

Pure Facts

Newsletter of the Feingold® Associations of the United States



April, 1990

Vol. 14, No. 3

State, Government Agencies Study Chemical Sensitivity

Researchers from the Massachusetts Institute of Technology and the University of Texas Health Science Center confirm that chemical sensitivity is a real medical problem for many. They noted, "The existing evidence does suggest that chemical sensitivity is increasing and could become a large problem with significant economic consequences related to the disablement of productive members of society."

In a report prepared for the New Jersey Department of Health, the authors Nicholas A. Ashford and Claudia S. Miller considered the evidence to be "highly suggestive" that exposure to toxic substances can result in medical problems. These toxic substances can be found in our everyday surroundings. New carpeting, office machinery, plastic and particle board furniture, perfumes, construction materials and insulation, paints, and insecticides all release gases. When they are found in tightly sealed buildings, the problem is magnified. While some people have the ability to tolerate even

high levels of these fumes, others have a lower threshold, and can react with symptoms such as respiratory problems, headache and mental confusion. People who are exposed to agricultural and industrial chemicals are also at high risk.

The symptoms of chemical sensitivity can also be induced by products of an unhealthy environment, such as diesel fumes, toxic waste dumps and pesticides.

Another source of sensitivity includes chemicals used in consumer products, foods and drugs.

Chemically sensitive adults are in-

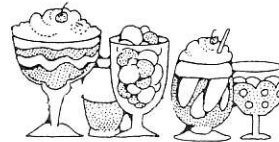
debted to Mary Lamielle for her tireless efforts to bring this problem to the attention of the public and the legislators of her state. Mary is director of the National Center for Environmental Health Strategies, 1100 Rural Avenue, Voorhees, NJ 08043. The Center is a nonprofit organization providing information and support for the chemically sensitive.

In a related study, the Environmental Protection Agency measured the levels of 32 garden and household pesticides in 4,000 homes. The agency found contamination inside the houses to be far greater than outdoors.



Is NutraSweet Safe?

By Virginia Messina, M.P.H., R.D.



NutraSweet has taken the diet food industry by storm. Research shows, however, that the chemical sweetener may be inadvertently causing a storm of a different sort, a storm inside our brain cells.

Aspartame, the chemical marketed as Nutrasweet, is made from a combination of two amino acids—phenylalanine and aspartic acid. Richard Wurtman, M.D., a researcher at the Massachusetts Institute of Technology in Cambridge, MA, found that the chemical may promote convulsions. He published in the medical journal, *The Lancet*, reports of three people who had had grand mal seizures, collapsing as their muscles jerked violently, after consuming large amounts of NutraSweet-flavored soft drinks.

Wurtman had been hired as a consultant to G.D. Searle and Co., NutraSweet's manufacturer. But while working with Searle, Wurtman found and reported on the seizure cases. These people had never had seizures before. There was no reason why they should have had seizures, except for the effect Wurtman suspected NutraSweet had had on their brain cells.

The company did not listen to Wurtman's concerns. He came to believe that Searle was not particularly interested in what he had to say. He broke off his relationship with Searle and went to work to investigate the chemical additive and to bring his findings to federal authorities. As the case reports of seizures accumulated, Wurtman became more and more con-

cerned about the connection between NutraSweet and seizures.

When we consume aspartame, we are consuming a rich source of phenylalanine. Phenylalanine can damage brain cells. High levels of phenylalanine develop in children with a disease called phenylketonuria, or PKU. Profound brain damage and mental retardation can result. Phenylalanine affects brain cells directly, and interferes with substances in the brain which are responsible for preventing seizures.

How much NutraSweet can we consume and still be sure that the phenylalanine levels in the brain are safe? No one knows. Children and pregnant women should never con-

Nutrasweet, continued on page 6

The Feingold® Associations of the United States, Inc., founded in 1976, are non-profit volunteer organizations whose purposes are to support their members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

Norsk Feingold Forening

A letter from Feingold volunteers in Norway

The association was founded in February, 1979. At that time a couple of families had used the Feingold Program after reading the book, *Why Your Child is Hyperactive*.

