

## ALAMO GROUP MEETINGS

(General membership meets at 7 p.m., third Tuesday each month, Witte Museum, 3801 Broadway.)

### Tues., Aug 17: Mission Verde Update

A San Antonio city official will give us a progress report on San Antonio's "green" program. Among other things, Mission Verde includes weatherizing of homes and improved energy efficiency for city offices and vehicles. Join us to find out how this much needed program is being implemented

### Tues. Sep. 21: BCI Reports on Bats

Bat Conservation International will dispel any myths about bats we may have and tell us how important they are.

## SIERRA SOCIALS

(Drinks, food, fun. If planning to attend, contact Lloyd Cortez, 674-9489, [loydcor-tez@earthlink.net](mailto:loydcor-tez@earthlink.net))

**Fri., Aug. 27:** La Fogata, 2427 Vance Jackson Rd., 6-8 p.m.

**Fri., Sep. 24:** Blue Star Brewing Co., 1414 S. Alamo, 6-8 p.m.

# The Alamo Sierran

The Alamo Group of the Sierra Club Newsletter

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AUGUST 2010



## Conservation Committee Members Receive Briefing From Recycling Contractor for San Antonio

Members of the Alamo Group's conservation committee were part of a recent briefing on how recycling is done by Green Star North America, the company that receives the bulk of San Antonio's recycling materials.

Green Star, formerly known as Vista Fibers, has two San Antonio locations, both southeast of town, with the larger of the two for residential recycling and the smaller for commercial. The facility on Cornerway Blvd. is where recyclables placed in curbside carts are taken.

Green Star recycles plastic bottles and cups; aluminum, steel and tin containers; glass bottles; newspapers and other papers; and cardboard - corrugated and other. Polystyrene is acceptable if it is in disposable plates and cups, but not the polystyrene (Styrofoam) that that is used for packing (molded around electronics, for example), which pebbles out when broken. Green Star's equipment cannot handle either that kind of polystyrene or packing 'peanuts'.

Green Star also cannot handle plastic bags, which impede recycling equipment. Plastic bags are best taken to HEB supermarkets that have bins for them at entrances. HEB accepts plastic grocery and produce bags, their own and those of other retailers, as well as the wrap for packages of plastic bottles, other plastic wrap, dry cleaning bags, etc. The plastic must be reasonably clean.

Green Star's representative, Patricia Chadwick, says that glass recycled by Green Star has a 30-

day turnaround from arrival at their facility to new glass object. Aluminum cans have a 60-day turnaround.

Green Star has locations in about a dozen U.S. states, with its parent company in Ireland. Green Star North America recycles 2 million tons of materials per year

in the U.S. The San Antonio operation is the largest recycling facility in Texas and handles Austin and Hill Country as well as San Antonio recycling.

San Antonio currently has an 18% recycling rate, which the city hopes to at least double with the coming of apartment recycling.

## Latest Edwards Aquifer Studies Presented at June Club Meeting

Population growth is placing more stress on the Edwards Aquifer than ever before, according to the supervising hydrologist for the San Antonio office of the U.S. Geological Survey.

Speaking at the June membership meeting of the Alamo Group, George Ozuna said our growing population is affecting the aquifer both in quality and quantity. He pointed out that Comal Springs in New Braunfels, one of the Edwards Aquifer's main discharge points, went dry during the drought of the 1950s, and that was when San Antonio's population was about half of what it is now.

In addition, scientists are beginning to detect minute quantities of volatile organic compounds in the aquifer's water, Ozuna said, a consequence of surface runoff from rapidly developing areas in the Hill Country. The current quality of the aquifer remains excellent, he said, but he cau-

tioned that the Edwards is a karst-style aquifer that "does not filter." Therefore, it is easily contaminated by runoff from roads, parking lots, and other products of residential and industrial growth.

Rather than slowly filtering the water through gravel and sand, Ozuna explained, a karst aquifer receives its recharge through the cracks, faults, and caves in broken limestone. The aquifer refills rapidly, but contaminated water tends to remain contaminated.

