

*All the information in this booklet and much more
is contained in the upcoming book from Night Lotus Books:*

Important Information from . . .

TROOTH-ACHE

THE SYSTEMIC PANDEMIC

Duped, Disconnected, and Diseased by Design

JILL FERGUSON

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JILL FERGUSON

I've been on an amazing ride the last 3 years that has taken me to new highs and some serious lows—the pursuit of truth. On this very dedicated journey of research, contemplation, and attending over 150 courses, workshops, and seminars, I found that very little of what I once believed to be truth remains in today's society. I saw that we are being fed manipulated and distorted information in nearly every area of society—from health, to government, to media, to the very foods we are eating. No wonder people today are feeling so disconnected and diseased—quite simply, we have been duped, by design.

This pandemic of untruth is much more of a threat to every one of us than any flu that may come from a bird or any other animal. The forces of greed threaten us as individuals, families, communities, a nation, and ultimately as citizens of the world.

Prior to this undertaking, my 28-year-old son Damian had a fairly apathetic and complacent view of the “politics of government,” as many do in our society. I am proud to say that he has come full circle, and after helping a great deal with the research for this book, even cares enough to send me petitions calling for truth, accountability, and reform of one kind or another.

If this book appears to have any kind of liberal bias, it is only because the information is current and based on decisions being made by the parties in power. Personally, my only allegiance is to the truth and for the well-being of our country and world.

“Governments are instituted among men, deriving their just powers from the consent of the governed.”

—DECLARATION OF INDEPENDENCE

“Ten persons who speak make more noise than ten thousand who are silent.”

—NAPOLEON BONAPARTE

“Democracy is a device that insures we shall be governed no better than we deserve.”

—GEORGE BERNARD SHAW

I am a firm believer in the people. If given the truth, they can be depended upon to meet any national crisis. The great point is to bring them the real facts.

—ABRAHAM LINCOLN



Do You Know What This Symbol Suggests?

- A. All natural ingredients B. Heart friendly food
C. Treated with radiation D. Organically grown produce

- While this looks like an innocent, happy, healthy growing thing, it is actually the symbol used to show that a product has been radiated. Irradiation is used to disinfect, sterilize, or preserve food. As you can imagine, there is a great deal of controversy on the issue.
- George L. Tritsch, Ph. D., a Cancer Research Scientist, claims that there is abundant and convincing evidence in scientific literature that the condensation products of the free radicals formed during irradiation produce statistically significant increases in carcinogenesis, mutagenesis and cardiovascular disease in animals and man.
- The FDA reviewed 441 toxicity studies to determine the safety of irradiated foods. Dr. Marcia van Gemert, the team leader in charge of new food additives at the FDA, testified that all 441 studies were flawed. **Dupe or no dupe?** You decide.
- The term Irradiation is generally substituted with: cold pasteurization or electronic.

Genetically Modified, Genetically Engineered. . . or “Franken-foods?”

- Genetically Engineered (GM): This is the standard U.S. term for a process in which foreign genes are spliced into non-related species, creating an entirely new organism. The purpose is to make crops resistant to insects, viruses, and draught.
- The FDA does not require GM foods to be labeled as such, regardless of reports detailing their substantial compositional and nutritional differences. Companies are not required to submit safety data for any new GM food to the FDA for review; disclosure is “voluntary.” There are literally no laws on the books for biotechnology foods!
- GM foods did not exist prior to 1995. Today 90% of the money Americans spend on food is spent on processed foods, and 70% of processed foods have GM foods in them.
- Europe, Japan, and South Korea have removed GE ingredients from their consumer products. Some reports say that the same companies who sell foods that test positive for GM to us (Kraft, Kellogs, Nabisco, General Mills and many more), are required to sell the same products without GM’s when selling to Europe.

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Do You Know . . . Which Foods Include Excitotoxins?

Excitotoxins, such as MSG for flavor enhancement, are **toxic** substances that have been linked through rigorous scientific studies to learning, behavioral and emotional problems, hormonal imbalances, asthma, brain defects, obesity, tumors and lesions, and which can also contribute to or aggravate Parkinson's, Alzheimer's, Lou Gehrig's disease, arthritis, strokes, migraines, seizures, hypertension, diabetes, meningitis, encephalitis and more.

