

Experts debate the issue of cooked and uncooked foods

Editor's note: The following question and answer is available as a public service from the editors of The Environmental Magazine. Anyone wanting to submit questions regarding environmental issues can write to: EarthTalk, in care of, The Environmental Magazine, P.O. Box 5098, Westport, Conn. 06881; or submit questions to its e-mail address: earthtalk@emagazine.com.

Dear EarthTalk: Are raw foods healthier to eat than cooked foods?

— Coledale, Australia

Proponents of raw foods, sometimes called "living foods," believe that raw foods are much healthier



EarthTalk

•Environmental Magazine

for the body than cooked or processed foods.

Followers of diets based wholly or largely on raw foods claim numerous health benefits, including increased energy levels, clearer skin, better digestion, weight loss and reduced risk of heart disease.

A purely raw food diet, as its name implies, is based on consum-

ing only unprocessed, usually organic, whole plant-based foods, such as fresh (or dried) fruits and vegetables, nuts and seeds, beans, grains and legumes, other organic or natural foods which have not been processed, and freshly made fruit and vegetable juices.

According to experts on raw foods, uncooked foods are believed to contain essential food enzymes which help the digestion process without relying on the body to produce the enzymes that are lost through cooking.

It is also thought that cooking (heating foods above 116 degrees Fahrenheit) destroys vitamins and

minerals and that cooked foods take longer to digest and tend to allow partially digested fats, proteins and carbohydrates to clog up our digestive system and arteries.

"Raw foods make optimal assimilation of nutrition easy, provide pure, clean energy for the body, and do not require a lot of energy for digestion," said Renee Loux Underkoffler, an author on the subject of raw foods.

Traditional nutrition experts refute this idea, though the American Dietetic Association and others are doing studies regarding the possible benefits of a raw food diet.

Claudia Gonzalez, a registered

dietitian and spokesperson for the ADA says that eating all raw, all the time, is an "extreme" diet.

"If you eat more raw foods in your diet (without adding calories) that's always a good thing," Gonzalez said.

"Replacing refined, processed foods with raw foods is a healthy move.

"Eating a few raw meals a week can be great, but it's important not to go to the extreme," she said.

Gonzalez, who has studied raw food diets, says it's hard to eat more than 1,200 calories a day in raw foods. While this might be great for weight-loss, she says, once the

weight comes off, that might not be enough to sustain a person's energy, especially if they are doing physically demanding work.

"If you decide to go raw, there are benefits to the environment as well," said Monica Dewart, a nutritionist.

"The lower you eat on the food chain, the less impact you will have on the Earth's resources," Dewart said.

"One-hundred percent of the waste materials, such as seeds and peels, are biodegradable and great for composting," she said.

"This is the ultimate environmentally-friendly diet."

State urges Kansans to report West Nile virus

TOPEKA — In preparation for West Nile Virus' return in Kansas, the Kansas Department of Health and Environment reminds physicians to report West Nile Virus cases to the state and Kansas residents to assist with surveillance.

The virus is carried by birds and transmitted by mosquitoes that bite the infected birds, which then transmit it to horses and people.

This is the time of year the state's health department would expect to see cases beginning to appear in mosquitoes, birds, and horses, and therefore, people are at risk of becoming infected.

Physicians can call the Epidemiology hotline to report cases of West Nile Virus or suspect cases. The number is (877) 427-7317.

In addition, state officials are asking Kansans to report dead birds to help determine when West Nile Virus reappears in the state.

Test results in 2004 from birds, mosquitoes and horses throughout Kansas have not found the mosquito-borne virus, but it is possible the disease is already present in the state.

"We expect to find West Nile Virus in Kansas at any time now, as we had found evidence of the virus about this time last year" said Gail Hansen, acting state epidemiologist.

"We ask Kansans to help us with the surveillance of the disease by reporting dead birds for testing."

Kansans are encouraged to call the West Nile Virus Hotline at (877) 228-2287 and report the following dead birds for testing - crow, blue-jay, magpie, or bird of prey (hawks, owls, eagles), but these dead birds must meet the following criteria for testing. The criteria includes: (1) the bird should not have been dead longer than 24 hours or (2) the bird

should be intact and should be placed in double plastic bag in freezer until submitted.

Callers will be given directions to their local Kansas State University Extension agent for drop-off of the bird.

K-State Extension agents will then ship the specimens to a designated testing lab.

