

PEOPLE | EARTH | ART

FALL 2012

GENERATION RESPONSE



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Loyal and new readers,

We hope that everyone is having a good semester! There are so many awesome ways to be involved in sustainability and humanitarian efforts in the Emory community and the articles in this issue will give you glimpses into those opportunities. We hope that you enjoy reading about some of the diverse experiences that your fellow students are having and ideas they have to share. As editors, we are enjoying participating in the Student Sustainability Forum, a group of leaders from the wonderful sustainability related groups on campus who get together to discuss ways that we can collaborate. As our generation faces issues that seem to grow and grow it is more important than ever to unite and help create positive change.

The key to the sustainability of Generation Response is student involvement in the publication and student feedback. Feel free to contact us if you are interested in getting involved. We are both graduating this year and hope that Generation Response will continue when we are gone. In addition, we welcome feedback on any aspect of our print issues and our website, www.generationresponse.wordpress.com. If you go to our website or Facebook page, you will also find that Generation Response frequently posts about sustainability events and opportunities in the area.

Thank you for who you are and what you do! Happy reading!
Cassandra Gonzalez & Margot Pagan, Editors-in-Chief

1 Generation Response



Summer with the Global Growers Network

By: Cassandra Gonzalez

Ankle deep in mud, I tried to regain my balance while wrestling a bamboo pole from a tangle of beans. Managing to get myself and the narrow pole standing, I rammed it into the ground and moved to the next one.

Again, I slipped, slid, and swore over and over as I moved down the line sweating and getting filthier by the second.

This day after a harsh summer storm embodies so much of farming. It is a repetition of movements. A constant battle. A test of patience. A sequence of moments of awe and inspiration followed by an equal number of moments of anger and frustration. In realizing nature's power, I was at once amazed by it and irritated by how powerless it made me feel.



Photo Credit: Cara McMurray

My summer with the Global Growers Network was one where more than ever I had to follow commands dealt out by the earth. Storms poured on fields without caring that I'd just planted delicate little seedlings. Dry weeks passed without caring that I had to haul buckets of water for hours just to keep the plants alive. Mosquitoes nibbled away at my bare legs not caring about the hours of itching I would have to endure afterwards.

Global Growers Network is a nonprofit based in Decatur that gives local refugees the land and resources to farm food for their families as well as to sell at local farmer's markets. My role was a small one in the strong network of refugee farmers, teachers, and coordinators. As an intern, I did plenty of heavy lifting, weed pulling, and getting covered in Georgia Red Clay. Every day in the summer heat and humidity, I learned patience, humility, and gratitude. I saw the skill of experienced farmers. I loved seeing the smiles on their faces as they worked patiently in the fields. I felt cared for when they stopped their work to help me gently coax the plants into place or lift heavy cement blocks.



Completing the seemingly simple task of getting bamboo poles to stick in the ground and coaxing beans up them was one of the sweetest victories I've experienced. Farming seems so simple to someone on the outside but takes skill, intelligence, and adaptability more than anything I have ever attempted. Everything about it is subtle. My first time on the fields, I couldn't see beyond the surface. I saw some finished plots and some land that we had to prepare and weed. But by the end, I noticed when the soil needed more water, little insects crawling up the plant stems, and just when food was perfectly ripened for picking.

Working with Global Growers, I connected to the earth and to myself.

So You Want to be a Vegan?

By Lauren Levitt



When you ask someone whether or not they are helping the environment, you will usually get the typical response, “I recycle!” or “I walk places sometimes” or “I turn off the lights.” Well moo-ve over recycling, there’s one way to be sustainable that is not in the forefront of most American’s consciousness.

But enough with the puns for now; time to get down to business. Cutting meat and/or dairy and eggs out of your diet is taking a step towards sustainability in various ways that most people do not even know about.

SAVE OUR SOILS!

1.

About 40 billion tons of soil is eroded every year in the production of feed for livestock. This can wash away into streams and lakes, bringing along with it the contaminants (like pesticides), or be carried in the wind as dust.

WATER ON WATER ON WATER

2.