- A. Canned Foods
- B. Condiments
- C. Chinese Food
- D. Frozen meals
- E. Ice Cream
- F. Salad Dressing
- G. Flavored Teas
- H. Diet Sodas
- I. Beer
- J. Chocolate
- K. Cosmetics
- L. Infant Formula

ANSWER

All of Them!! After salt and pepper, MSG is the most widely used flavor enhancer in the world.

WHAT YOU CAN DO

- Don't be *duped* by words that food manufacturers use to hide the additive including: natural flavorings, hydrolyzed vegetable protein, yeast extract, textured protein, and more.
- Petition the FDA for more health information labeling:
http://www.democracyinaction.org/dia/organizations/Citizens/campaign.jsp?campaign_KEY=1694
- Shop at stores in your area that are actively supporting your health rights!
- Write, call, or email your senator and demand that they vote against the deceptively benign-sounding “National Uniformity for Food Act,” (H.R. 4167) which is currently on the table, and further removes truth in labeling responsibility from food manufacturers and grocers. This is important!

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National Debt & Taxes

DID YOU KNOW?

- Including children, each citizen's share of the national debt is **\$28,000!**
- The debt has increased an average of **\$2 billion per day** since September 30, 2005
- In 2006, faced with a potential government shutdown, the Senate voted to raise the nation's debt limit for the **fourth time in five years**, to \$9 trillion. Reuters says, "At least it's not a zillion."
- **Congress approved \$55 billion in tax breaks this year for the rich.**
- V.P. Cheney's 2005 taxes were cut by \$1,093,937 due to Bush tax cuts.
- Proposed budget cuts of \$35 billion for services that would help low & middle class families.
- A joint Ecumenical statement about Bush's 2006 Federal Budget said that the extensive cuts were alarmingly unjust and would benefit almost exclusively those with household incomes of more than \$200,000 per year.

WHAT YOU CAN DO—BE INFORMED & ACTIVE!

- Interactive Website— See how federal budget trade-offs can affect YOU!
<http://database.nationalpriorities.org/tradeoff>
- Tell Congress to get their “act” together and approve a common sense budget
http://www.sensiblepriorities.org/budget_analysis.php
- Fun website for easy participation in how government spends your money
<http://www.truemajorityaction.org/cookiebudget/>
- If you'd like fair and just taxation:
<http://www.ctj.org>
- Visit the online U.S. National Debt Clock with updated debt info:
http://www.brillig.com/debt_clock

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Pharmaceuticals

DID YOU KNOW?

- Shockingly, the U.S. uses 85% of the world's Ritalin. Production went up by 2,000% in the last nine years!
- In 2003. **1.6 billion** drugs were prescribed with an average of **1.7 per doctor visit**.
- It's BIG BIG BIG Business! The top ten companies make more \$\$\$ in profits than the rest of the Fortune 500 combined!
- Drug manufacturers rank amongst the top 2 industry groups in \$\$\$ spent to lobby Congress—\$97 million in 2000!
- The top U.S. drug makers spend 2.5 times on marketing and administration than they do on research.
- Prescribed medication taken properly is the fourth leading cause of death in the U.S.; when you add improperly prescribed and improperly taken medication, pharmaceuticals become the third-leading cause of death.

WHAT YOU CAN DO

- Hold your representative accountable for lobby & ethics reform. Let them know you don't want them taking “drug money” in exchange for your health.

<http://www.cleanupwashington.org/lobbying/>

- Demand the FDA protect public health, not pharmaceutical profits!
- Consider alternative practitioners and therapies. Visit Dr. Joseph Mercola's website for excellent information:

www.mercola.com

- Practice preventative medicine through healthy lifestyle changes: i.e. diet, exercise, and nutritional supplements. Mike Adams has an abundance of great information on his website:

www.webseed.com

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Voting and Campaign Corruption

DID YOU KNOW?

- **80% of all votes are counted by only two companies:** Diebold and ES&S. The VP of Diebold and the president of ES&S are brothers!
- Wally O'Dell, CEO of Diebold election systems and republican fundraiser/donor, told Republicans in 2003 that he is “committed to helping Ohio deliver its electoral votes to the president next year.”
- Alaska 2004 election: Diebold reported votes of 292,267 votes for George Bush. However, the official total was only 190,889; mysteriously voter turnout of more than 200% was reported in some areas.
- Ohio 2004 election: A re-count was called due to suspected fraudulent tampering. Even the recount was suspected of being tampered with by “cheat sheets” used by Triad Systems.
- Volusia County, FL 2000: Al Gore's final vote count was **negative 16,022**; while Liberty County, FL showed gains of over 700% for Republicans.
- 94% of the candidates who raise the most money win their races, creating a legislative branch of millionaires out of touch with the needs of the middle class.