Test results will not be released to individuals submitting birds, but birds testing positive will be reported on the West Nile Virus website.

To reduce the risk of the West Nile virus, Hansen recommends the following:

- Use insect repellent with DEET and wear protective clothing when practical;
- Remove standing water;
- Use larvicide in water that cannot be removed;
- Refresh water for bird baths, pet

bowls, and wading pools;

• Limit outdoor activities at dawn and dusk when mosquitoes are most active; and,

• Assist with dead bird testing by calling the West Nile Virus Hotline. In 2003, 90 human West Nile Virus cases with neurological illness were confirmed through the state's Division of Health and Environmental Laboratories.

Of these 90 cases, 7 deaths were confirmed as West Nile Virus cases. In addition, private labs confirmed 731 human West Nile Virus test results. Three additional deaths were attributed to the virus, but unconfirmed through lab work.

In 2002, 22 West Nile Virus human cases with neurological illness were confirmed through the labs and no deaths reported.

For more information on West Nile Virus, go to www.westnile-ks.com.

Wichita nurse charged

WICHITA — A Wichita area nurse who allegedly used pain-killing medication prescribed for a patient has been charged with theft and possession of narcotic drugs and the mistreatment of a dependent adult, said Attorney General Phill Kline on Friday.

Debbie J. McKee, 37, of Derby, was charged in Sedgwick County District Court last week.

Charges included one felony count of mistreatment of a dependent adult, one felony count of possession of narcotic drugs or stimulants and one misdemeanor count of theft.

After her arrest by Sedgwick County Sheriff's officers, McKee was released on bond, said Jan Lunsford, public information officer with the Kline's office.

"Her preliminary hearing is scheduled for Tuesday, June 29,"

she said.

While working as a nurse in a Wichita hospital on July 11, 2003, McKee is alleged to have stolen injectable morphine prescribed for a patient in her care and used it herself, Kline said.

State guidelines for mistreatment of a dependent adult is a severity level six person felony punishable by a sentence of 17 to 46 months in prison and a fine of up to \$100,000.

Possession of narcotic drugs or stimulants is a severity level four drug felony punishable by a sentence of 10 to 42 months in prison and carries a fine of up to \$100,000.

Misdemeanor theft is punishable by a sentence of up to one year in the county jail and/or a fine of up to \$2,500, Lunsford said.

Amateur astronomers search for killer asteroids with historic telescope

LAWRENCE (AP) — Pieces of a University of Kansas telescope built in 1929 and refurbished by the discoverer of Pluto are coming out of storage and being given a new mission.

NASA has given a Topeka-based group of amateur astronomers \$56,060 to use optical parts of the so-called Pitt telescope to search for asteroids that could hit the Earth.

The Northeast Kansas Amateur Astronomers League has asked ScopeCraft of Kanab, Utah, to build

“ Recycling the history is one of the most important parts of this project.”

Gary Hug,
project's lead investigator

the group a 1,600-pound, 9-foot-3-inch telescope, which will be located at Fairpoint Observatory near Topeka.

While building new lenses and mirrors wouldn't be that costly, the group said it felt right to bring the historic parts out of storage.

"Recycling the history is one of the most important parts of this project," said Gary Hug, the project's lead investigator.

"I don't think it's benefiting us much financially to use the optics. But it's the history of it.

"We're keeping the tradition alive."

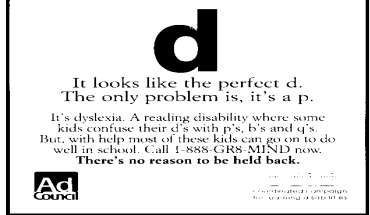
The 27-inch diameter mirror, the first in the world to use Pyrex, was built in 1929 and paid for by Kansas City businessman William Pitt. Originally intended for univer-

sity researchers to look for asteroids, the telescope was not completed and dedicated until 1939.

During that time, a graduate student named Clyde Tombaugh, fresh off his 1930 discovery of the Solar

System's ninth planet, refined the telescope's optics as part of his graduate studies.

The telescope was mothballed in 1944, reused in 1952 and put in storage again in 2001.



