

The Lifelong Search for Truth
A Photo Autobiography of Andrew T. Fisher
37th draft – 3/25/12

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V Long Trips and Bike Rides

1. Long Train Rides and Trips to Visit Friends and Relatives

In 1989 I visited my cousins Elliott and Nan in White River Junction, Vermont. They had a beautiful large house.

I have always appreciated, enjoyed, and respected travel by trains. You get to see so much more and become much better acquainted and friendlier with your fellow passengers since you are with them for such a greater amount of time. I got several chances during the 1990s to take long train rides (instead of plane rides) out west to visit relatives.

In 1990 I took the Amtrak train from Chicago to Seattle to visit my cousin Jamie, his wife Tristan, their son Sam, and their daughter Maggie. It was a long train ride over two nights – when I didn't sleep very well because I was in a coach seat which could only be tilted back and not in my private sleeper (you have to reserve the sleepers over a year in advance and they are more expensive) – but during the day you could see so much more of the country, and make a number of new friends with others on the train.

In 1991 I traveled back to Kansas to visit my old friends Jim Bagley, who now lives with his wife Dayla and family in Topeka, and Pat Neel, who is a postmaster in Walmego (the first small town east of Manhattan), with his wife and fifteen children! Both Jim and Pat were very friendly and pleased to see me but they were also very religious (grace before every meal), conservative, and obese. When I drove west to visit Manhattan, see both our old and our new houses, and to visit Jim Bagley's parents, there was the much more relaxed, academic atmosphere that I'm used to. The owners of our new house had used up a fair amount of the ravine to build a swimming pool just below the house.

2. Backpack trip through Sawtooth Mountains, Idaho in August, 1990

I joined my old friend from Northwestern who had helped me start the student environmental group there in 1986, Charlie Sellers. We were also joined by a friend of his, Klaus Nietche for a spectacular hike in the Sawtooth Mountains, Idaho. We backpacked tents and enough food for two nights, then hiked up toward a pass to upper and lower Baron Lakes. The mountain scenery was spectacular!



Charlie Sellers, Klaus Nietche, and Andy in pass



Lower Baron Lake



Beautifully colored tree above Lower Baron Lake

1. Long 100 Mile Plus Bike Rides

I joined the Evanston Bicycle Club to get in some long bike rides. Their longest was the Milwaukee ride of about 145 miles which always took place in the late early summer when the days are the longest. We could start at 5:00AM just after sunrise, and finish usually by 7:00PM before it got dark. This ride took us from Evanston up to the southern suburbs of Milwaukee and back in one day with several rest and eating stops.

I met one of my best current friends, George Ammerman, through the Evanston Bike Club. George was and still is an avid long-distance biker. One of the first long-distance rides I remember taking with George was to the annual Fall Retreat of the Unitarian Church of Evanston (UCE) near Lake Geneva, Wisconsin [date?]. From Evanston to Lake Geneva is a little over 70 miles. George and I had rear racks on our bikes for double bags (one hanging on each side) of luggage. Because the weather was getting cool in the morning by fall, we wore biking tights as well as shorts. Everyone else at the UCE retreat (who had driven up in cars) was very impressed with what George and I had accomplished.

The longest, most impressive bike ride I've taken was the Seattle-to-Portland (STP) double-century ride (200 miles in two days) in the Pacific Northwest in 1992. My first cousin Jamie Fisher is an architect in Seattle, Washington, and my youngest sister, Dorothy, lives with her husband, Tom, in Lake Oswego – a suburb south of Portland – Oregon. With relatives living at both the beginning and end of the ride who were avid cyclists inviting me, and being an avid cyclist myself, I found it hard to refuse. Two of the difficult tasks to accomplish before going were: (1) getting in shape – the Evanston Bike Club's Milwaukee Ride, and (2) putting my bike into a bike box for luggage on my air flight to Seattle. George Ammerman kindly helped me prepare the bike for the box. This involved removing both pedals and turning the handlebar stem sideways in order to get the bike narrow enough to fit in the box.

Upon arrival in Seattle with Jamie, Dorothy and Tom, our first task was extensive "carbo-loading" (eating lots of carbohydrates to provide us with enough energy for the long ride) at Jamie's house the night before the ride. The next morning we were all given large, 4-digit biker ID numbers to wear on our front and back. There were thousands of cyclists. There were two large balloons, one read "Drink Water" and the other "Ride Safely." In addition to the map we were given, our entire route with all the turns was clearly painted on the roads. About every 15 to 20 miles, there was a "rest stop." There we could get water, juice, fruit, and rest briefly.