Some 70 percent of the aquifer's recharge zone lies west of San Antonio, Ozuna said, in areas where surface streams lose their flow and disappear into the ground.

Truly effective water management, Ozuna stated, will have to treat both surface water and ground water as a single resource. Historically, in Texas, the two have been treated as separate resources.

**Fundraising committee looking for volunteers.**

**Save us money. Save the environment. Win, win.**

**“Most of the book deals with the nutritional aspects of cancer prevention and reversal.”**

## Web Offers Club Opportunity for Fund Raising

One way the Alamo Sierra Club raises small amounts of money is through our web site ads. If you are visiting our web site and see something in one of our ads that interests you, please don't hesitate to click on it. We get a small sum when you use our ads to join, sign petitions, or

sign up for national outings.

For those who want to donate directly to the Alamo Sierra Club, you can send a check to:

Alamo Group of the Sierra Club  
P.O. Box 6443  
San Antonio, TX 78209

Contributions, gifts, and dues to the Sierra Club are not tax deductible; they support the Sierra Club's effective citizen-based advocacy and lobbying efforts.

Also, we need members for our funding committee. Interested? Contact Chair Denali Endicott at [denali.alaska@hotmail.com](mailto:denali.alaska@hotmail.com).

## Go Green: Order Our Electronic Newsletter

I would like for you to consider switching from receiving a paper copy of the Alamo Sierran to receiving an electronic version by e-mail. Not only would you be saving a tree, but you would also help your local club cut down on its monthly expenses for mailing out the paper newsletter. At the present our expenses average about \$400 per month.

In addition to the cost for stamps, labels, and having the newsletter printed, we also

have to consider the time and effort of the volunteers who assemble all the necessary items to get the newsletter ready to be dropped off to the post office. We have many members who have an e-mail address and I am appealing to you to make the switch. Here is a link so that you can preview how the e-mail newsletter version would look. <http://texas.sierraclub.org/alamo/Newsletter.htm>.

Take a minute to look at the

web site and then decide if you also want to save a tree. To sign up, just send Loyd Cortez at [loydcortez@earthlink.net](mailto:loydcortez@earthlink.net) an e-mail with your name and the e-mail address you want us to use to send the electronic newsletter. Remember that you can always print a copy of the newsletter from the web site whenever you should decide you want one.

**Loyd Cortez, Alamo Group Vice Chair**

## Anticancer Examines Environment and Cancer

**by Loretta Van Coppenolle**

A review of a book on cancer may not seem appropriate for an environmental newsletter, until one considers that cancer is one of the deadliest consequences of a bad environment.

That environment can be within the body or without, but it holds staggering weight when it comes to the disease most people fear. Written by M.D., Ph.D., David Servan-Schreiber, *Anticancer* is both a personal and a professional work. Servan-Schreiber discovered that the negative pronouncements of conventional medicine need not be the last word on cancer. Motivated by his cancerous brain tumor at age 30, and a relapse four

years later, S-S was not satisfied when his oncologist had little to say about what S-S could do on his own to prevent yet another cancer recurrence. S-S went on to research alternative medicine and found a world of possibilities that could and, in his case, would, prolong life without sacrificing its quality.

Most of the book deals with nutritional aspects of cancer prevention and reversal. He relies here mostly on the laboratory analyses of Richard Beliveau, a Canadian laboratory head who set his establishment on the task of determining which were the best foods for causing cancer-cell atrophy or death. Beliveau's lab normally created drugs for the pharmaceutical industry, but on the

plea of the wife of a dear friend who'd just been given a cancer death sentence, Beliveau turned to the far less lucrative world of nutrition to discover that garlic, leeks, scallions and brussels sprouts consistently rated high among foods that stood the five cancers tested: colon, brain, lung, prostate and breast.

A chapter in the book of particular interest for environmentalists is entitled "The Anticancer Environment." Servan-Schreiber notes here that cancer took an upturn after World War II and that the rise has little to do with an aging population. More younger people are succumbing to cancer than ever before.

