

## A (very) small breath of fresh air

Statement of Sierra Club air analyst Alice McKeown in response to new National Ambient Air Quality Standards for ozone (smog) proposed in late June by the EPA.

“While we are pleased that the EPA is finally taking the first step toward removing harmful smog pollution from our air, the proposal falls far short of the smog reductions needed to adequately protect public health.

Additionally, we are concerned that EPA’s willingness to consider keeping the current standard will turn out to be

### **EPA’s proposed pollution standards are a start but may only be a smoke screen by the regulatory agency**

an escape route that allows the EPA to hide from its duties and do nothing at all to make our air safer.

“The EPA has finally started listening to scientists and public health groups who have long called for tighter smog safeguards. Unfortunately, the smog reductions proposed by the EPA do not come close to the reductions that groups like the World Health Organiza-

tion and the American Medical Association and even the EPA’s own scientists say are necessary to protect public health.

“Though the proposed rule would help ensure that many more Americans enjoyed clean air, it would still leave millions at risk from the serious health risks posed by smog pollution, including lung damage, increased asthma attacks and even premature death.

To protect our children, seniors and other vulnerable groups, the smog safeguards must be strengthened.”

## ***The truth, the whole truth, the dirty truth about coal***

With the determination of the energy companies to put new coal plants on line in Texas— and the willingness of the legislature and regulatory agencies to let them — a recent report by the Sierra Club is especially timely here.

The report documents the devastating impacts of our nation’s dependence on coal. The report, *The Dirty Truth About Coal: Why Yesterday’s Technology Should Not Be Part of Tomorrow’s Energy Future*, details the serious societal, economic and environmental tolls of coal.

“The coal industry marketing machine is working overtime to convince Americans that coal is the magic solution to our energy needs,” said Alice McKeown, coal specialist for the Sierra Club. “With its multi-million dollar advertising campaigns the industry is presenting a new, ‘clean’ image. Unfortunately the change is only skin deep. Despite claims of ‘clean coal’ and ‘carbon free’ coal, the old, dirty practices of the coal industry haven’t changed.”

From the time it is mined to when it is burned in over 500 power plants nationwide, coal leaves a path of pollution and destruction in its wake that damages public health, tears up the

land, pollutes our waters, devastates communities and makes global warming worse.

“Coal is one of the dirtiest, least efficient sources of energy available,” said Sierra Club energy program director Dave Hamilton. “Fortunately we don’t have to continue sacrificing our health and communities to meet our energy needs; we have better, cleaner options.”

We have the technology and the know-how to meet our energy needs while improving public health, creating jobs, and reducing our global warming emissions. Investing in efficiency and clean energy could create thousands of new, good-paying jobs across the country and contribute millions to our economy.

“As this report shows, coal that is not mined responsibly or burned cleanly so as not to contribute to air pollution and global warming is a bad investment,” said McKeown. “It’s time to look beneath the façade and see the true cost of our dependence on coal.”

The world’s scientists agree: Global warming is real, here and happening faster than anyone predicted. But scientists also say we can curb global warming and its consequences — if we take

bold, comprehensive action now that add up to an 80 percent cut in carbon emissions by 2050. That’s a do-able 2% percent cut a year, each year starting in 2007. Cutting emissions 2% a year will enable us to build a cleaner, smarter and safer energy future and stronger economy, to meet and overcome the most urgent challenge facing us, to protect our children and theirs. But to reach our goal means we must start right now to make different, better decisions about the energy we use at home, at work and as a nation.

A copy of the report can be found on-line at [www.sierraclub.org/coal/dirtytruth/report](http://www.sierraclub.org/coal/dirtytruth/report).

### **On the other hand, Senate stands up to coal interests**

*Statement of Carl Pope  
Sierra Club Executive Director*

“In spite of Herculean efforts by the coal industry and its friends in Congress, the Senate recently delivered a very important victory in the fight against global warming by decisively voting against jumpstarting a new massively expensive, massively polluting liquid coal industry—twice.