Due to the great number of boats, they all have to be moored to each other or “warfed” as shown



Celebration in front of Grand Hotel with Andy and Bill



Off homebound at last. Last view of Grand Hotel



Passing under the Mackinac Bridge



Betsy and Charlevoix bridge



Andy, Betsy, and Bill by restaurant in Frankfort



Our boat -- *Dos Aguilas* (Two Eagles in Spanish)



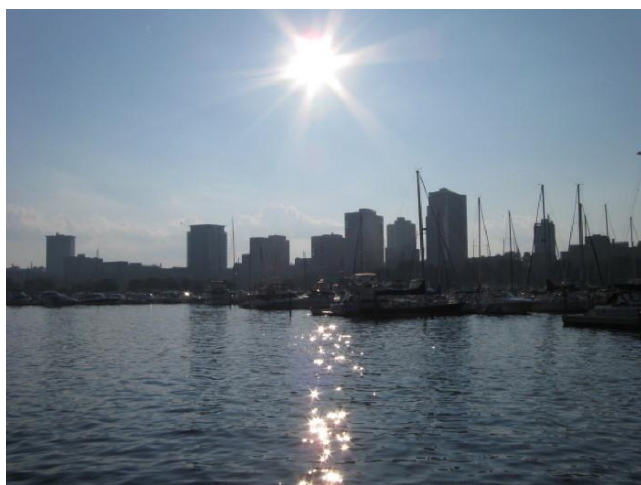
Bill, Betsy, Andy at Pentwater Yacht Club



Sunset in Grand Haven



Betsy, Andy crossing Lake Michigan to Milwaukee



Approaching Milwaukee



Betsy steering boat south to Waukegan then Montrose Harbor

1. Great cruise in British Virgin Islands with Bill, Carol, Dorothy, and Natalie in 2011.

For my 60th birthday celebration, Carol and Dorothy – both knowing my love of sailing – “plotted” with Bill – who had now received his skippers license – to charter a boat for a week to cruise the British Virgin Islands (BVI) from May 14 to May 22, 2011.

Bill had arranged with a nice, highly recommended carter company, at Nanny Cay, Tortola, to charter us a very nice multi cabin sailboat *Perelandra*.



Andy with *Perelandra*



Dorothy aboard *Perelandra* at Nanny Cay



Bill and Dorothy with pirate flag on Norman Island



Kayak and cave on Norman Island



Japanese lady and Andy



Judy, Fran, Dolores, Steve, Ken, and Joan



Judy, Steve, Joan, Ken, Dolores, and Fran



Top of Whistler



Fran and Joan



Andy

VIII Choral Singing and Acting

1. Avon Gillespie in the Unitarian Church Choir

My first experience singing at the Unitarian Church of Evanston was under music director Avon Gillespie in the early seventies. Avon was a talented black choral director from ETHS who was fun and challenging to sing under.

2. John Giles at the Unitarian Church of Evanston

One of the best and most memorable choral music directors I have ever had was John Giles who directed the music at UCE from 1991? to when he died of HIV in 2000. It was his great leadership and music that mainly persuaded me to join UCE as a full member in the early 1980s (my mother and father followed and joined several years later).

John Giles was a great music director. He had a fabulous funny personality that made learning many different challenging pieces of music fun and enjoyable, even though we often had to stop and practice hard passages many times in order to sing virtually to perfection. Under John the UCE choir got an excellent reputation not only in our own congregation, but also in the northern Chicago music community and our choir membership expanded greatly from barely twenty five to over sixty! For many years John would have us:

- Sing a large, challenging piece in combination with another Unitarian church choir both at their church and at ours.
- Have a couple of “Music Sunday” services for which he would often have a small orchestra come in to play with us.

In addition to directing, John also started composing choral pieces – several specifically for the UCE choir. There were at least half a dozen different pieces he composed for us, but the one I remember the most is an arrangement of “We Gather Together” for Thanksgiving (probably because we have sung it every year for at least ten years). We have performed several of his other compositions over the years.

Unfortunately, besides being HIV positive, John was also addicted to CocaCola. I took him aside and warned him several times about the problems with food and chemical sensitivity, but he continued to drink Coke. I think one incident which may have stopped this addiction was when I met John totally by accident in Whole Foods with a whole six-pack of Coke cans under his arm and mentioned the addiction again.

Many HIV drugs were being developed by the medical community, but not quite fast enough for John. In the late 90s he had to have both legs amputated, but despite this terrible handicap, John continued directing the UCE choir for almost a year from his wheelchair!