The meat industry uses 240 trillion of gallons per year to cultivate feed and give to animals. To give you an idea of just how much water that is, that is enough for every human to take 8 showers per day. That’s enough water so that the production of one liter of milk takes 990 liters of water. Drinking milk wastes more water than drinking water. So the next time you are thinking about taking a shorter shower to conserve water, instead skip the burger you were eyeing for dinner and the impact is greater.

3.

BE COOL, BRO

The meat industry alone contributes to between 14 and 22 percent of greenhouse gases every year, which add to global warming. To put that into perspective, the meat industry contributes 40 percent more pollution into the atmosphere than the automobile industry. In addition, the Amazon rainforest is being chopped down at a rapid rate to grow feed for cows, which is counterproductive, as the rainforest provides both a valuable biodiversity and a CO2 vacuum made of trees.

4.

HUNGRY?

836 million tons of food that could be going to people is being used to feed animals to feed people. If we fed the 1.4 billion people who are currently starving, they would have two times the amount of grains they need for the day. We are using four or five times as much food than we should, because the food is being fed to the food.

There are many more reasons why going vegan or vegetarian adds to a sustainable lifestyle, including energy usage (fossil fuel depletion), air pollution, and water pollution, however I think the main points are solid. I found all of my information on www.alternet.org, in a variety of different articles. I really encourage everyone to do more research on the food industry in general, because really, who doesn’t want to know what they are putting into their body?



SIERRA CLUB

FOUNDED 1892

By Jackie Pilcowitz



Emory does a commendable job at providing its students with opportunities for environmental education and advocacy; overall, student participation in these classes and organizations is pretty high as the school makes environmental activism relatively easy. But, have you ever thought about how you will be able to continue on this path after graduation? There are tons of environmental organizations all over the country, but one of the most widely known and respected is the Sierra Club.

Here in Georgia, the Sierra Club is home to over 10,000 members and it is the largest grassroots environmental organization in the state. The Georgia Sierra Club encompasses many different issues and campaigns like smart energy solutions, transportation initiatives, and wildlands & wildlife and makes it easy for members and non-members alike to get involved. There are com-

mittee meetings for each of the campaigns hosted once a month to discuss upcoming news and events as well as ways to take action. The club also offers outings to both members and non-members all throughout the state of Georgia. The outings include hiking day trips and over-nights, rafting, biking, climbing, really any way to just get outdoors.

There are Sierra Club chapters all over the country and we are lucky to have one based here in Atlanta/Decatur.

The Sierra Club is a powerful organization that enables anyone and everyone to get involved. So, why not start now? Attend a meeting or take part in an outing, even become a member for \$15 if you're brave enough. Don't let Emory be your only resource for protecting our planet. If you have any questions feel free to email me or check out the Georgia Sierra Club website at <http://georgia.sierraclub.org/>.

40 Students Almost Meet a “Dictator”

By: Margot Pagan

In May a friend sent me an email about going on a “free trip to Africa.” I thought that it was spam but when I read it I discovered a unique opportunity for Emory students to volunteer at a humanitarian summit that would be held in Equatorial Guinea in August. I was intrigued and excited by the idea, so I submitted an application.

I went to a meeting at Emory where Hope Masters, the President & CEO of the nonprofit funding our trip introduced herself and the organization and told us a little about what our responsibilities would be if we chose to attend the Summit. The Sullivan Foundation, based out of Washington DC, is a nonprofit that “empowers underprivileged people worldwide by promoting the principles of self-help and social responsibility.” According to their website, this human rights organization holds biennial summits “in an African nation to highlight key issues and best practices, stimulate discussion, define

opportunities, promote private enterprise and foster high-level strategic partnerships.”

The trip sounded like an amazing opportunity so I decided to attend. The Emory students’ preparations included getting the necessary shots and booking roundtrip flights from Washington DC, where the Sullivan Foundation said we would be leaving on a chartered flight. Hope Masters warned us that since the nonprofit is a relatively small organization we would have to deal with some instability and lack of organization with the trip planning. She said that they were hoping to organize Skype meetings with the Emory students throughout the summer to help us prepare for the trip.