*Please see LIQUID Page 2*

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## Greater Fort Worth Sierra Club

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### Mission statement

The purposes of the Sierra Club are: To explore, enjoy and protect the wild places of the earth; to practice and promote the responsible use of the earth's ecosystems and resources; to educate and enlist humanity to protect and restore the quality of the natural and human environment and to use all lawful means to carry out these objectives.

## -Liquid coal industry proposal sinks like lead in the United States Senate

CONTINUED FROM PAGE 1

Senators showed that they understood that we need to leave behind the failed policies of the past--and past Congresses.

"At a time when we need to get on the path to achieving an 80 percent reduction in our global warming emissions by 2050--an achievable annual reduction of 2 percent -- the level scientists tell us is necessary to avoid the most catastrophic effects of global warming, business as usual is no longer acceptable.

Liquid coal produces nearly twice the global warming pollution as conventional fuel and Senators were right to turn their backs on it.

## Don't be cowed by the polluting dairy industry; do something about it now

By Terry Jensen

Large dairy operations are associated with numerous environmental and health hazards, including water and air pollution.

California state regulators have named dairy cows as the leading air pollution culprit in the San Joaquin Valley--pollution so extreme that 26% of children in the region have asthma, three times the national average.

Texas is not immune. The Bosque and Leon River watersheds (west and south of the Metroplex) are home to many industrial dairy operations--probably the largest dairy area of the state. According to a report from the Lone Star Sierra Club these dairy operations generate an increasing amount of untreated solid and liquid waste.

This waste enters the creeks and streams in the area, affects Lake Waco and Lake Belton, and finally negatively impacts the water supply for 350,000 Central Texans.

What can we do about it?

1. We can write our state legislators and beg our elected officials to pass legislation protecting state water from the dairy industry. Will they do this as well as they protect our air quality from the Midlothian cement kilns?

2. We can wait for the Texas Commission on Environmental Quality (TCEQ) to deal with the problem, although that has not been successful to date either.

3. We can certainly ignore the prob-

"Though Senators successfully blocked these damaging liquid coal provisions, they now need to turn their attention to breaking a filibuster led by Senator Domenici that is preventing a fair up or down vote on the Bingaman Renewable Electricity Standard amendment.

Senators must also block attempts by Senators Levin, Bond, and Pryor to further weaken the CAFE compromise in the bill.

"We thank Senators for their leadership on this important vote and hope they will continue to make the changes necessary to make this bill one that we can truly be proud of."

lem. It's not really affecting our water supply. And, we have our own problems in the metroplex like traffic and air quality.

4. We can buy dairy products from small farmers. Unfortunately, there are not many such farmers. Even if there were, there is not enough land to graze the number of cows needed to produce the amount of dairy we currently consume. Plus there is this Sierra Club obsession about leaving some land forested to improve the air and our quality of life.

5. We can be proactive consumers. We can gradually stop drinking milk and eating dairy products like cheese and ice cream. Thus we will vote against cows and for people and the planet with our choices.

Which vote will you cast?

## By supporting our printer, you're also supporting us

Alpha and Omega Printing and Graphics reduces our newsletter print cost by 10% of the cost of every job that Fort Worth Group Sierra Club members refer to it.

Owner Mark Shippey is one of the few printers in this area who actively encourages the use of recycled paper and soy-based inks -- products used in printing *The Sentinel*.

Call 921-3670 for information on pricing, pick-up, and delivery.

The Greater Fort Worth Group of the Sierra Club

# Upcoming Sierra Club Events

## July 18, Wednesday

Fort Worth Sierra Club General Meeting at 7 p.m.. With transportation a highly visible part of our environmental impact, many have chosen to drive hybrid vehicles. For July's meeting we will have a presentation of available hybrids by local dealers, with an emphasis on their benefits and availability. Botanic Garden, 817-871-7686, 3220 Botanic Garden Boulevard at University, north of I-30, Fort Worth.