Toward the very end I remember visiting John in the hospital and presenting him with a chart I had obtained of all classical music composers. Vertically, they were alphabetic by last name, and horizontally they were chronologically by year. Several of the most famous like Bach, Beethoven, and Mozart had small pictures. I had added John at his proper spot in the chart I gave him. I will always respect and admire John for his great ambition and perseverance virtually until he died.

3. Bart Bradfield at UCE – 2000 to present

One of the best tenors in the UCE Choir was a young, thin, blonde man named Bart Bradfield. Bart also composed and arranged choral music even before John Giles died. I remember John joking that we were one of the few church choirs with two composers as members! As well as an excellent musician, Bart was quite young and shy at first, but he has definitely outgrown those early limits.

Bart also started a professional choral group, the Chicago Choral Artists, whom I have heard several concerts from and have a couple of their CDs. They sing mostly accapella (unaccompanied) beautiful choral pieces perfectly in tune! Unfortunately, almost a couple of years ago the Chicago Choral Artists had to be dissolved.

Bart is a different style director than John Giles was. Under Bart, we end up singing just as beautiful and perfectly performed pieces – of a great variety of cultures, composers, and periods – but Bart spends much more time warming us up on Sunday mornings and at rehearsals so singing under him isn't quite as fun and enjoyable as it was under John. I still respect Bart for his great musical knowledge and choral techniques, so I enjoy singing under him. Bart insists on us singing with open mouths, a lot of air, and properly connecting all the notes in a line or phrase of music. He also insists that we change or add shape to long notes on the same pitch. I recently joined the UCE Music Committee which gives me much further background knowledge of our plans and resources.

4. Singing with the North Shore Choral Society (NSCS) – 1998 to present

I decided to join the 150 voice NSCS in the late 90s. Donald Chen has been Music Director since 1984. He resigned in 2008 and we selected our new Music Director, Julia Davids, who has just completed her first season with us (2009-10). Auditions were quite easy, and when Don Chen heard my perfect relative pitch, I easily got accepted as a Bass/Baritone. The NSCS rehearses every Tuesday evening at the Trinity Lutheran Church on Golf Road west of McCormick – over a mile from my condo. Fortunately, also Nancy Friday is willing to drive me during the cold winter when I can't bike independently.

Once I became a member, I had to purchase a black tuxedo with a black bow tie to wear at every concert. Every man has one. All the ladies have matching black skirts with a necklace of pearls to wear at concerts.

They normally perform three concerts a year. When they had a higher budget, they used to perform one at Northwestern University's Pick Staiger Concert Hall, at the Unitarian Church (before our stage was built, and mostly at the Parish Church or Saint Luke on Hinman Avenue just north of Main Street in Evanston. Our performance of Bach's St. Matthew Passion there got excellent reviews.

For three summers we have had the good fortune and opportunity to sing "Broadway Hits" under Eric Kunzel at Ravinia Park. Those have been fantastic experiences for me. The first year we also sang a second concert at Ravinia under Doc Severenson.

John Shea, who used to sing lead roles in Gilbert and Sullivan plays, now sings bass/baritone with me in the NSCS.

One of our greatest concerts was a recent partnership with the Chicago Philharmonic Orchestra (formerly Symphony II) to perform Beethoven's Ninth Symphony in Northwestern University's Pick-Staiger Concert Hall in May 2005. It was sold out with an actual attendance of over 90 percent.

In 2008 our long time music director, Don Chen, announced that he would resign. This started a long involved process of selecting a new music director who was not only good, but the majority of the NSCS members appreciated and would get along with. Out of many candidates, the selection committee narrowed it down to three. For the next year, they each would prepare us for one of our three annual concerts, then we would vote on which was best.

Dr. Julia Davids, a talented soprano and holds degrees in Education, Conducting, and Voice Performance from the University of Western Ontario, the University of Michigan, and a DM from Northwestern, was selected. She is an excellent musician and director, but demands a lot more of us than Don Chen did. Last year (2010-11) – our 75th anniversary – we completed an excellent concert season and closed with the *Mass in B Minor* by JS Bach. We are also expanding our exposure by having smaller choruses (of which I'm often a member) singing for grade schools and at senior retirement homes.

We just completed the second concert of the 2011-12 season with a sold out audience of 500 available seats to over 480 people in the Unitarian Church of Evanston singing Carl Orff's *Carmina Barana* with the Evanston Children's Choir. We got excellent reviews including a superb one in the local Pioneer Press. We're preparing Handel's *Israel and Egypt* for our final concert this season.