Keeping these warnings in mind the Emory students tried to avoid frustration with a lack of communication from the Sullivan Foundation. However, as summer passed and August arrived, we became nervous that we had little to no information about

this international trip we were soon to embark upon. We took it upon ourselves to prepare as much as possible, researching travel arrangements and getting vaccinations for various diseases. However, it was extremely difficult to book flights to and from Washington DC without knowing what time our supposed chartered flight would be departing and arriving.

Three days before we were supposed to arrive in DC for an all day orientation and the departure on the chartered flight, extreme chaos ensued.





The Emory students leading the trip along with our faculty advisor, Dr. Sam Cherribi, an Emory professor connected with the foundation, sent an update to the group that the Sullivan Foundation had yet to confirm our itinerary, which they agreed was unacceptable 48 hours before the trip. The update described the legal action our group was going to take if the foundation failed to confirm our travel details by the next day.

The next day we received a second update that since the Sullivan Foundation failed to respond to our request we could no longer attend the Summit with confidence that things would run smoothly, given the unorganized nature of our relationship with the Sullivan Foundation. The 39 Emory students were very disappointed to say the least.

This was a very dramatic way to end my summer but I'm glad that everyone involved was safe rather than sorry. After reading some informative articles, one Huffington Post article entitled "How Dictators Triumph: With a Little Help From Their Friends," I realized that it was for the best that Emory was not affiliated with Teodoro Obiang Nguema, this controversial dictator, who rules Equatorial Guinea.

The article states that "The totalitarian reality -- stolen elections, strict censorship, routine torture, murdered dissidents -- is overshadowed by vast petro-wealth." The Summit agenda failed to acknowledge Obiang's "obscene level of corruption or the crimes against humanity he has perpetrated over the last 44 years." The article suggests that the dictator is funneling funds to the Sullivan Foundation to "white wash" the country's reputation, when Equatorial Guinea

truly has one of the worst human rights records in the world.

Lexi Merrick: a Senior in the College and president of Emory's Amnesty International chapter, provided the following insight about her interpretation of the situation

In July, I began to see the government of Equatorial Guinea and the dictator's family pop up in the news - first in some British newspapers, and then in the New York Times and Wall Street Journal. I learned that the son of President Obiang is known to have laundered money from Equatorial Guinea and its people. The US government had documented his crimes,

showing that despite a salary of \$7,000 per month, he has managed to spend over \$300 million dollars between 2010 and 2011 on estates, private jets, priceless art, and \$1 million dollars worth of Michael Jackson memorabilia. There was also a warrant out for his arrest in France. Learning about all of this

made me even more skeptical about the trip we were about to take. I felt uncomfortable participating in a summit that glorified a brutal dictator who was clearly stealing from his people. Later, when Hope Masters defended the regime, I became even more worried. As a human rights activist, I was apprehensive to attend this supposed "Human Rights" Summit hosted by the longest serving dictator on the continent.

After this research I feel thankful that we avoided a potentially dangerous situation. I'm glad that Emory students didn't support this controversial figure and travel to Equatorial Guinea on flights Obiang may have funded. There is one Emory PhD student, FikreJesus Amahazion, who attended the trip on his

"we could no longer attend the Summit with confidence"

own after the rest of the group decided not to attend. FikreJesus is not a US citizen, he is from Eritrea, so the Sullivan Foundation provided him with his trip details much earlier than the rest of the group, since the logistics required special consideration. I was looking forward to hearing about his first hand experience at the Sullivan Summit and am happy that he was willing to share his feelings with the Emory community



FikreJesus (second from the right in the picture above) was concerned when he found out on departure day that the rest of the Emory students would not be joining him but he chose to “look at the positive aspect: I was going back home to Africa, I had the opportunity to visit a country I’d never been to before, I would have the chance to meet many people within different capacities (dignitaries, politicians, celebrities, diaspora, and locals).” He also looked forward to facing the controversial situation firsthand. He comments that while he is “disappointed that others from the Emory contingent did not attend, I do not feel it is my place or prerogative to judge their decisions. I hope that they will all have the chance to visit Africa in the future.”

FikreJesus shares that some highlights of the

Summit were: meeting dignitaries and politicians, sitting in on panels and discussion groups covering many areas (economy, agriculture, technology, women’s empowerment, youth/education), spending time in areas of the city, away from the Summit (meeting locals, walking in small neighborhoods) and visiting an Orphanage!