## July 21, Saturday

Day Hike at Fort Worth Nature Center & Refuge Hike 3.0 miles on the natural surface Oak Motte Trail. Hike through grasslands and clusters of red and live oaks. Difficulty level is easy. Please no dogs or strollers, but children welcome. Our 3 year-old will be hiking. Meet at 9:30 a.m. in the Hardwicke Interpretive Center parking lot. Look for gold Toyota Corolla. Hike cancelled if raining at the Nature Center. No reservations needed, just show up. Entrance fee required. Bring water, snacks, hat and sunscreen. Directions: From Loop I-820, exit Hwy. 199 (Jacksboro Highway) and go west 4 miles. Exit Confederate Park Rd. Stay on service road. Turn right at the stop sign. Take Buffalo Road to Fossil Ridge Rd. Turn right onto Fossil Ridge Rd. Drive up the hill to the parking area. Walk up the hill to the pebbled sidewalk. The Hardwicke Interpretive Center is at the end of the sidewalk. Leader: Scott Carpenter 817-253-0158 (Phone calls before 8 p.m.) or [adventureman1@hotmail.com](mailto:adventureman1@hotmail.com) More info: <http://www.fwnc.org/index.php>

## July 21, Saturday

Mid-Surburan Sierra Club meeting "Cars, Food, and Planet Earth: How Do They Interact?" Dr. Harish Chandra, an internal combustion scientist, speaks to the Mid-Suburban Sierra Club on the interactions between the cars we drive, the food we eat, and our planet. 5 p.m. Community room in Healthy Approach Market, 5100 N Hwy. 121, Colleyville, between Hall-Johnson and Glade on west side of freeway. Remain to eat dinner at adjacent Rio Mambo after Dr. Chandra speaks. Organizer: Terry Jensen, email: [fw.sierra.sustainability \(AT\) gmail.com](mailto:fw.sierra.sustainability(AT)gmail.com)

## August 4, Saturday

Day Hike at Fort Worth Nature Center

*This is an all-inclusive list of activities of the Greater Fort Worth Group of the Sierra Club. Check the group website for updates. Most activities are free and open to all. No pets, firearms or radios are allowed on Sierra Club outings. All children (17 years or less) must be accompanied by a parent on any outing. All overnight trips require preregistration with the trip leader. A donation of \$5 per person to the Fort Worth Sierra Club is requested for all overnight trips.*

& Refuge Hike 3.5 miles on the natural surface Cross Timbers Trail. Hike through ancient forest. Difficulty level is easy. Please no dogs or strollers, but children welcome. Our 3 year-old will be hiking. Meet at 9:30 a.m. in the Hardwicke Interpretive Center parking lot. Look for gold Toyota Corolla. Hike cancelled if raining at the Nature Center. No reservations needed, just show up. Entrance fee required. Bring water, snacks, hat and sunscreen. Directions: From Loop I-820, exit Hwy. 199 (Jacksboro Highway) and go west 4 miles. Exit Confederate Park Rd. Stay on service road. Turn right at the stop sign. Take Buffalo Road to Fossil Ridge Rd. Turn right onto Fossil Ridge Rd. Drive up the hill to the parking area. Walk up the hill to the pebbled sidewalk. The Hardwicke Interpretive Center is at the end of the sidewalk. Leader: Scott Carpenter 817-253-0158 (Phone calls before 8 p.m.) or [adventureman1@hotmail.com](mailto:adventureman1@hotmail.com) More info: <http://www.fwnc.org/index.php>

## August 5, Sunday

Sustainable Sunday Lunch Thai plant-based buffet at Thai Jasmine, 817-283-8228, 3104 Harwood at Hwy. 121, SW corner, Bedford. This all-you-can-eat buffet is served from 11:30 a.m. to 2 p.m. \$9 for adults, \$5 for children. Separate Sierra Singles table. Organizer: Terry Jensen, email: [fw.sierra.sustainability \(AT\) gmail.com](mailto:fw.sierra.sustainability(AT)gmail.com).

## August 15, Wednesday

Fort Worth Sierra Club General Meeting at 7 p.m. Haily Summerfield from the City of Fort Worth Environmental Management Department will talk about clean air issues in Fort Worth and other related topics. Fort Worth Botanic Garden, 817 871-7686, 3220 Botanic Garden Boulevard at University, north of I-30, Fort Worth.