**(Continued on Page 3)**

# A Word from the Alamo Group Chair

On a long, reflective drive to a wilderness therapy camp in Utah to visit my 17 year old son, John Muir's "let the mountains speak" resonated in a personal way. My own beloved, over-traveled, world weary child had become alienated, ambivalent and, worse, captured by a clique of lost, disaffected "friends". What you may not know is how common this is today in our urbanized, materialistic culture, challenged by breakdowns in many spheres of life, and how the Sierra Club has been there all along to help prevent and ease this malaise.

Muir used the wilderness experience as a political tactic to "move" decision makers to protect the wild. The same spiritual magic of the High Sierra that worked on Roosevelt and the other influential government officials in Muir's day works on all of us to teach, ground, and connect us to our proper place in the universe. This age old idea evolved out of ancient shamanic practice and has

now expanded into the field of ecopsychology, also known as earth therapy, global therapy, green therapy, ecotherapy, psychoecology, environmental psychology, or green psychology, among others.

A wide range of therapies has evolved for youth. Outward Bound has inspired innumerable wilderness therapy camps. Robert Bly motivated a boys-to-men movement inspired by the power of rites of initiation into manhood to help young men find male mentors and learn adult responsibility and accountability. Sierra Club developed another venerable method. The Club connects the health of the earth to our own psychological and physical health through our global outings programs. Its Inner City Outings, or ICOs, are especially tailored for underprivileged urban youth.

Outings help prevent and mend frazzled psyches by escaping from

our overly materialized world and the preoccupation with social relationships and reconnecting to other species and ecosystems. Outings also connect people to meaningful, rewarding service in our conservation campaigns and network of partnerships that provide political and practical solutions not only for protecting creation, but arresting alienation and society's insanities.

While none of us is out of the woods yet, so to speak, the isolation, parsimony, imposed self reliance, and magic of the wild has brought about change in my son and brings hope to those who love him. So if you or *un amado* is in need of grounding or inspiration, seek the healing power of nature. Look into the fascinating field of ecopsychology. Join our outings. And, as a special boon to Alamo Group Outings Leader Stan Drezek, help us with plans to rebuild our own local ICO program to attend to the problem of disaffected youth.

**"So, if you or un amado is in need of grounding or inspiration, seek the healing power of nature."**

## Alamo Group Outings: Summer and Fall Hikes

### Sat., Sep. 18: Eisenhower Park

Meet at 6:30 p.m. at the covered pavilion on the main trail for two hike options that will be completed in the moonlight by about 8:30. Come early at 6:00 to share a snack. Difficulty: Easy from paved Yucca Flats trail to observation tower; moderate on unpaved Hillview Trail to tower. Bring water and appropriate shoes. Donations accepted. Leader: Jerry Morrissey, 382-2614 or jlmorrissey@aol.com. Please RSVP.

### Sat., Sep. 25: Olmos Basin

A hike in the heart of San Antonio through the wooded Olmos Basin

and planned dog park. Dogs welcome, but on a leash. Meet at 8:30 a.m., finish by 11. Difficulty: Moderate. Cost: \$3 donation suggested. Bring one quart water and comfortable walking shoes. Meet at Judson Nature Center parking lot next to Alamo Heights Swimming Pool on Viesca Street. Reservations required. Call Margaret Day, 829-5632 or 413-6402.

### Sat., Oct. 23: New Medina River Greenway (Dog Friendly)

Walk the paved new section of the Medina River Greenway 3.5 miles from Applewhite Road to the termi-

nus. Meet 8:30 a.m. in parking lot south of the Medina River, west side of Applewhite Road for 8:45 departure. Completion time about noon. Take Exit 149 (Spur 422/SH 16) off south IH 35; left at light toward Poteet; left after 5.3 miles onto Lonestar Pass (Spur 66) toward main gate of Toyota Plant. At main gate turn right (south) down Applewhite Road to the parking lot.

Difficulty: Moderate. Bring water. Donations to Sierra Club encouraged. Must call Stan Drezek (493-0939) to reserve spot.

