long, Michael Shuman, David Korten, Sustainable Solutions and BALLE.*

## Fresh Tulum

by Barbara Wishingrad

12

*Ms. Wishingrad travelled to Mexico during the 80s. The lifestyle she experienced was truly local. Without much travel and trading and refrigeration, is how most of the world lives. This was her taste.*

## Law's Art Central

by Anne R. Allen

17

*When many businesses seek to sell out to a global transnational, here is a story of how three employees bought their beloved company and now own it!*

## A Call for a Truly Local Media

by Bob Banner

19

*Many national magazines critique globalization and support the local. But what example are they giving us if they are being distributed the same way food travels, thereby using lots of petroleum.*

## Urban Food Forestry in South Central Los Angeles

by Cory Brennan

34

*Cory Brennan, a new contributor to HopeDance, writes about a stunning and awe-inspiring individual, Adonijah Miyamura, who has been teaching food forestry for 25 years and is aiding others in transforming minds and lots into lush yards of food and nutrition and empowerment.*