Among Norway's 4.2 million people we have answered 2,500 to 3,000 inquiries about the program.

We give advice so families can help themselves. That is quite possible here in Norway since we have only 130 permitted additives. Among these 130 additives, 19 are natural colors and just a few are synthetic.

Norwegian law requires all of these additives to be declared with their name or number [a system used by European countries] or just "aromatics" [flavoring]. There are an unknown number of aromatics, in addition to the 130 additives, but they have to be labeled. Most of our common food is plain and natural, all over the country. Our greatest problem is the hidden anti-oxidants BHA and BHT which are allowed to be used in small amounts without labeling.

Another problem for us are the doctors; a few of them are interested. But the most positive support has come from alternative professionals — homeopaths, chiropractors, etc.

Several studies are now underway on cows milk as a cause of A.D.D. (Here, they use the term M.B.D.)

Many of our schoolteachers have taken the Feingold program seriously from the first moment, however. Those people who have to take responsibility for the children — the families, teachers, nurses, etc. — have seen what the program is doing. I feel we are in an explosion of interest now, after 13 years.

It's very difficult to arrange meetings. The Feingold families live so far apart, all over the country, and long

travel is not easy. We use the phone a lot and write letters. There are about 12 contact persons spread over the country; they receive *Pure Facts* from me every month and can guide other families in their area.

Many students, especially in home economics, have received material from us to help them write their final examination.

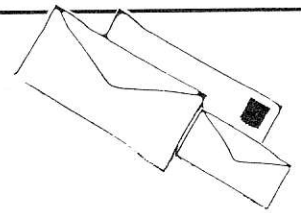
I find our most important thing to do is say as loud as possible: "Here we are, use us!" Members of our association have written articles in weekly magazines, talked on our Norwegian broadcasting, made speeches for teachers and doctors, etc. We still have not yet been on a TV program, but with the videotape from FAUS I will try.

Twice a year we print a newsletter for our members. We translate a lot from *Pure Facts*, write about salicylates, write about food and recipes and hidden additives. We are also concerned about sick buildings, fumes from paint and gasoline, and questions about our environment.

Some of our members have noticed the same reaction using a combination of the diet and Ritalin as you have. The discussion of Ritalin was very useful to us. [Editor's note: *Pure Facts* for April, 1989 discusses the association's policy on drugs and how parents have combined diet and drugs.]

I am a farmer, studied home economics years ago, and work for the Feingold Association in my free time. My Feingold son is 21 and is doing quite well in university studies. He doesn't follow the program strictly now, but his life is quite normal.

My best greetings to all of you from Hanne-Sofie J. Lillevedt, Chairman, Norsk Feingold Forening, N-5210 Kalandseidet, Norge.



Letters to FAUS:

Two Little Girls

"Dear FAUS; Please send me a diet plan for a hyperactive child. She is going to be six this December and can't even sit long enough to eat her supper. She is even failing kindergarten."

L.W.

"Dear FAUS; This morning I called your telephone number to ask for additional information for using the Feingold Diet. We are trying the diet with our six-year old daughter for hyperactivity, using limited materials from a friend whose son is on the diet.

"Our daughter has already commented that with the diet her "bottom doesn't wiggle" during school."

Holly J. Kooistra
Boone, IA

...and One Boy

"Dear FAUS; The proof is in the pudding! My son Steven, has been on the Feingold Program for about three weeks now, and we have such a sweet, loving child who makes terrific grades in school and has simply improved so much

"I began diet modification about four months ago, though mostly on my own, but I did see a big change in his behavior and attention span.

"I've begun trying some of the "extras" on the food list to give him some sweets. Recently I bought a brand of pudding I saw on the Foodlist, but I bought a different flavor.

"Well, let me tell you that I noticed an almost immediate change in my son. He threw a terrible temper tantrum, hit both of his brothers several times, yelled at all of us, and so on and on. It has been so long since we have seen this behavior in Steven, that we almost forgot about it (thank goodness!).