WHAT YOU CAN DO

- Tell your representative to co-sponsor bills that amend the serious glitches created through the misnamed Help America Vote Act and promote fair, honest, and ethical campaigns for candidates of all “means.”

Go to <http://www.congress.gov>, and type in the bill number to find out more information.

- HR 939: Count Every Vote Act of 2005
- HR 550: The Voter Confidence and Increased Accountability Act
- HR 3099: Clean Money, Clean Elections Act
- Be informed!

www.blackboxvoting.org

www.whatreallyhappened.com/2004vote fraud.html

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Homeland In-Security & FEMA Failures

DID YOU KNOW?

- In March 2006, CBS reported that the screeners in 21 out of 21 airports were unable to detect component parts that could be used to make home-made bombs.
- The number of terrorist attacks worldwide increased nearly fourfold in 2005 to 11,111, with strikes in Iraq accounting for 30 percent of the total. As former White House security adviser Richard Clarke has pointed out, “Democracy is not the cure for terrorism, and the growing resentment is breeding terrorism.”
- FEMA spent \$900 million for manufactured and modular homes—most can’t be used because agency rules say they are too big or unsafe in flood zones.
- FEMA spent \$249 million for 8,136 cruise-ship cabins for 6 months at a cost of \$5,100/mo per person, 6 times the cost of renting 2 bedroom apartments.
- FEMA paid out of state contractors \$2,500 (per roof) for temporary blue sheeting which would have been enough for a permanent shingle roof.
- Katrina has cost the government \$103 billion so far, yet since January, Paul Morris, 74, and his wife have been sleeping in their 2 door sedan in front of their devastated home, waiting for FEMA.

WHAT YOU CAN DO: ASK QUESTIONS, GET ANSWERS

- Ask why only \$630 million was spent for seaport security (96% less than the \$18 billion for airport security). Outsourcing to Dubai Ports World was a bad plan. Ask when you can expect a comprehensive plan for secured port regulation.
- Ask why we have all this sudden concern over Mexicans illegally entering the U.S. How is our government protecting the Canadian borders from terrorist entry?
- Why is aviation security still flawed after spending \$18 billion?
- FEMA's purpose, according to its web site, is "to lead the effort to prepare the nation for all hazards and effectively manage federal response and recovery efforts following any national incident." Yet reports detail the failure of government at all levels to plan, prepare for, and respond aggressively to the warnings of Katrina. Ask yourself, "What if that were you or your family?"
- Sen. Susan Collins, R-Maine, called FEMA a "bumbling bureaucracy." A group of senators has concluded that FEMA should be abolished. What do you think?

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Children—Drugged and Disconnected

DID YOU KNOW?

- 28% of high school students experience **severe depression**, with the suicide rates among 15- to 19-year-olds doubling between 1960 and 2001.
- Prescriptions for psychotropic stimulant medications to treat ADHD have increased **500%** since 1991. Some physicians warn of suicide risk.
- **Alarminglly, the fastest-growing group using antidepressants and other mood-altering drugs is children under age 5.**
- 1 in 5 adolescents surfing the net were the targets of unwanted sexual attention.
- Neurodevelopmental disorders in children has increased **fifteen-fold** in the last twenty years. Once considered rare, autism is one of the most common serious chronic diseases afflicting our kids.
- **The No Child Left Behind Act budget has been cut by \$9.4 billion.** This decrease in funding has eliminated 38 programs including after-school care, teacher quality initiatives, and school counseling.
- There are 532,000 children in need of foster care in the U.S, 129,00 of them available for adoption

WHAT YOU CAN DO

- Before accepting a prescription or diagnosis of ADD/ADHD, rule out other conditions for hyperactivity, attention deficits, irritability, and learning problems, including: allergies to foods, exposure to toxins, learning and vision problems, emotional stress, the fact that gifted children are often simply bored.
- Locate your computer in a common area of your home, monitor the history of websites your children are visiting, and install a blocking device for your child's safe web searching.
- The average child views 40,000 TV advertisements each year promoting candy, cereal and fast food. Restrict TV and on-line time and replace with pleasurable outdoor activities and do a "quality of food intake survey."
- Contact your representatives for legislation that protects children from cyber-predators and unfair, deceptive, and invasive advertising.
- Consider opening your heart and your home to a child desperate for love and attention.