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WEEKDAYS JUNE 22 - JUNE 28

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBV/ABC 4 (6)	News		Good Morning America				Mak-eover	Mak-eover	The View		Holly-wood	News
KSNK/NBC 8 (9)	News Cont'd		Today						Live With Regis and Kelly		Martha Stewart Living	
KBSL/CBS 12 (11)	News					The Early Show		The 700 Club		The Price Is Right		The Young and the Restless
K15CG (3)	World News	Yoga	Body Electric	Caillou	Boohbah	Barney-Friends	Dragon Tales	Lions	Sesame Street		Clifford-Red	Teletub-ies
WGN (13)	Chang-ing	Believer Voice	Celebrity Justice	Hillbil-lies	Hillbil-lies	Happy Days	Matlock		In the Heat of the Night		Rockford Files	
NICK (29)	Oddpar-ents	Rocket Power	Rugrats	SpongeBob	Max & Ruby	Maggie-Beast	Dora the Explorer	Blue's Clues	Dora the Explorer	Blue's Clues	Rugrats	Rugrats
FAM (30)	Digimon-Digital	Bey-blade	Power Rangers	Digimon-Digital	Varied	Living the Life	The 700 Club		7th Heaven		Full House	Full House
USA (31)	JAG		Nash Bridges		Movie			Movie				
TBS (37)	Saved by Bell	Saved by Bell	Movie				Dawson's Creek		Dawson's Creek		Saved-Bell	Saved-Bell
TNT (38)	The Lost World		The Pretender		Charmed		ER		ER		Judging Amy	
DSC (42)	Paid Program	Paid Program	Paid Program	Paid Program	Varied Programs		Double Agents		Designer Guys	Designer Guys	Rally Round the House	
A&E (47)	Varied Programs		Movie				Murder, She Wrote		Third Watch		City Confidential	
ESPN (49)	SportsCenter		SportsCenter		Sports-Center	Varied	SportsCenter		SportsCenter		Tennis	Varied
HBO (7)	Movie Cont'd	Varied Programs			Movie	Varied Programs						
DISN (17)	Koala Brothers	Stanley	The Wiggles	JoJo's Circus	The Wiggles	Stanley	Rolie Polie	Rolie Polie	Out of the Box	PB&J Otter	Koala Brothers	The Wiggles
MAX (21)	Movie Cont'd	Varied Programs				Movie		Varied Programs		Movie		Varied

WEEKDAYS JUNE 22 - JUNE 28

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
KLBV/ABC (4) (6)	All My Children		One Life to Live		General Hospital		Dr. Phil		Judge Judy	Judge Judy	News	ABC Wld News	
KSNK/NBC (8) (9)	News	Family Feud	Days of Our Lives		Passions		Inside Edition	Family Feud	Millionaire	Jeopardy!	News	NBC News	
KBSL/CBS (12) (11)	News	Bold, Beautiful	As the World Turns		Guiding Light		The People's Court		Oprah Winfrey		News	CBS News	
K15CG (3)	Reading Rainbow	Mister Rogers	Varied Programs			George Shrinks	Beren. Bears	Liberty's Kids	Cyberchase	Arthur	Zoom	Business	
WGN (13)	News		In the Heat of the Night			Street Smarts	Street Smarts	Cosby Show	Cosby Show	Fresh Prince	Fresh Prince	Home Improve.	Will & Grace
NICK (29)	Varied Programs						Oddparents		Jimmy Neutron	SpongeBob	U-Pick	Hey Arnold!	Rugrats
FAM (30)	Family Matters	Family Matters	Step by Step	Step by Step	Switched!	Knock First	7th Heaven		Boy Mts. World	Boy Mts. World	Full House	Full House	
USA (31)	JAG	Varied Programs										Walker, Texas Ranger	
TBS (37)	Cosby	Cosby Show	Cosby Show	Fresh Prince	Fresh Prince	Steve Harvey	Steve Harvey	Drew Carey	Drew Carey	Home Improve.	Home Improve.	Seinfeld	
TNT (38)	Law & Order		NYPD Blue		NYPD Blue		Judging Amy		Angel		Charmed		
DSC (42)	Surprise by Design		Surprise by Design		Rally Round the House		Double Agents		Varied Programs				
A&E (47)	American Justice		Movie				Murder, She Wrote		Third Watch		City Confidential		
ESPN (49)	Tennis								Around the Horn		Interruption	SportsCenter	
HBO (7)	Movie	Varied Programs						Movie		Varied Programs			
DISN (17)	JoJo's Circus	Stanley	House of Mouse	House of Mouse	Recess	Recess	Lilo & Stitch	Lilo & Stitch	Kim Possible	Proud Family	Even Stevens	Lizzie McGuire	
MAX (21)	Movie Cont'd	Varied Programs		Movie	Varied Programs						Movie	Varied	