When I asked about how his experience compared to the articles about dictatorship he commented that “the entire situation involves a complex array of various socio-political factors, coming from different entities, and each has a particular view/interest. I wanted to see the place for myself and come to my own conclusions.”

FikreJesus was definitely pleased that he attended the Sullivan Summit. He mentioned making many friends (from across Africa, within Equatorial Guinea, and amongst the African Diaspora). He also shared that “the Summit saw a tremendous amount of momentum and positive energy generated (particularly amongst many of the students and youth group attendees). We hope to collectively build on the Summit by using our shared experiences and goals, as well as our wide-array of skills and talents, to remain positively engaged with each other and Africa!”

Listening to FikreJesus it’s clear that he had a good experience. I suppose there are usually two sides to every story. Overall, this situation was unquestionably a learning experience for me. I want to use this article as an opportunity to inform the Emory community of these dramatic events but also to shine light on the fact that there are controversial humanitarian problems all around the world to which we turn a blind eye here in the US. I regret that the only reason I’m aware of the situation in Equatorial Guinea (most likely) is because it personally affected me.

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The “Four Major Rivers Project” in Korea

Economic Progress Leading to an Environmental Disaster

By: Sukwon Koh

Something terrible is happening in South Korea and it is becoming a huge social issue and environmental hazard that Korea itself can be subjected to. Led by President Lee Myung-Bak, the “Four Major River Project” in South Korea is killing a considerable number of lake species inhabiting in the river and even contaminating the water that people drink due to the rivers getting polluted as the temperature increases. The initial purpose of The “Four Major Rivers Project” was to provide or improve water security, flood control and ecosystem vitality. It was first announced as part of the “Green New Deal” policy launched in January 2009, and was later included in the government’s five-year national plan in July 2009. The government estimated its full investment and funding totaled 22.2 trillion won (Approximately 17.3 billion USD). If this is supposed to be a “green” policy, why is this becoming a huge environmental problem and why are people in South Korea addressing President Lee as the ‘killer of nature?’ Some of the core reasons that environmental professionals are criticizing are:

- The economic viability of the project
- The project’s doubtful goal, suspected for Grand Korea Waterway
- The fact that the Environmental Impact Assessment was carried out before the project plans were completed
- The fact that the four provinces that host the project currently have relatively few water

management problems while Gang-won Province and the highlands have a greater need for water management

- The project plan fails to identify the reason to store the rivers’ waters
- The project will change the natural flow of the rivers and increase erosion
- Once completed, the project will reduce leisure access to the riverbanks



Even though the main purpose of this project is to support the environment and increase the national productivity by using the four great rivers as a natural source, the result is clearly showing that it only concentrates on profit of people of certain economic standards.

President Lee, who became a president for his ability to allocate resources to create profit (e.g. The

Bus system, Chung-Gye River Project) has come too far because he is merely concentrating on controlling the stock of the project to distribute it to his so called ‘followers.’

Yes, it is understandable for him to bring profit to his close friends and relatives. However, the important thing is that this project is endangering the environment and even threatening the people in South Korea.

For this to truly be a “Green New Deal” more attention must be focused on the environmental consequences this project will have.

Sustainable Gardens At Emory

By Jessica Goodman



Who hasn't heard about "going green"? It's about as trendy as, well, going green. But what's the relevance of farming to Emory students' lives? But the end of the article, I hope to show you that farming is as close as Cox Hall and as inherent as your own DNA. One warm Thursday afternoon, Nichole Lupo from the Office of Sustainability Initiatives held an informational meeting outside of the Depot to foster interest in their Edible Educational Gardens. Started in 2006 and funded by the Georgia Department of Agriculture, this project aims to increase awareness of local crops and their growing season, provide meaningful work, and even create places of escape.