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Lucrative Lobbying in Washington

DID YOU KNOW?

- Lobbyist—A person who is paid to influence legislation and public opinion.
- The number of registered lobbyists in Washington has more than doubled since 2000 to more than 34,750; because of the great demand for their service, the amount charged to new clients has increased by as much as 100%.
- Starting salaries for lobbyists have risen to about \$300,000/yr for those who are “well-connected.” 62% of Republicans and 15% of Democrats who left Congress in 2000 became lobbyists.
- Speaker Dennis Hastert’s (R-IL) son Josh was hired by lobby firm Podesta Mattoon, and was quoted saying, “Doing consulting and government relations on the Hill took up a lot less time than running a record store, and brought in a lot more money.
- Money spent lobbying in 2004 = \$952,672,588.00 (not for our best interests)
- Despite the deficit, federal spending is set to increase this year, especially in programs that are prime for lobbying: defense, homeland security, and medical coverage.

WHAT YOU CAN DO

- Be aware that lobbyists are hired to get votes that benefit the companies that have hired them, and not necessarily ones that benefit you and your family's best interest.
- John D. Hassell, Director of Government Affairs for Hewlett-Packard, said, "We're trying to take advantage of the fact that Republicans control the House, the Senate, and the White House. There is an opportunity here for the business community to make its case and be successful."
- Members of Congress have taken \$16 million in privately financed trips since 2000. More than half were sponsored by non-profit groups that don't have to disclose who is providing the money. Rep. James Sensenbrenner, R-Wis, tops the list with 19 trips valued at nearly \$168,000 over a 5-year period. Harry Reid, D-NV, took second place.
- Don't be duped by "Acts" that have deceptive names—do your research!

Great informative website: www.cleanupwashington.org/lobbying/

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Health—How Are We Doing?

DID YOU KNOW?

- 61% of adults meet the scientific definition of obesity. Only one third get the recommended 30 minutes of exercise 5 days per week.
- The U.S. is the **only industrialized developed country** that does not assure coverage for everyone; 46 million Americans uninsured. This number has grown by over \$1 million in each of the past four years.
- More people suffer from depression, stress, anxiety, sexual dysfunction, allergies, arthritis, fibromyalgia, etc., than ever before!
- The FDA is not your friend—federal law prohibits them from using experts with financial conflicts yet the FDA has waived the restriction 800 times since 1998!
- A report titled Disease and Disadvantage in the United States in the May 3, 2006 journal for JAMA, the Journal of the American Medical Association, states, “The US population in late middle age is less healthy than the equivalent British population for diabetes, hypertension, heart disease, myocardial infarction, stroke. Lung disease, and cancer.”

WHAT YOU CAN DO

If the JAMA report doesn't get you on the phone with your representatives, I give up!

- Senator Russ Feingold has introduced bill S. 934: **Reform Health Care Now Act** to establish an expedited procedure for congressional consideration of health care legislation reform.
- The bill is in the first step in the legislative process. It now goes to the Senate Committee on Health, Education, Labor, and Pension where they will consider whether the bill should be presented to the Senate as a whole. **The majority of bills never make it out of the committee.** We need to act today—please call the senate now and tell your Senator and all members of this committee (<http://help.senate.gov/About.html>) to co-sponsor this critical bill
- Simply call 202-224-3121 and say, “Please co-sponsor S. 934.” Read more on the bill at:

http://feingold.senate.gov/issues_health_care.html

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The Almighty Corporation

DID YOU KNOW?

- The average executive take home is 475 times greater than that of a factory floor worker in the U.S. Next in line is Venezuela with 50 times.
- Wal-Mart is the world's largest retailer with \$312 + billion in sales in 2006. Wal-Mart is owned by The Walton family (nothing like the wholesome 70's TV show). The family has 4 heirs who are on the "**Top 20 Billionaires**" list in the world! Together they are worth \$63.3 Billion.
- Nevertheless: Because of their historically low wages and failure to provide affordable health care for their employees, the Walton's have cost federal taxpayers up to \$2.5 billion per year in the form of federal public assistance programs! Be sure to see the documentary film "Wal-Mart The High Cost of Low Cost": www.walmartmovie.com
- How much of your income went to pay taxes last year? 60% of U. S. corporations did not pay taxes between 1996 and 2000. In 2004, corporate taxes made up only 7.4% of the U.S. tax revenues, down from 8% in 2002.