"Well, whenever anyone attempts to tell me that it's just because of maturity that Steven is so much sweeter and clamer, I can just continue to remind myself that "the proof is in the pudding!"

"Thank you, FAUS, for being there!"

Lea English
Greenwell Springs, LA

Artificial Fat Approved

Now that the Food and Drug Administration has approved Simplese, consumers are being offered food made with fake fat as well as fake sweeteners.

Simplese, which is manufactured by the NutraSweet Company, does not appear to have the same safety hazards as aspartame. It is made from egg and milk proteins. Since Simplese cannot be heated, it will be used in foods such as salad dressings and frozen desserts, and is now available in a dessert called Simple Pleasures. (At this time we do not have any information about whether products containing Simplese are suitable for Feingold members.)

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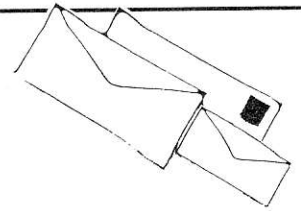
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Beef Strips Oriental

1 lb. round steak, 3/4 inch thick
oil
1 C. water
2 Tbs. soy sauce
1 garlic clove, minced
1 C. carrot slices
1 C. celery slices
2 C. (1/2 lb.) mushroom halves
1/4 C. cold water
2 Tbs. cornstarch
1/2 C. grated Parmesan cheese (optional)
hot cooked rice

Cut meat into strips 1/4 inch wide and 3 to 4 inches long. Brown meat in oil; drain. Add water, soy sauce and garlic. Cover; simmer 45 minutes. Add vegetables; cover and continue cooking 15 to 20 minutes. Combine cornstarch and water, stirring until well blended. Gradually add cornstarch mixture to hot meat and vegetables, stirring constantly until mixture boils and thickens. Remove from heat; stir in cheese. Serve over rice. Serves 4.

Sweet and Sour Meatballs

1 lb. ground beef
1/4 C. dry bread crumbs
1/2 tsp. instant minced onion
1/2 tsp. salt
1/8 tsp. pepper
1 Tbs. oil or shortening
1/4 C. sugar
2 Tbs. cornstarch
2 Tbs. soy sauce
2 Tbs. vinegar
1/2 C. water
1/2 C. reserved pineapple syrup
1 can (15 1/4 oz.) pineapple tidbits or chunks packed in own juice, drained (reserve juice)

In large mixing bowl, combine ground beef, bread crumbs, onion, salt and pepper; mix well. Shape into 1-inch balls. Brown in hot oil in fry pan. Drain off drippings; remove meatballs. Combine sugar and cornstarch in fry pan; stir in soy sauce, vinegar, water and pineapple juice. Cook, stirring constantly, until mixture boils and thickens. Add pineapple and meatballs. Cover and simmer 15 minutes. Serve over rice. Serves 4-5.

Stove Top Tuna Macaroni And Cheese

1 1/2 C. elbow macaroni, uncooked
1/2 lb. mushrooms, sliced
2 Tbs. butter
2 Tbs. flour
1/4 tsp. salt
1/8 tsp. pepper
1 C. milk
6 oz. Monterey Jack cheese, cubed
2 cans tuna (6 1/2 oz. each), drained

Cook macaroni according to package directions. Saute mushrooms in butter until all liquid is evaporated and they are lightly browned. Stir in flour, salt and pepper. Remove from heat and slowly stir in milk. Cook, stirring constantly until thickened. Add cheese and tuna and cook slowly until cheese is melted and mixture is bubbly. Stir in macaroni and heat through.

Zesty Chicken Oregano

2 1/2 -3 lb. fryer chicken, cut up
1/2 C. oil
1/4 C. lemon juice
2 tsp. oregano
1 tsp. salt
1/2 tsp. pepper
1 clove garlic, chopped
lemon slices

Place chicken in 9 x 13 pan. Mix next 6 ingredients and pour over chicken. Cook for 30 minutes, uncovered, in 375 degree oven, spooning oil mixture over chicken occasionally. Turn chicken pieces over and continue cooking for about 30 minutes, or until thickest pieces are done. Garnish with lemon slices.