TUESDAY JUNE 22

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBV/ABC (6)	(5:59) News	Ent. Tonight	8 Simple Rules	I'm With Her (CC)	Accord-ing-Jim	Less-Perfect	NYPD 24/7 Hour One (N) (CC)	N-ws (CC)	Nightline (CC)	Jimmy Kimmel Live (N) (CC)		
KSNK/NBC (9)	N-ws	Wheel of Fortune	The Next Action Star (N) (CC)		Last Comic Standing (N) (CC)		Law & Order: Sp-cial Victims		N-ws (CC)	The Tonight Show (N) (CC)	Late Night (N)	Late Night (N)
KBSL/CBS (12) (11)	N-ws (CC)	Friends (CC)	AFI's 100 Years ... 100 Songs A countdown of the hundred greatest songs in American movies. (N) (CC)				N-ws (CC)		Late Show Kevin Kline, Nicole Richie.		Late Night	
K15CG (3)	The NewsHour With Jim Lehrer		Nova Volcano Above the Clouds		Scientific American Frontiers (N)		P.O.V. Farmingville (N) (CC)		That's My Boy		Charlie Rose (N) (CC)	
WGN (13)	Will & Grace	Home Improve.	Movie: RoboCop 2 (1990) The futuristic cyborg sets out to destroy a drug kingpin.				WGN N-ws at Nine (CC)		Becker (CC)	Becker Crosswalk	Elimi-date	The 5th Wheel
NICK (29)	Jimmy Neutron	Sponge-Bob	Oddpar-ents	Sabrina-Witch	Father-hood (N)	Cosby Show	Who's Boss?	Cosby Show	Rose-anne	Rose-anne	Cosby Show	Cosby Show
FAM (30)	7th Heaven (CC)		Movie: The Sandlot ★★½ (1993, Comedy-Drama) Tom Guiry, Mike Vitar.				Whose Line?	Whose Line?	The 700 Club (CC)		America's Funniest Home Videos (CC)	
USA (31)	JAG The Black Jet (CC)	Law & Order: Sp-cial Victims	Movie: Friday ★½ (1995) Buddies in South Central L.A. ponder repaying a dealer.				Law & Order: Sp-cial Victims		Karen Sisco Blown Away (CC)			
TBS (37)	Seinfeld (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Outback Jack (Series Premiere)	Sex and the City	Sex and the City	Outback Jack		Movie: Funny Farm ★★½ (1988) (CC)	
TNT (38)	Law & Order: Act of God (CC) (DVS)		Law & Order: Fools for Love (CC) (DVS)		Law & Order: Tabula Rasa (CC) (DVS)		Charmed Chris and Leo wind up in an alternate world where evil rules. (CC)			Angel Reunion (CC)		
DSC (42)	The FBI Files (CC)		The FBI Files: Deadly Takeover (N)		Big Motorcycle 1 (N)		Great Biker Build-Off (N)		The FBI Files: Deadly Takeover		Big Motorcycle 1	
A&E (47)	American Justice		Biography: Ted Bundy		Cold Case: Files Inmates' testimonies convict a murderer. (N) (CC)		Crossing Jordan The Digger (CC)		Biography: Ted Bundy			
ESPN (49)	ESPN25: Who's No. 1 (N)		ESPN25: The Headlines (N)		2003 World Series of Poker		Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Outside-Lines	Baseball Tonight
HBO (7)	(5:00) Movie: Farwell, King		Movie: Cradle 2 the Grave: ★★ (2003, Action) Jet Li, DMX (CC)		Movie: Inspector Gadget 2 (2003) Gadget battles Claw and a device that freezes time.		Real Sports (N) (CC)		Six Feet Under In Case of Rapture		Movie: F-mme: Fatalite ★★ (2002)	
DISN (7)	Sister, Sister	That's Raven	Movie: Inspector Gadget 2 (2003) Gadget battles Claw and a device that freezes time.				That's Raven		Sister, Sister	Justice League	World Mts. Boy	Even Stevens
MAX (21)	(5:30) Movie: The Good Girl (2002)		Movie: Head of State ★★ (2003, Comedy) Chris Rock, Bernie Mac (CC)				Movie: From Dusk Till Dawn ★★ (1996, Adventure) George Clooney, Cyndi Lauper (CC)					