## August 19, Sunday

Sustainable Sunday Lunch. Plant-based, all-you-can-eat buffet from 12 noon until 2 p.m. Regularly \$9, \$1 off for Sierra Club. New Start Veggie Garden, (972 243-0507) 2330 Royal Lane,

ste 900, Dallas 75229. Just west of I-35 on the south side of Royal. Organizers: Terry Jensen, email: [fw.sierra.sustainability \(AT\) gmail.com](mailto:fw.sierra.sustainability(AT)gmail.com) and James Bisby 469-371-1938(H)

## August 28, Tuesday

Newsletter Folding Party at 6 p.m. Braum's Restaurant, 6770 Bridge St. at Loop 820, Fort Worth.

## September 2, Sunday

Sustainable Sunday Lunch Thai plant-based buffet at Thai Jasmine, (817) 283-8228, 3104 Harwood at Hwy. 121, SW corner, Bedford. This all-you-can-eat buffet is served from 11:30 a.m. to 2 p.m. \$9 for adults, \$5 for children. Separate Sierra Singles table. Organizer: Terry Jensen, email: [fw.sierra.sustainability \(AT\) gmail.com](mailto:fw.sierra.sustainability(AT)gmail.com)

## November 7-11, Wednesday-Sunday

Big Bend National Park Van Trip. Join us for a long weekend in one of the nation's most scenic national parks, about 9 hours away from Fort Worth. We'll travel by van, leaving early Wednesday A.m. and arriving before sunset. We will return before midnight on Sun, 11/11. Detailed trip descriptions will be provided in future announcements. The cost remains at \$175 per person - a real bargain with the price of gas. Mail checks prior to Oct. 31, payable to Fort Worth Sierra Club, to Todd Nichols, 200 Hibiscus Dr. Arlington 76018. For more information contact Todd at 817-937-5217.

## -Mulch CONTINUED FROM PG.5

Louisiana cypress forests are the major source of trees for cypress mulch, although many mulch distributors bag Louisiana cypress in bags with Florida addresses to confuse consumers.

"We must not cut down our natural defenses against hurricanes and flooding," said Leslie March, chair of the Delta (Louisiana) Chapter of the Sierra Club. "Consumers should stop buying cypress mulch and choose alternatives for their gardens."

Alternative mulches such as pine straw and pine bark nuggets work without destroying coastal wetlands. Despite these options, whole cypress trees - relatives of the majestic sequoias - of all sizes are being used for mulch, and acres of swamps are being clear-cut to produce mulch. Most cypress swamps will not regrow after being cut.

# Saving money on your electric bill without losing your cool

By **TERRY JENSEN**

In the typical Texas home, air-conditioning uses more electricity than any other item. It often uses more energy than all other items combined. While that air conditioner is delighting you with cool, dry air, it travels with an evil twin, climate-changing carbon dioxide.

This twin also keeps both hands in your pocket.

The average Texas home is a carbon dioxide machine that becomes more expensive to cool each summer! Save dollars and a bit of the planet by initiating the following six steps for saving electricity.

1. Use fans. If your home does not have ceiling fans, buy floor fans. A floor fan uses about 100 watts on high speed, ceiling fans use 15 to 95 watts (depending on speed and size), and a 2.5-ton central system uses about 3500 watts.

Fans work by blowing heat away from your body. This makes you feel cooler. Remember to turn your fans off when no one is in the room as the fan motor contributes slightly to the heat.

2. The best way to cool your house is to keep heat from the sun out of your home.

If you cannot block the sun any other way, place tall potted plants (banana plants grow quickly) between the sun and all but north windows during the late spring, summer, and fall. Move the plants as necessary to stay between the sun and your windows.

3. Turn your air-conditioning OFF when you go to work. It's a myth that leaving the AC on while you are at work uses less energy than turning it on when you get home. With the AC off, your house will absorb heat from outside. It will eventually be so hot it can't absorb any more heat. Remember,

heat transfers to cool. When the AC is on, your home is cooler inside than out. It is constantly absorbing heat and your AC is repeatedly removing that heat--all day long. When you come home and turn the AC on, the AC has to remove the accumulated heat only once.