Turkey Tetrazzini (microwave)

- 1/4 C. butter or margarine
- 1/4 C. flour
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 C. chicken broth
- 1 C. milk
- 2 to 3 C. cut-up cooked turkey or chicken, or 1 lb. ground turkey, cooked and crumbled
- 1 pkg. (8 oz.) spaghetti, cooked and drained
- 1 can (4 oz.) sliced mushrooms
- 1/4 C. grated Parmesan cheese
- Paprika (optional--use on Stage II)

In 3-quart microwave casserole dish, heat butter on HIGH 1 to 2 minutes or until melted; stir in flour, salt and pepper. Gradually add broth and milk, stirring until smooth. Heat on MEDIUM for 4 1/2 to 5 minutes, stirring twice. Stir in turkey, spaghetti, and mushrooms; top with parmesan cheese. Optional--Sprinkle with paprika (Stage II). Heat uncovered on MEDIUM for 6 to 7 minutes. Let stand, covered, for 7 minutes.

NOTE: May be prepared ahead and refrigerated before final cooking. Heat for about 11 minutes on MEDIUM.

Foil-Baked Fish with Vegetables

- 1/3 C. lemon juice
- 1 to 2 Tbs. soy sauce
- 4 sole or flounder fillets (1 lb.)
- 1 C. chopped broccoli
- 1 C. 1 x 1/4-inch carrot sticks (2 medium carrots)
- 1 C. 1 x 1/4-inch celery sticks (3 ribs)

Prepare sauce: Stir together lemon juice and soy sauce in small cup.

Center each fillet on a 12-inch square of foil. Arrange vegetables in three piles on each fillet. Spoon sauce over.

Fold foil over each fillet to make packets; pleat seams to securely enclose. Place on cookie sheet.

Bake in preheated oven at 450 degrees for 30 minutes, or until fish just begins to flake when tested with a fork. Serves 4.

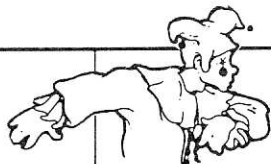
Note: Other vegetables, such as zucchini, may also be used.



Chicken Parmesan (Stage II) (microwave)

- 2 boneless chicken breasts, skinned, split and pounded thin (about 1 to 1 1/4 lb.)
- 3/4 C. seasoned dry bread crumbs
- 1/4 C. grated Parmesan cheese
- 1/4 tsp. paprika
- 1 egg, beaten with 1/4 C. water
- 2 Tbs. oil
- 1 can (8 oz.) tomato sauce or 1 C. spaghetti sauce
- Oregano
- 1 C. shredded Mozzarella cheese (about 4 oz.)

Dip chicken in bread crumbs mixed with parmesan cheese and paprika, then in egg and again in bread crumb mixture. Coat bottom of microwave safe oblong baking dish with 1 Tbs. oil. Place chicken in dish; sprinkle with remaining oil. Heat in microwave oven on HIGH for 2 to 2 1/2 minutes; turn chicken over and heat an additional 2 to 2 1/2 minutes on HIGH. Top with tomato sauce and season with oregano; heat on HIGH for 3 1/2 to 4 1/2 minutes or until sauce is hot. Sprinkle with mozzarella cheese and let stand, covered, 5 minutes or until cheese is melted.



April Foolers — No Foolin'

Updates

Feingold Candy

Our February issue contained a story about one of our members, Nancy Kemble, who makes natural candy and sells it in her store in Dover, Delaware. Nancy was beginning a mail order service which would provide hard-to-find candy for Feingold families. We were saddened to learn of a serious illness in the family; this has forced Nancy to close her shop, and put aside the plan for mail order candy. It is too early to say if she will be able to resume her business and proceed with the mail order plans in the future.

Check your Foodlist and Feingold School Year Calendar for information on finding natural candy.

Feingold Camp

Linda Bryan is proceeding with plans to hold a summer camp session in the beautiful Pocono Mountains of Pennsylvania on the week of June 17 - 23 — the same week of the FAUS conference. Hawley, where the camp is located, is in the Northeastern part of the state, about 285 miles from the conference site. Naturally, the food served will all be "Feingold safe."