So have you noticed all eight gardens around campus? The most popular seems to be the Cox Hall Ravine Garden although, ironically, it is without a volunteer coordinator at the moment. Lucky for Emory's over-involved, but high achieving, students, anyone can start or coordinate a garden on campus. The OSI's website has an application and it just takes seed money or, like the Center for Science Education's garden, a grant from a department to get started. As a coordinator, students, faculty and/or staff are at liberty to plant the crops they take interest in or want to eat. The School of Nursing has a medicinal herbs theme.

With our busy schedules, Emory students may wonder what good one more obligation could help. According to OSI, Emory's general aim is to "help restore our global ecosystem, foster healthy living, and reduce the University's impact on the local environment." The spread at the informational meeting is a perfect example of how the Educational Gardens can meet this goal: flowers picked moments before our

arrival decorated the table in reusable mason jars and eggplant directly from the garden was made into baba ghanoush for students to sample. There were also fresh squash and zucchini for the taking and what college student doesn't like free food?

Cassandra Gonzalez, a volunteer at one of the gardens on campus, thinks one of the best things the gardens can teach students is about the seasonality of crops. Considering tomatoes, she explained that Americans usually always want them perfect year-round. Broadly, preferences like this require preservation techniques that ruin the flavor of crops and limit diets to "comfortable" vegetables, depriving eaters of the nutritional value obtainable through a diet of seasonal vegetables. By eating seasonally, consumers are able to enjoy better-tasting and more environmentally conscious local food.

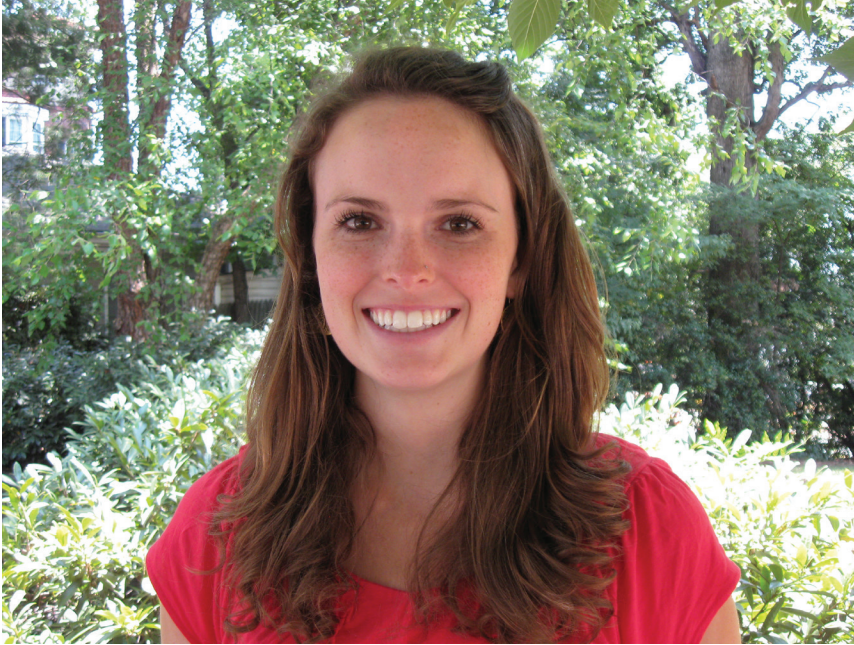
Discussing the current American diet with Lupo, she explained that the gardens could demonstrate the simplicity and cost efficiency of home gardening to students and Emory's general community. Ranking twelfth in the nation for total agricultural production, Georgia's climate and soil is optimal for a variety of crops, depending on the season. If students are able to plant, grow, and eat crops in an area the size of an Emory parking space (valued at \$660), maybe there is hope for urban gardens springing up and a solution to the food deserts many Americans experience.

As far as Emory's goal of 75% by 2015 goes Cassandra says, "Emory has a long way to go, but we've still done a lot." As hopeful as we may be to reach this goal, it's imperative we consider our future (and our past) to get back to our roots as soon as we can fit into our schedules.

"We're all connected to farming just one to four generations back," said Nichole Lupo.

Get to Know...

Emily Cumbie-Drake



By: Cassandra Gonzalez

A Snapshot of the Office of Sustainability Initiatives (OSI) Forum:

Twice a month, student leaders from all the sustainability groups on campus gather to share ideas, brainstorm, and update each other on their organization's plans. This network created by the Office of Sustainability Initiatives allows students working towards similar goals to collaborate and thus make a greater impact than they would be able to on their own.