North Shore Choral Society performing at Unitarian Church with Director Julia Davids

5. Singing and Acting Gilbert and Sullivan with the Savoy Aires

Lillias Circle along with Frank Miller – first cellist of the Chicago Symphony Orchestra – founded a drama group in 1975, the Savoy Aires, who produce a Gilbert and Sullivan operetta once a year.

Iolanthe 1988

In 1988 I was a “peer” or member of the British parliament in *Iolanthe*. I’d played the record with the full dialogue so often, I knew the music and story virtually perfectly. The biggest challenge was to work out the “blocking,” or positioning – the exact spot you had to be at every note of every song, and exactly when you had to move, bow, turn, enter, or exit. John Shea sang the Lord Chancellor in that production.

Yeomen of the Guard 1989

The following year I sang as a yeoman in the play *Yeoman of the Guard*. This play is sub-titled “the Merryman and His Maid,” and has beautiful music.

Pirates of Penzance 1990

The next year I sang (and danced) in the chorus of *The Pirates of Penzance*. In the first act I was a pirate, and in the second act I was a policeman! John Shea sang Major General Stanley.

The Mikado 2001

The most recent play I’ve been in was *The Mikado*. I helped paint and prepare some of the scenery, as well as singing as a “gentleman of Japan.” I especially remember Ms JoAnn Minds, who was Queen of the Fairies in *Iolanthe* (back in 1988), singing the part of Katisha in *The Mikado*.

Musical Friendly People:

- Art Salzmann – besides singing baritone with me the UCE choir, Art has been stage manager in a good many Gilbert & Sullivan plays for the Savoy Aires including *The Gondoliers*. In *HMS*

Pinafore Art was Captain Corcoran, in *The Mikado* Art was head of the gentlemen of Japan chorus along with me.

- Alma Woods – Often she has given me a ride to and from the UCE choir rehearsals. Initially Alma was an alto, but now she is our only female tenor.
- Barbara DeCoster – she was an alto in the UCE choir. Also, Barbara often brings refreshments.
- Inge Kistler – she sings in the North Shore Choral as well as the UCE choir and is an expert in German pronunciation.
- Rob Geiger – is a good low bass in UCE choir. In addition, Rob is a good pianist and Rob is an excellent wood craftsman. He made the set of wooden slots for all of our music folder and hymnals.
- The late Bruce Johns has been a UCE bass ever since I can remember with Avon Gillespie. Bruce and I always liked to massage and/or tickle each other during the rehearsal warm-ups.
- Philip Martin – Phil is a fellow bass in the NSCS. Philip often gave me a ride home from the NSCS rehearsals. In addition, Phil is an excellent pianist. He gave me a free CD of his piano pieces recorded at a WFMT studio. Also, Phil invited my mother and I to a special piano duet at the Music Building plus the reception afterwards.



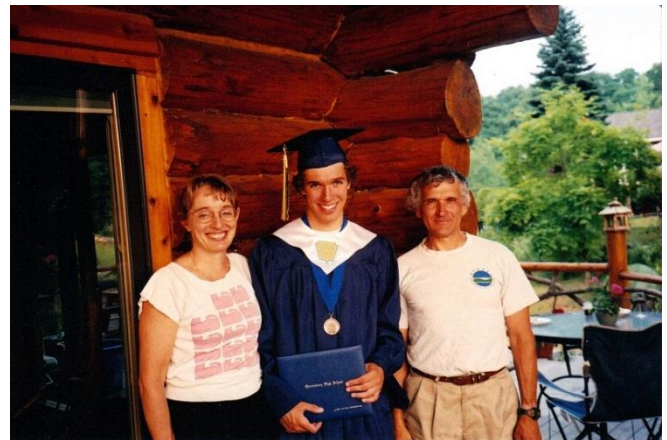
Carol and Jim's new house with Jim's new rails



Andy with Sunfish



Nate (right) and friends at his graduation party



Carol, Nate in cap, gown, holding graduation degree, and Jim



Nate and Marjorie



Nate in stern guiding raft with Marjorie in white hat in front

Our last visit with Mom was Christmas in 2007. That was after Mom had her first stroke, but still she enjoyed it very much and was pulled in a toboggan with Carol and Dorothy skiing to pull her.

They have bought a nice electric piano. Nick is taking lessons and he is becoming quite good. Carol is playing the piano too, but she freely admits that Nick is ahead of her. The photos of this visit are later in section **X 2007 Great Trips and Mom's Tragic Stroke**.