For information, contact Linda at Special Menu Tours, RD 3, Box 1063, Honesdale, PA 18431 (717) 253-0385. She will need to hear from interested families right away in order to make plans for the camp

Product Alert!

Royal Fig Bars now contain artificial flavoring and should be removed from your Stage I Foodlist.

The Royal Cake Company recently began having the bars made for them by another manufacturer, who uses synthetic flavoring and the preservative sodium benzoate.

Red Lips and Pot

The March issue of *Pure Facts* discussed the versatile dye Red No. 3, which doubles as a pesticide. Now, the U.S. Department of Agriculture has come up with an alternate use for Red No. 22, a dye approved for use in cosmetics, particularly lipstick.

Tests carried out in Hawaii found Red 22 is a very potent herbicide and is effective in killing marijuana plants, according to a report in the *Los Angeles Times*. The dye has been suggested for use in other countries where marijuana is grown, especially Mexico. Satellites which can identify crops have shown that Mexico produces ten times more marijuana than U.S. officials had believed.

The *Times* learned that the FDA was aware of how potent this dye is when the agency approved it for use in cosmetics in 1982. "But experts maintain that the chemical loses its toxicity when combined with other ingredients."

"Healthy" Smoking?

Things don't look good for the cigarette industry. R. J. Reynolds has been sharply criticized for designing cigarettes aimed at black consumers and at women in "blue collar" jobs.

Phillip Morris has paid \$600,000 to the National Archives to have its name affiliated with the U.S. Bill of Rights. The major portion of this money is slated to be used to build a commercial exhibit in the gallery of the National Archives Building (which houses the Declaration of Independence and the Constitution).

The Secretary of Health and Human Services has lambasted cigarette companies for trying to polish their image by sponsoring sporting events.

Now we have American Spirit, a new cigarette without the artificial flavoring and other chemicals generally added to tobacco. According to *Business Week*, the Santa Fe Natural Tobacco Company advertises its smokes as "a cigarette for the '90's. 100% free of chemical additives."

The Feingold Association applauds companies when they remove harmful synthetic additives, but we'll decline to research this one.

A New Morning "High"

If you liked the "Coke in the Morning" campaign of a few years ago, you'll love Pepsi's new A.M. soft drink. With fewer bubbles and more caffeine, it's designed to compete with coffee as a waker-upper. The consumption of soft drinks is already nearly twice that of coffee, having edged out what was once the leading beverage.

Although [regular] cola drinks generally do not contain artificial colors or flavors, their high sugar content make them a poor choice — particularly if they are consumed on a regular basis and on an empty stomach.

"Fetid Flavorings"

This is the name of a firm established by two industrial chemists in New York.

Terrible tasting chemicals have a practical use. Applying them to electrical cables discourages rodents from chewing on them. Some are added to industrial chemicals in order to prevent people from accidentally drinking them.

Although these foul flavored substances are incredibly potent, Fetid Flavorings has found a way to make the potions ten to twenty-five times more bitter. They added the synthetic sweetener saccharine, used in many diet foods and beverages.

(Should these fetid flavors be required to carry the same labeling as foods - to warn health conscious rodents that chewing saccharine may cause cancer?)

What's in a Name?

To borrow a phrase from a popular jelly advertisement, "With a name like Feingold it's got to be misspelled." We delight in the many original spellings we receive, and even have stationary made up with some of them listed. In honor of April Fool's day, here are some of the more creative ones: Feinstein, Feinfeld, Flungold, Twingold, Feins Gold, Fringold, Fungold, Sane Gold, Fetingold, Feingolf, Fangled, Find Gold, Goldfind, Fingold, Feinberg, Fengold, and Goldfinger!

The Feingold® Associations do not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The foodlists are based primarily upon information supplied by manufacturers, and are not based upon independent testing.