4. Reset your thermostat. Each degree below 80 degrees will use 3% - 4% more electricity. Try 80 degrees (or more) with fans. You will get used to it.

5. Replace your filter every month. Your AC unit works much harder when your filter is dirty.

6. Turn off lights, fans, computers, and all other electrical devices when you not using them. Forget about power surges.

There is no consumer device that uses more energy in practical terms when you turn it on than when it's already on. At the most you will have a one or two second surge.

## And it's no (or not much) sweat either to keep your cool outside

By **SCOTT A. CARPENTER**

I often hear people describe Texas weather as biblical. We have flooding rain, golf ball sized hail and triple-digit heat.

It's enough to make you want to get your views of nature from sitting on the couch. But, as my wife likes to say - it's time to cowboy up.

I don't recommend hiking in flood-

ing rains or a hail storm, but hiking in the heat can be enjoyable (comfortable anyway) by following a few simple suggestions:

- Start early in the day
- Wear a wide-brimmed hat
- Wear light colored, loose fitting and non-cotton clothing
- Wear sunglasses with 100% UVA and UVB protection

-Apply sunscreen with SPF 15 or higher and reapply frequently  
-Drink half a liter (16 ounces) of water per hour (Consider a 50/50 mixture of water & sports drink to help keep sodium level balanced)

-Tie a wet bandana around your neck. Heat exhaustion can make your muscles cramp, leave you feeling weak, and keep you soaked with sweat while

## By all means don't neglect to take the kids on your hikes

By **SCOTT A. CARPENTER**

There are lots of reasons to not take infants or young children on a day hike - insects, sunburn and diaper changes to name a few. However, our three-year-old has been hiking with us since three months of age and the experiences have been full of lasting memories: seeing his expression as leaves shimmer in the autumn sun, watching him throw rocks into a lake, the excitement of spotting the next trail marker or the fascination as a turtle crosses the trail.

Being outside is important to a child's development as well. Studies suggest that spending unstructured time outside produces positive results in thinking and concentration skills.

Plus, letting a toddler overcome obstacles on the trail (i.e., rocks) is a great confidence booster for them.

If you have never hiked with an infant or young child, read some books, search the Internet, or ask other hikers for advice. I have not met a hiker yet who is unwilling to impart some words of wisdom. The important thing to remember is that you will be having fun as a family. Start simple with a

short, easy hike. The Fort Worth Nature Center and Refuge is a great place. Then as skills and comfort level increase, so can the types of hikes you take. Patience, flexibility and a sense of humor are very important qualities to have when children are involved in any activity.

- Bring high-energy foods
- Carry plenty of water (Camelbaks are great, a child learns to use them fast)
- For motivation, hike towards something significant that you can talk about with your little one
- Use bug repellent, made for children (either all-natural or containing 10% DEET or less)
- Consider using a child carrier backpack (infants all the time & toddlers once they get tired). Be ready for the comments from other hikers: "That's the best seat on the trail" or "Can I trade with them?"

Hopefully, as your child grows he or she will gain an appreciation for their natural surroundings. Then, just maybe, your child will also be committed to helping protect it.

# Sierra Club to Bush: less talk; more action

In response to President Bush's remarks on global warming and his proposal for international talks on the issue the fall, the Sierra Club issued the following statement from Carl Pope, Executive Director.

"Enough talk. It's time for action. The President, his administration and his allies are talking today about the need for more talk and study of global warming. The studies are in. The scientists are clear – we need to cut emissions 80% by 2050 -- starting now. The need to take action to move to clean energy sources and cut global warming is urgent and immediate.

"We have a very clear sense about what the President won't do to fight global warming but he refuses to say what action he is willing to take. We know the Bush administration has opposed the Kyoto treaty and spurned past offers of other countries to work together to solve global warming. We also know he refuses to take the action and implement the solutions that will make the United States the leader on this issue, and he continues to encourage his agencies to ignore their own scientists' warnings. Instead we have

seen delay after delay with calls for more talk and more research when the facts are already in."