WHAT YOU CAN DO

- Be aware of where you are shopping
- Be aware that your saving a few cents may be harming the greater economy, human rights, and your environment
- Write to your representatives and ask them to hold large corporations accountable and stop them from taking advantage of their workers and the economic system of our country. Your representatives should be voting for you—not for large corporations!
- Ask your legislators why corporations are treated as “persons” through an amendment to the Constitution. This has caused our country to evolve into one of unequal taxes, unequal privacy, unequal wealth, unequal trade, unequal media, unequal regulation, unequal responsibility for crime, and unequal protection from risk. Take a look at Thom Hartmann’s website: www.thomhartmann.com/unequalprotection.shtml

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Gas, Oil, And Guzzling Record Profits!

DID YOU KNOW?

- While American citizens struggle to pay quickly rising gas costs, Exxon's first quarter profits in 2006 were \$8.4 billion — on top of \$35 billion in 2005.
- Exxon CEO Lee Raymond recently retired receiving a handsome parting package of \$400 million dollars (= to \$144,573 for every day he worked).
- **Yet:** Exxon still refuses to pay punitive damages for the 1989 Exxon Valdez oil spill that killed birds, fish, sea otters and other wildlife — some of which have yet to recover.
- **And:** Exxon HAS spent millions on lobbyists and campaign contributions to open the Arctic National Wildlife Refuge — one of the most important onshore denning habitats for America's remaining polar bears, and to relentlessly push its anti-wildlife agenda and fight efforts to curb global warming.
- In 2000-2006 between 78-80% of the tens of millions of the oil industry's PAC contributions went to Republicans, while 16-21% went to Democrats.

<http://opensecrets.org/orgs/summary.asp?ID=D000000129&Name=Exxon+Mobil>

WHAT YOU CAN DO

- Until further notice at www.truthendeavors.org, refrain from purchasing gas at an Exxon/Mobil station. Ah, the power of cash—we can play that game too!
- Put extreme pressure on the powers that be in the White House; the two top guns are oil men—surely they have an inkling of how our plight can be remedied.

comments@whitehouse.gov

- **Remember:** We have mid-term elections in November 2006. Be sure to let your representative know it's "Truth and Consequences" time
- Before you vote, check your incumbent and opposing candidates' stats (Income Taxes for stock holdings, who contributes PAC \$\$):

<http://www.opensecrets.org/politicians/index.asp>

- Find out if your elected representatives vote for or against you:

<http://action.citizen.org/scorecard/>

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Mercury Toxicity—Open Wide

DID YOU KNOW?

- Mercury has been taken out of disinfectants, thermometers, childhood vaccines, and even horse medicine. How about your mouth?
- So-called “silver” fillings are actually 42–58% mercury.
- A large filling may contain as much mercury as a thermometer.
- Mercury is the most toxic non-radioactive element on earth.
- Mercury has an adverse affect on immune, urinary, cardiac, respiratory & digestive systems.
- Mercury has produced brain cell deterioration identical to victims of Alzheimers Disease, and it is believed to be one cause of Autism.
- According to the EPA, US dentists use about 34 tons of mercury per year.
- The World Health Organization has recognized the danger of mercury in the body, yet the U.S. government has ignored it.

WHAT YOU CAN DO

- Have mercury removed and replaced with a resin material by an IAOMT dentist.

<http://www.iaomt.org>

- Ask your representative if he/she has signed on as a supporter of Bill H.R. 4011, The Mercury in Dental Fillings Disclosure and Prohibition Act, and if not . . . why not?
- You can find your congressional representative at <http://www.house.gov>
- Warn your friends and family of the danger of “silver” fillings.
- Educate yourself on the potential dangers of vaccinations:

<http://reform.house.gov/WHR/Hearings/EventSingle.aspx?EventID=18156>

http://www.pittsburghlive.com/x/tribune-review/trib/newssummary/print_330557.html

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Media

DID YOU KNOW?