### (Continued from Page 2)

S-S equates this in part with the huge increase in sugar consumption following World War II. Sugar feeds cancer cells just as oxygen feeds normal cells.

S-S also makes a point of indicting the switch around that time from grass-fed to corn and soy-fed cows. This skewed the delicate

balance between omega 3 and omega 6 fatty acids that had previously existed in beef, and the resulting overload of omega 6s has compromised cell-wall integrity in human consumers. He also points out that the switch from grass to corn/soy has caused a great increase in methane gas emissions from cows, not made to consume that diet. Says S-S, "Methane emitted by cows as a by-product of

their poor digestion of corn contributes to [global] warming 23 times more than CO2."

This clearly and sensitively written book is well worth reading by not just those who fear cancer but those who want to eat and live well in general. And for those who need a little prodding, there is a poignant love story woven into the text.

# Meeting Dates and Contact Information

General Meeting 3rd Tuesday, 7 p.m.  
 Executive Committee Mtg. 3rd Thursday, 7 p.m.  
 Newsletter Submissions  
 Political Committee Mtg. 2d Thursday, 7 p.m.  
 Newsletter Mail Party 2d Tuesday, 7 p.m.  
 Outings Committee Mtg. 1st Wed., ea. 2 mos., 7 p.m.  
 Conservation Committee Mtg. 1st Thursday, 7 p.m.

Peggy Day 829-5632  
 Peggy Day 829-5632  
 Wendell Fuqua 734-8281  
 Russell Seal 289-9088  
 Jim Steward 692-0727  
 Jerry Morrissey 497-5470  
 L. Van Coppenolle 492-4620

**Alamo Group of the Sierra Club  
 Executive Committee Officers & Members**

Margaret (Peggy) Day, Chair Person	829-5632
Loyd Cortez, Vice Chair Person	674-9489
Wendell Fuqua	373-0748
Hector Gonzalez	226-6069
Mary Ellen Garcia, Co-Secretary	344-1581
Karen Kimbell, Co-Secretary	365-3174
Dave Wells	271-0640
Scott Wolfe	724-2707
Teresa Ronquillo	844-8720
Sharon Dukes (non voting), Treasurer	828-3721

**Administrative Contacts**

Programs	Barbara McMillin	734-4170
Fundraising	Denali Endicott	629-2434
Publicity	Lacy Guaderram	
Mailings	Jim Stewart	692-0727
Membership	Karen Kimbell	365-3174
Newsletter	Wendell Fuqua	373-0748
Website	Richard Alles	494-2088

**Committee Contacts**

Outings	L. Van Coppenolle	492-4620
Political	Russell Seal	289-9008
Outreach And Education	Carolyn Wells	271-0640

**Conservation Contacts**

Conservation Chair	L. Van Coppenolle	492-4620
Assistant Chair	R. Carroll-Bradd	216-6125
Endangered Species	Fred Wills	673-9566
Flouridation	L. Van Coppenolle	492-4620
Organic Gardening	Dave Klar	495-2148
Recycling	Carolyn Wells	271-0640
Tree Conservation	Richard Alles	494-2088
Volunteer Coord.	Vacant	
Water Issues	Jerry Morrissey	497-5470

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<b>U.S. Congresspersons</b>		<b>City Council (Continued)</b>	
Charlie Gonzalez	472-6195	Dist. 2: Ivy R. Taylor	207-7278
Lamar Smith	821-5024	Dist. 3: Jennifer Ramos	207-7064
Henry Cuellar	271-2851	Dist. 4: Philip A. Cortez	207-7281
Ciro Rodriguez	922-1874	Dist. 5: David Medina, Jr.	207-7043
		Dist. 6: Ray Lopez	207-7065
		Dist. 7: Justin Rodriguez	207-7044
		Dist. 8: W. Reed Williams	207-7086
		Dist. 9: Elisa Chan	207-7325
		Dist. 10: John G. Clamp	207-7276

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**Alamo Group of the Sierra Club  
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