"Interestingly, the President's remarks today echoed statements made by Exxon CEO Rex Tillerson yesterday that more talk and study was needed before action is taken on global warming. And the speech today comes on the heels of statements made by NASA Administrator Michael Griffin to National Public Radio that while global warming is happening, it's unclear whether it 'is a problem we must wrestle with.'"

"Given the President's ostrich-like refusal to action on global warming, Congress must act to build a clean energy future and make meaningful cuts in global warming pollution, Congress must pass legislation that guarantees improvements in how far our cars and trucks go on a gallon of gas, increases production and use of clean, renewable energy; requires improvements in energy efficiency, and block subsidies for liquid coal – a fuel that would actually increase global warming pollution. The Senate has the opportunity in the next few weeks to pass an energy package, which, if strengthened would fight

global warming while giving America clean power, clean cars, and a clean energy economy that creates thousands of new jobs."

## Retailers asked to stop selling cypress mulch

With hurricane season underway, the Sierra Club is telling major retailers to stop selling most garden mulches produced from cypress trees, which act as storm buffers during hurricanes.

Following a resolution by the board of directors, Cox is sending letters to the CEO's of Home Depot, Lowe's and Wal-Mart asking them to stop selling cypress mulch. In coming weeks, many of the Sierra Club's 1.3 million members and supporters will receive information about the damage caused by logging cypress trees for mulching.

Noted environmentalist Robert F. Kennedy, Jr., Waterkeeper Alliance president, voiced his opposition to cypress mulch and called on public officials to save cypress trees.

*Please see MULCH Page 3*

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### The Sustainable Mouth

## Earth-friendly bakery

BreadHaus is a locally owned, Grapevine bakery which specializes in sweets and traditional and rustic hearth breads.

The bakery is owned by a Sierra Club family, Mark and Petra Lively, who truly care about the environment and consistently use earth-friendly ingredients and practices in their business.

The breads are made from scratch using organic grains. They contain no added sugars, fats, dairy or eggs. The loaves are baked fresh daily directly on the oven floor in a deep deck European oven, then sliced to order when purchased. Breads range from simple Grapevine Sourdough to specialty Mediterranean Olive to a wide variety of rye and multigrain breads.

Delicious sweet items also use organic grains. When eggs are used, they come from free-range chickens and are purchased locally. Try the absolutely sinful-and-delicious apple streusel. BreadHaus is open Tuesday thru Saturday from 9 a.m. until 6 p.m. at 700 W Dallas St., Grapevine. 817 488-5223

## Sustainable living is just another name for responsible living

By TERRY JENSEN

Sustainable living is an ethic of stewardship for the environment and the economy where today's needs are balanced with the needs of future generations who will live on the Earth. It is the continuity of human society, as well as our non-human planet.

Is it possible for an individual to live sustainably in Dallas-Fort Worth? Can we meet our present needs without compromising the ability of future generations to meet their needs?

We are environmental activists facing global warming and climate change. Will living in a "moderately sustainable" manner stop climate change?

As activists, we talk the talk. Can we walk the walk?

On Saturday, July 21, the Mid-Suburban Sierra Club will examine sustainability from the standpoint of today's environmental activist by presenting a Sustainable Living Summit in Colleyville from 2-6 p.m.

Keynote speaker will be Dr Harish Chandra, an automotive engineer, speaking on "Cars, Food, and Planet Earth."

A complete list of speakers was not available at press time but will be available at a later date on this Sierra Club webpage: [texas.sierraclub.org/fortworth/mid-suburban.html](http://texas.sierraclub.org/fortworth/mid-suburban.html)

The summit will be held in the community room of Healthy Approach Market, 5100 State Hwy 121, Colleyville 76034. Healthy Approach is on the west side of the freeway between Hall-Johnson and Glade Roads.

There is no charge for admittance but a \$10 donation to the Sierra Club will be appreciated.