- In 1983, 50 corporations controlled the vast majority of all news media in the U.S. In 2004, only 6 huge corporations—Time Warner, Disney, Murdoch’s News Corporation, Bertelsmann of Germany, Viacom, and General Electric’s NBC—now control most of the media industry in the U.S., including almost all of America’s newspapers, magazines, TV and radio stations, books, records, movies, videos, wire services and photo agencies.
- Almost all media that reach a large audience in the United States are owned by for-profit corporations—institutions that by law are obligated to put the profits of their investors ahead of all other considerations. The goal of maximizing profits is often in conflict with the practice of responsible journalism.
- The concentration of media ownership tends to reduce the diversity of media voices and puts great power in the hands of a few companies. As news outlets fall into the hands of large conglomerates with holdings in many industries, conflicts of interest inevitably interfere with newsgathering.

WHAT YOU CAN DO

- Diversify! Consider that your usual source of news doesn't tell "the truth, the whole, and nothing but the truth."
- Increase the variety of your news sources, and include sources that are not owned by these 6 huge corporations. There are still some news-related television shows, print media, radio, and many non-corporation internet news sites.
- Most of today's youth is getting their news from places like Jon Stewart's Daily Show on Comedy Central, which offers a combination of news material to make us think, and humor to keep us from getting depressed by the state of the news of today's world.
- Tell Congress not to side with corporate interests on internet neutrality. Contact your representative and demand that they help kill the **COPE Act**, which is being pushed by the big communication corporations. This bill is currently in congress and **would limit free speech and diversity of opinion and democracy on the net**. See <http://www.storiesonvideo.com/cope>.

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White House Profiteers

DID YOU KNOW?

- Defense Secretary Donald Rumsfeld's stock holdings in Gilead Sciences (which owns the patent for Tamiflu), rose 720% during his tenure in the White House. Mr. Rumsfeld served on Gilead's board from 1988-2001 and was it's chairman from 1997. President Bush announced in November 2005 that our government would stockpile the antiviral to treat a possible bird flu pandemic, even though Dr. Nguyen Tuong, who has treated 41 victims of H5N1 with Tamiflu (following WHO guidelines), said the drug is useless against the virus. Gilead Sciences went from a loss in 2003 to sales of \$161 million in 2005, bringing millions in profit to Donald Rumsfeld's portfolio.
- Vice President Dick Cheney retired from Halliburton during the 2000 U.S. presidential election campaign with a severance package worth \$20 million.
- Halliburton's stock value has gone from \$12 in December 2001 all the way up to \$78 in April '06. Halliburton's involvement in the Iraq reconstruction effort has been controversial since it won a multi-billion no-bid contract in 2003.

And In the Halls of Congress . . .

DID YOU KNOW?

- Senate Majority Leader Bill Frist (R-Tenn.) is under investigation by the Securities and Exchange Commission for possible insider stock trading. He also went to extraordinary lengths to insert a provision into a new law that will insulate drug companies from some defective products lawsuits.
- Rep. “Duke” Cunningham (R-CA), in November 2005, plead guilty to graft, resigned from Congress, and was sentenced to 8 years in prison. He admitted taking \$2.4 million in bribes in exchange for government business and other favors. “Duke Cunningham is a hero,” Tom DeLay said, “He is an honorable man of high integrity.”
- Rep. William Jefferson (D-La.) was involved in an investigation of alleged extortion in a business investment scheme and was found to have stashed large amounts of cash in his freezer.

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Government Interaction as Truth Emmisaries

DID YOU KNOW?

- We all expect to be told the truth—we need to become conscious about our own practice of truth!
- To make headway into the often corrupt world of government I suggest the following:
 - Find out what is currently being debated in legislature: www.us.gov
 - Each state has 2 senators: www.senate.gov
 - Your district has a congress person: www.congress.gov
 - How they vote: www.opensecrets.org www.vote-smart.org/index.htm
- After you've done a little homework, write them a letter letting him/her know what you think of how they are representing you. Ask questions if you have them—but be sure to ask for a clear and concise answer.
- We've got a mid-term election this November so this is a great time to jump into the game.

WHAT YOU CAN DO

- If you have a candidate running against an incumbent and you would feel better served by this individual, be sure to give generously to their campaigns! Also, volunteer to help in what ever way you can.
- It's time we start writing down all of the campaign promises and hold them accountable!
- It's also time that we receive quarterly report cards from our legislators. Many of their newsletters are filled with “happy talk.”
- Watch C-span every once in a while so you can witness what actually takes place “On the Hill.”
- Pick a bill that has a topic that interests you and follow it through the process at www.us.gov

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War Miseries

DID YOU KNOW?