1. My Visit to Dorothy and Tom in July, 1999

The most recent time before my 50th birthday (see below) that I visited Dorothy and Tom in Lake Oswego, Oregon was in 1999. They had adopted both Duncan and Tara from Korea, and their main hobby had switched from biking to Dragon boating. This is a sport from Asia where many paddlers race in long thin boats, each with 20 paddlers, a drummer to keep them all in time, and a large dragon face mounted on the front of the boat. I got a chance to go out with them a couple of times on the Willamette River on practice runs. We also went up mount Hood and skied near the top.



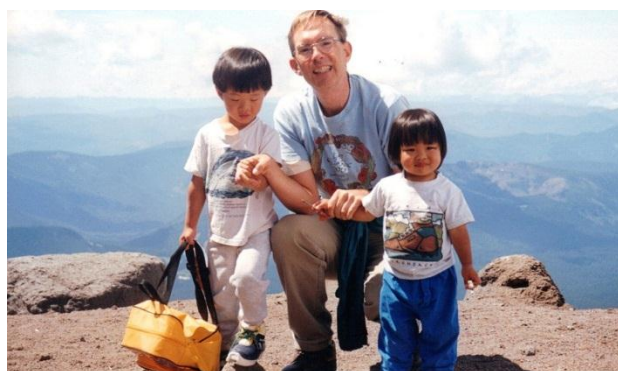
Dorothy and Tara



Tom and Duncan



Paddling dragon boat



Duncan, Andy, Tara halfway up Mount Hood



Andy Skiing on Mount Hood



Andy and Duncan in middle of Salmon Fountain, Portland

2. My 50th Birthday Party in Sun River, Oregon

My sisters Carol and Dorothy plotted together to give me a great 50th birthday party in Sun River, Oregon for which I did not have to pay any transportation or food costs! It actually took place several months after my real birthday (11-22-2000) in March of 2001. Dorothy's husband Tom's parents own an attractive home in Sun River. Carol, her daughter, Natalie, and Dorothy came initially. The Sun River house had a sauna or hot tub right next to it. On the first day, we three siblings and Natalie enjoyed soaking in it very much.

The Sun River house has many miles of bike paths near by, so we could easily bike or paddle on the Deschutes River. Dorothy and I went paddling the third day.

However, most of our time was spent downhill skiing on Mt. Bachelor, about twenty minutes away by car. On the fifth day our cousin, Jamie, from Seattle Washington, joined us downhill skiing at Mt. Bachelor. Jamie, Duncan, Tara, and I enjoyed the hot tub that evening.

The sixth day Carol, Dorothy and I went cross country skiing near the base of Mt. Bachelor. That evening was the big birthday party with a large cake, and a huge number of trick candles which couldn't be blown out. Tom and Jamie helped extinguish them in a glass of water before burning the cake.

On the final day we tried cross country skiing at Mt. Bachelor again. On the way driving back to Dorothy and Tom's home in Lake Oswego, south of Portland, Oregon, Duncan made several silly faces at me in the car using a rubber band.

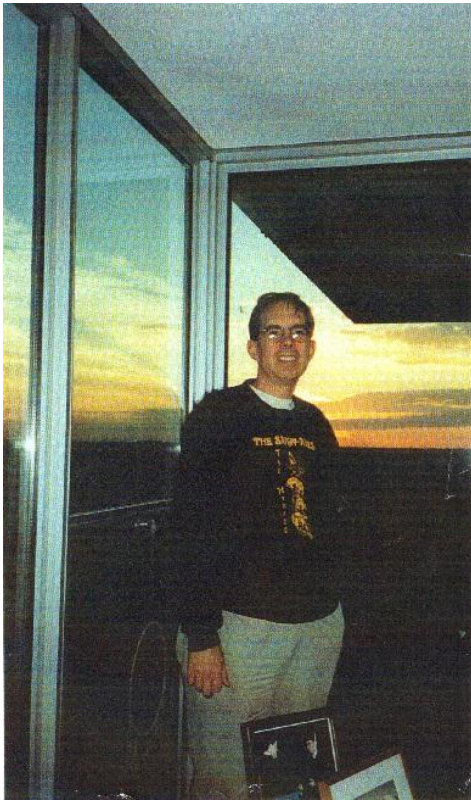
I enjoyed this party and chance to get together with my relatives very much. I resolved to split the expenses for similar parties for both Carol and Dorothy.