Last spring, Emily Cumbie-Drake joined the Office of Sustainability Initiatives (OSI) as the Sustainability Programs Coordinator. In this new position, the Emory graduate works throughout the office doing “a little bit of everything.” Cumbie-Drake’s main role, however, is serving as a liaison between student groups working towards sustainability goals and the office. By meeting with the Sustainability Forum with representatives from the Water Coalition, Emory Vegans and Vegetarians, Slow Food and other “green groups”, she helps unite students all working for similar causes and is able to help them reach their goals through working with OSI. She is also working to strengthen OSI’s connections with Residence Life and the Office of Student Leadership and Service.

Concern about sustainability is nothing new for Cumbie-Drake, who studied anthropology and global health as an undergrad. Growing up in Iowa, her parents instilled values in her that she keeps with her today. “My dad is obsessed with recycling,” she explains, “once he took recyclables on the plane from Florida back to our house in Iowa because he couldn’t

find any recycling there!” As a student here, she became especially passionate about sustainable food after taking Fast Food, Slow Food with Dr. Barlett and went on to work at The Green Bean and on the Sustainable Food Committee.

Now, she continues her involvement with Atlanta’s food scene by volunteering with Georgia Organics and Slow Food Atlanta. For students looking to get involved, she recommends checking out the OSI website for opportunities and even considering applying for an internship there, attending Green Networking Nights (like the one coming up on November 14th), and looking for chances for involvement both on and off campus. Atlanta, she explains, is full of opportunities to get involved with all things sustainability from urban farming to water conservation to green building. For those interested, she also recommends looking into the sustainability minor through the Institute for Liberal Arts.

For more information, contact her at ecumbie@emory.edu.

Paleo Power

By: Sarah Mosby

I hesitate to write about the Paleolithic Diet using the word “diet”. From my experience, “going Paleo” is a series of lifestyle choices related to nutrition and how we, as humans, are designed to obtain energy. Paleo is not a weight-loss fad, but potentially a new pattern of eating. I admit that as an anthropology student, I have always had a somewhat-nerdy fascination with Paleolithic eating. After all, the lifeblood behind anthropological nutrition and Paleolithic eating is Dr. Melvin Konner, our very own professor. Intrigued by Dr. Konner’s research and continually developing hypotheses about human ancestral nutrition, I decided to look into the Paleolithic Diet for myself.

From an evolutionary perspective, the human body coevolved with other living species in becoming the surviving human race. Our bodies have adapted to the foods that we eat and to the microbial species living on and within us. Anthropologists have used analytical tools to surmise the diets of our early ancestors, who lived as “hunter-gatherers”. Hunter-gatherers lived much differently than today’s human beings, to say the very least, pre-dating the agricultural revolution. The premise of the Paleolithic Diet consists of this anthropological research as well as our understanding of human physiology and anatomy.

The Paleolithic nutrition literature is diverse; but collectively, it has been hypothesized that the present-day human diet (specifically in developed societies) does not “match-up” with the diet of our human ancestors. Therefore, the human body is “designed,” in a sense, to better accommodate the ancestral eating patterns than the new eating patterns. By “new,” I refer to a modern American diet, which includes more processed grains, more simple sugars, and less fiber (among many other nutritional differences).

It has thus been proposed that adopting a

hunter-gatherer diet may have many health benefits. Eating more whole foods and avoiding pro-inflammatory, processed products may be an important step in preventing chronic disease. The immediate and short-term effects of the Paleolithic diet interested me most, as I read accounts of increased energy and boosted immunity.

Eating “Paleo” involves avoiding foods that were introduced to the human diet after onset of agriculture and domesticated animal food products. In other words, you eat plants, animals, and nuts. Some serious paleo-ites eat raw meat and do not cook any of their food. The liberal followers make desserts with dates and cocoa to substitute for processed, sugary sweets.