NutraSweet, from page 1

sume it, and there is no reason for anyone else to, either. The irony is that there is not good evidence that artificial sweeteners help with weight control. Aspartame was marketed before the full range of its effects were known. Many scientists now believe that it was a mistake to market it at all.

Reprinted with permission from *The PCRM Guide to Healthy Eating*, January-February, 1990, published by Physicians Committee for Responsible Medicine, P.O. Box 6322, Washington, DC 20015.

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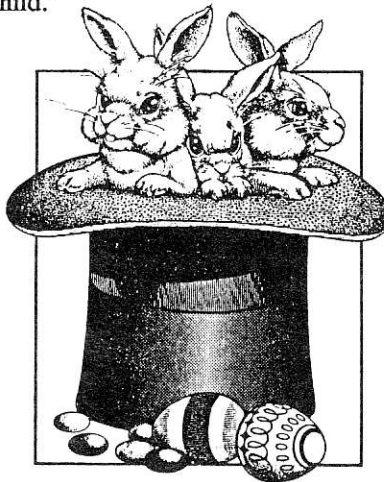
Traveling?

As you make your summer plans, contact the FAUS Travel Aid Committee for a copy of a foodlist for the part of the country you will be visiting.

Members may purchase foodlists at cost (\$3.00 each) by writing to: Travel-Aid, 12708 Norwood Ln., Ft. Washington, MD 20744. Allow several weeks.

A Special Gift

Feingold member Karen Keough's minister received an early Easter gift. Karen gave his family a membership in the Feingold Association in hopes that our program would help his very aggressive five-year-old. Three days after beginning the program, Pastor Rick told the Keough's the aggression was gone, and "It's like we have a new child."



Beautiful Babies

The Feingold Association of Northern Maryland will be holding a fundraising Beautiful Baby contest to help cover expenses for the upcoming FAUS Conference and for the operation of their support group.

Were you a beautiful baby, or do you have a beautiful baby? Send in your photo(s) and participate in the contest to be held during the FAUS conference in June. You need not be at the conference in order to participate.

Here are the ground rules:

1. The entrant must be a Feingold member.
2. Entrants can be any age, but the photo must be of the individual under the age of 3.
3. Photos can be any size up to and including 5"x7".
4. Clearly mark the back of each photo with the name, address, phone number, as well as the present age of the entrant and the age when the photo was taken.
5. Enclose a self-addressed, stamped envelope if you want your photo returned.
6. Send the photos, and a \$2 entry fee for each photo, to: Joan Ruggles, 1235 Wine Spring Lane, Towson, MD 21204. Please make checks payable to the Feingold Assoc. of Northern Maryland.

Deadline: Entries must be received by June 10. Photos (but not names) will be displayed at the conference. Prizes will be awarded and the winning photo will be printed in *Pure Facts*. (The prize will be determined by the number of entries submitted, and the funds collected.)

FEINGOLD - NOW MORE THAN EVER

FAUS 15th Annual Conference

Towson, Maryland - June 21 -23, 1990

Plan your summer vacation around our conference, to be held in Towson, MD, just north of Baltimore. Most people will arrive on Wednesday evening, June 20, and leave on Sunday, June 24.

This will be an opportunity to meet other Feingold families and learn more about our program. Saturday will feature a panel discussion made up of supportive professionals who will address the questions we have about dealing with doctors, counselors, and other professionals. Additional information on the conference agenda and activities will be provided.

The total cost of \$250 will cover lodging, all meals, materials, activities, speakers and workshops for the four nights and three days. This fee does not include the Friday outing.

-
- Yes! I am planning to attend the conference for all three days and four nights. Enclosed is my deposit of \$25 to cover pre-registration.
 - Please send me a rate schedule for attending as a day delegate.
 - I am interested in rates for non-participating adults and children.

name _____ phone (____) _____

address _____

Mail this form, along with a check for \$25 made out to "FAUS Conference" to:

Leslie Fowler
12 Broadridge Lane
Lutherville, MD 21093

Pure Facts

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Pure Facts is published ten times a year and is a portion of the material provided to members of the Feingold Association. For further information write to: Feingold Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306. (703) 768-FAUS.