3. Double Birthday Party and Thanksgiving to Visit Dorothy and Tom

Since both Tara and I have the SAME birthday – November 22 – Mom and I took a trip to visit Dorothy, Tom, Tara, and Duncan to celebrate that double birthday and Thanksgiving in November, 2001. I helped Duncan with his model train set, we went walking and biking, we visited Duncan at his Tai Kwon Do class, then we has a great double birthday party. Ron (Tom's brother) and Rebecca came over to join us.

After everything was moved, I was basically settled in, and the place was tidy, I invited both Betty Dickman and Coralie Norwell over to see it. They were both quite positively impressed. My only slight regret is that the orange paint on all of the balcony rails – which I had assumed was only a primer and would be covered over – is the final color. I now have over twice the area I had in my studio apartment for only about 130% the cost! I can now easily refer to my new home as “the orange balcony building.”

In early 2003, I was pleased and surprised to meet my old friend from Kansas, John Searles, who is now an artist and was living in Oak Park (just west of Chicago), at an Evanston Art Festival where he won first prize for sculpture. I purchased his “Rotating Triangle” which is four feet seven inches on each of the outer three sides. Each consecutive, slightly smaller inner triangle is stacked upon and rotated at a slight angle from its larger “base.” All sixteen triangles John carefully cut from a single sheet of beautifully colored copper glued to a large sheet of wood which he then painted black! The copper is the front and the black wood is the edge of every triangle. For all fifteen outer triangles, each “side” of any triangle appears to be only one inch wide! John and his wife Jill Underhill came over to mount it on the west wall of my condo where I decided to put it. He had time to make two Rotating Triangles and gave me the choice between them. I chose the fancier sixteen level one. To see more of John’s excellent work, visit his website at www.searlesart.com.



Sunset from my new condo



John Searles, Jill, and I with his newly mounted rotating triangle in my new condo

My friend and fellow singer in the Unitarian Church Choir, Gay Menges, also lives in a unit on the top floor of the Optima Towers. (She couldn’t stand the orange balconies at first, but now more easily tolerates them). She gives me rides to and from choir rehearsals in bad weather and often after rehearsals

X 2007 – Great Trips, Then Mom’s Tragic Stroke

1. Dorothy’s Great 50th Birthday Trip to Belize

In March, 2007, we truly celebrated Dorothy’s 50th birthday by taking a trip to Belize and staying at Carribean Villas on the beach at Ambergris Caye (for the second time in over 30 years). Of course Dorothy’s complete family was there with Tom, Duncan and Tara. Carol came but brought only Natalie with her, and I came with Mom. Mom didn’t want to go on skiing trips, but gladly accepted when we invited her down to Belize.

There we snorkeled, visited the Mayan ruins on the mainland, fished, went bird watching, enjoyed meals at several good restaurants, relaxed, swam, and enjoyed ourselves. One afternoon I went windsurfing (for the first time in over 7 years), and was able to sail around and return (without being rescued).



Carol, Dorothy, Mom



(1) Duncan, Dorothy w cake, Carol, Natalie; (2) Dorothy, Carol, Andy, Mom at restaurant



Mom, Dorothy



Natalie, her kitten, Ivan, and Mom



Towing Mom on sled at Queensbury School



Carol, Dorothy and Mom



Nate and Mom



Heidi, Carol, and Mom



Andy by mountain lake



Carol and Neewah by swamp



Carol on upper bridge that Jim helped to build



Andy on same upper bridge



Andy sailing sunfish on Glen Lake



Gorgeous Sunset over Glen Lake on last evening

1. To Dorothy, Tom, Tara, Duncan, November 2009

I got to ski as well as celebrate Thanksgiving in Oregon with the Atwoods in November.



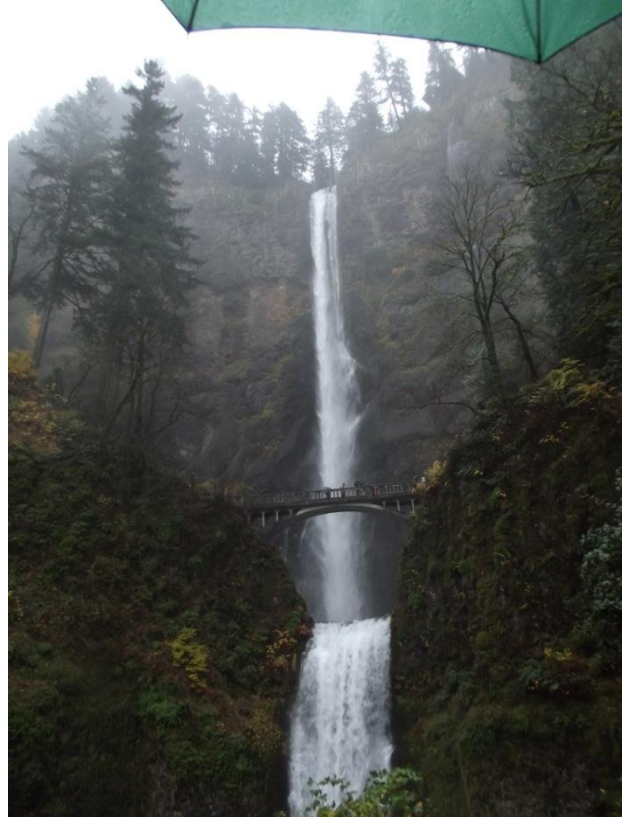
Dorothy playing our beautifully rebuilt Steinway Patent Grand piano