- January 2006: Total projected average cost of the War per U.S. household is \$19,600.
- How much this war has cost your state in various programs—www.database.nationalpriorities.org/tradeoff
- The war cost clock increases at a rate of \$177 million per day, \$7.4 million per hour and \$122,820 per minute. See the clock at: www.costofwar.com/index.html
- As of May 2, 2006, according to the U.S. Department of Defense: 2,414 American men and women soldiers have been killed. More info at: www.cnn.com/SPECIALS/2003/Iraq/forces/casualties/index.html
- Since the U.S. invasion, most women in Iraq now face violence, hardship, and fear daily, and their futures are more uncertain than ever. Take a look at these websites: <http://afamilyinbaghdad.blogspot.com>, www.riverbend.blogspot.com, www.time.com/magazine/printout/0,8816,1186519,00.html, www.codepinkalert.org/downloads/IraqiWomenReport.pdf

WHAT YOU CAN DO—BELIEVE IN POSSIBILITIES

- President Bush continues to ask for additional “emergency” funding in addition to what was already budgeted for 2006. Now is the time to call your senators (1-866-340-9281); tell them that in no uncertain terms do you support additional war expenditures, and ask them to vote against any future “supplemental” bills.
- While on the phone, ask them to co-sponsor Bill H.R.635, calling for an investigation into the alleged illegalities of the Iraq war. We must show the rest of the world that we are a democracy and that we do support accountability and that we will uphold the values of our Constitution. Find more information on these sites: www.afterdowningstreet.org, www.truthout.org
- Read the book *A Family In Baghdad—The War Diary* to get an understanding of the devastating reality of what everyday life has become for the Iraqi people.
- Join the massive global women’s peace movement that crosses generations, races, ethnicities, religions, borders, and political persuasions.

www.womensaynotowar.org

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Follow the Money

DID YOU KNOW?

- Do you know how YOUR congressman is voting and why? Have you taken a peek into their stock holding? I have, and it was an enlightening experience. Opensecrets has a great site www.opensecrets.org as does C-span: www.c-span.org/questions/congress.asp
- Here's what I was able to find: My congressman, James Sensenbrenner owns a lot of stock in the pharmaceutical industry, owns stock in energy companies Exxon-Mobil, BP, and Halliburton, and is heir to the Kimberly-Clark fortune. He sure isn't voting for me and my family; he's definitely "all business."
- While his constituents struggled to heat their homes and fill their gas tanks, Mr. Sensenbrenner's energy stocks earned him over \$15,000 in one single day (April 27 2006).
- I was able to find out where my officials got their campaign contributions; through PAC(special interest/lobby \$\$), individual contributions, or self financed.

List of helpful websites:

Just for starters:

Health and Nutrition: Consider magazines such as *Alternative Medicine*. Mike Adams has done the homework for you offering this great website:

www.wedseed.com also see: naturalhealthreport.com or www.mercola.com

Government: To learn about national and local issues that will affect you and how to contact your local government officials visit;

www.congress.org and www.senate.gov

Environment: If you're interested in protecting the environment, here are a couple of great websites:

www.nrdc.org also see www.robertfkennedy.com

Corporation: If you're interested the world of corporate power, visit;

www.corporations.org

News: Consider PBS or C-Span or for fair and balanced news reporting:

www.motherjones.com (also through magazine subscription)

www.drudgerepot.com, www.truthout.org

TROOTH-ACHE

THE SYSTEMIC PANDEMIC

Duped, Disconnected, and Diseased by Design

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www.truthendeavors.org

We hope you are feeling super charged and ready to be empowered, connected, healthy, and no longer **duped**. Dissent and activism are not dirty words, they are the cornerstones of democracy.

Was there one topic or fact in this booklet that really got you riled up or concerned? If so, that's your issue—it's your piece of the puzzle of how we can work together to heal the systemic pandemic of untrooth. You are important! Don't worry, you aren't being graded on this, and you can't get fired. You're simply telling and asking for trooth. I guarantee that once you set out on this journey for trooth, you'll also feel more empowered to find and create your own trooth. You're a Trooth Emissary now, making a conscious choice to no longer be duped, diseased, or disconnected.

— JILL FERGUSON

*Stand upright, speak thy thoughts,
declare the truth thou hast, that all may share;
Be bold, proclaim it everywhere:
They only live who dare.*

—VOLTAIRE

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