Tara and Andy playing memorize



Andy with Bridal Veil Falls



Multnomah Falls after it started to rain



Looking down to parking lot after hiking to top of Multnomah Falls in rain

XIII Use of Internet, Publications, and Political Demonstrations to Educate the Public

It is VERY IMPORTANT to spread information about: (1) food and chemical sensitivities, (2) nutrition, and (3) how you can avoid high medical costs by simply changing what you buy, use, and eat. This productive knowledge should go to the public at large because almost all medical insurance plans currently (2012) will **no longer cover** hospitalization in an “ecological unit” like the one I stayed in under Dr. Randolph in 1977 for close to one month with full medical insurance at that time. Instead, today people have to learn how to test for food and chemical sensitivities on their own at home in order to learn what foods and/or chemicals they should avoid, healthy lifestyle changes – such as regular exercise – they should adopt, and/or very effective-but-cheap alternative medicine in order to get well (without any expensive medications, many with very negative side effects).

1. Chair of the Environmental Task Force for Unitarian Universalists for Social Justice

The Unitarian Universalists for Social Justice (UUSJ) is a large union of all the Unitarian churches in northeast Illinois, southern Wisconsin, northern Indiana, and southwest Michigan. The active members are mainly from the Social Action and Green Sanctuary committees. I’ve recently designed a website for them at: <http://www.uusforsocialjustice.org/>.

UUSJ has several task forces: (1) Economic Justice and Homelessness, (2) Environmental, (3) Peace, and just recently added (4) Immigration. Each task force can send out “action alerts” (see description later), hold meetings and do as much as possible to help their cause. I am Chair of the Environmental task force and have been for over ten years. We mainly write and issue environmental inserts to be sent to all the churches in UUSJ. Several we have sent out are on Eating Organic Food, and Bottled vs Tap Water (tap water is much better). To see them all, open the UUSJ website with the link above, click on “Environment” in the upper left corner, and then all of our educational pieces are displayed by general topic for you to open and read.

Action alerts are sent via email to many in the UUSJ who wish to receive them. Whenever there is a specific pending political decision regarding any task force’s area, they often decide to issue an action alert. The specific letter with the bill number or issue is composed and sent by Allan Lindrup, our action alert Manager. Late in 2011 the Environmental task force issued an action alert to President Obama urging him to oppose the Keystone XL Pipeline.

I am also Communications Director for the UUSJ. This means it is my responsibility in the Fall, Winter, and Spring, to gather reports from every task force, a “Chair’s Corner” from the current UUSJ Chair, and any other important announcements such as Board Meetings, and combine them into a neat, two-column, four (or six) page newsletter. Allan sends me labels for all the people and churches who have to receive a hard copy. I have a few more than this printed, then mail the rest. I also maintain a much larger UUSJ Newsletter email contact list. Allan often sends me corrections and additions. All of these people receive the newsletter electronically.

2. Demonstrations against the Iraq War, Summer 2002 to Spring 2003

During the Summer of 2002 through the Winter and to the Spring of 2003 when President George H.W. Bush unilaterally invaded Iraq – publicly due to fears of Saddam Hussain’s weapons of mass destruction, but really to get more oil and to give VP Cheney’s Halliburton and the military industrial complex a lot more profits – I avidly participated in numerous demonstrations against it. The ones I attended took place in downtown Chicago, downtown Evanston, and by the Unitarian Church of Evanston after the service every Sunday. As you can see, the Unitarian Church is on a thoroughly driven street,

Ridge Avenue. Often many of the drivers would honk as they passed to symbolize support for our demonstration.



Anti-Iraq War Demonstration – downtown Chicago



Anti-Iraq War Demonstration – downtown Chicago



Anti-Iraq War Demonstration – downtown Chicago



Anti-Iraq War Demonstration – downtown Chicago



Anti-Iraq War Demonstration – Unitarian Church or Evanston



Anti-Iraq War Demonstration – downtown Evanston

3. Demonstrations against VP Cheney and Halliburton

Later, in June, 2004, I participated in a demonstration against VP Dick Cheney and his company, Halliburton, which was profiting so much from the Iraq war.



Demonstration against Halliburton



Demonstration against Halliburton

4. The NOHA Website, and The Talking Farm

By far my largest and greatest accomplishment in spreading worthwhile, useful, information on nutrition and the prevention of disease is the website I have designed and managed for the Nutrition for Optimal Health Association (NOHA) – see description in section about designing websites with my company, Superior Sites. After Mom's tragic stroke, NOHA was taken over by Mike Stroka and was renamed the American Nutrition Association (ANA). All of the nutritious and environmental articles that I posted on the NOHA website are still available as archives on the ANA website, but the ANA website is managed by someone else.

Most of this information is unavailable to the general public through the mass media because it is controlled by their large corporate advertisers and sponsors. As I mentioned previously in the section about staying in Dr. Theron Randolph's "Ecological Unit," the root causes of many chronic diseases, such as cancer, come from a lifetime of tiny exposures to "safe" low doses of many common chemicals and/or to many common foods. These chemicals are all around us in this modern, industrial age – in soap, perfume, cleaners, plywood, pressed wood, and in all pesticides. Naturally the large, powerful companies who make and use these chemicals do not want the truth about their harm to get out for fear of losing profit.

I greatly admire the founders of NOHA, because they refuse any financial support from and large companies or foundations. This gives them the freedom to present the truth on many subjects which would not be available elsewhere. This is both in the lectures they present and in the articles they publish in their quarterly newsletter, *NOHA NEWS*.

The NOHA website is at www.nutrition4health.org which now gives you the ANA website. It contains many pages:

- One is on the upcoming programs or lectures,
- One lists and describes all the audio and video tapes you can purchase of past lectures,

- One describes an option to have a box of fresh, organic produce left weekly on your doorstep,
- One describes our program to teach teachers to teach nutrition
- One is an order form to buy tapes or past issues of *NOHA NEWS*,
- One is a membership page containing all the text boxes for new members to fill in

But by far the largest and most extensive page is “Newsletter” which contains links to our on-line library of over 280 *NOHA NEWS* (now renamed Nutrition Digest) articles. There is a key-word lookup. In a text box you may enter any word(s) you desire, then click on the search button. You will get a listing of all the pages that contain the word(s) you entered.

I have written an extensive Access database program with, several routines in Visual Basic, to decode and then to count and report all the “hits” logged on every page – both unique and total for every *NOHA NEWS* article – on the NOHA website. The last period I ran it for was for the twelve months previous to last November, 2006. For that report, it counted 31,104 hits total hits and 11,517 unique hits to the main home page! Several of the articles got over three thousand hits. One on oral yeast infections go over 37,000 hits!

The Talking Farm is an organic farm planning to grow and sell organic produce from an area near the sanitary canal in the southwest corner of Evanston. I am just starting to volunteer there.

In 2011 The Talking Farm finally purchased a decent sized piece of land to grow organic food on and educate others how to do so. It is just southwest of Evanston on Howard Street on the south side about five blocks west of McCormick Blvd. In 2011 I went out there several times in 2011 just to help them clear unwanted weeds, bushes, and small trees away.

5. Our Family Fishwood Page

The first webpage I started designing on my own is our “Fishwood” environmental homepage. How we got the name is amusing. My youngest sister, Dorothy, has changed her last name to Atwood, but my middle sister, Carol, who is a doctor, decided not to change her name to Underwood since there are several quite negative future implications from that name. Whenever Dorothy wrote personal notes to Carol, she used the half-in-half name “Fishwood.”

I started it in the “my space” on our AOL connection. It now is at www.puregrassrootsinfo.org . I’ve added a neat graphic program which has five green apples following the cursor wherever you go.

6. Edible Evanston from Evanston 150

Evanston will be celebrating its 150th anniversary in 2013. For this reason Evanston 150 was formed to decide the best ten ideas to improve the city by then. One of these ten ideas was “Edible Evanston” to encourage more local organic gardening and farmers markets, and to teach good nutrition. I joined Edible Evanston and am Co-Chair of the Education sub-committee. I’ve been to several meetings so far at the Ecology Center, and several good ideas have been discussed, but no action taken yet.