One approach to the Paleolithic Diet is a program called the Whole30. The Whole30 is a 30-day period of eating according to six paleo-derived guidelines: (1) no grains; (2) no dairy; (3) no added sugar, real or artificial; (4) no legumes; (5) no white potatoes; (6) no alcohol. The Whole30 instructions also listed this rule: no weighing yourself on a scale. This last point reaffirms the idea that Paleo-eating is not a diet, but a way of living and eating good foods.

I commenced my Whole30 just as the spring semester began to spin its stressful web of assignments, meetings, responsibilities, and social life. I began the Whole30 on the day after Valentine’s Day (strategically) and proceeded to cut out grains, sugar, dairy, legumes, and alcohol from my diet – cold turkey. I fully adopted a new eating style and increased my fat and protein intake to offset the loss of simple carbohydrates. I tried my hand at unique paleo recipes to keep things interesting (can I recommend pistachio-pesto spaghetti squash?), but for the most part I stuck to a campus meal plan.

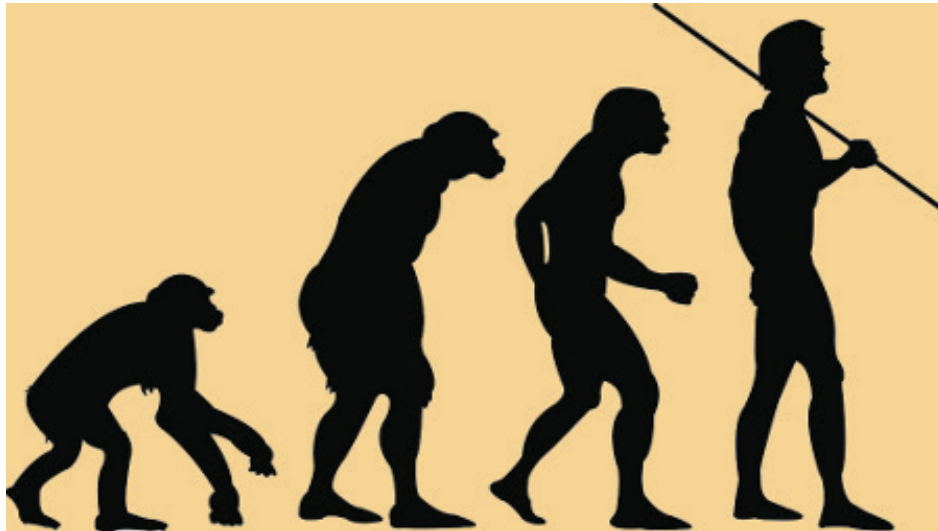
Breakfast consisted of fruit in addition to scrambled eggs, turkey sausage, or assorted nuts. I learned to drink my coffee black and to resist the urge to order a soy latte from Starbucks since soy is technically a legume. I kept fruit, nuts, and cut-up vegetables with me all day to snack on, but the hot breakfast usually kept me full and energized until lunch. For lunch, I ended up eating a salad every single day. Yes, this was boring, but I got creative with my salad choices by adding cut-up fruit or grilled chicken. The dressing was always olive oil and balsamic vinegar, but I didn't mind that.

Dinner was often another variety of salad, but I also ate sweet potatoes, spaghetti squash, chicken, or bun-less hamburgers. I was still able to eat out (Chipotle salads, burgers and sweet potato fries, salmon, etc...) without causing too many inconveniences. I treated my eating habits like food allergies, but I usually did not have to read labels; everything I was eating was whole and unprocessed.

Though my diet quickly became less interesting, I began to feel the effects of the changes almost instantaneously. The first few days were challenging, and I experienced some dizziness and weakness from a sudden decrease of sugar. Luckily, I was prepared to eat satiating foods with good fats and oils in order to keep me from feeling deprived. After four or five days, I stopped missing the carbohydrates and sugars and felt normalized to the diet changes including a heavier breakfast, more fiber, and no dairy. And in all honesty, I gained confidence from making it through the first week!

As I continued to eat within the Whole30 guidelines, I experienced more and more benefits. Despite my average of 5-6 hours of nightly sleep, I had a noticeably higher level of energy every day. I never felt uncomfortably hungry or uncomfortably full, and I was void

of any stomachaches. The crabby feelings that result from skipping a meal? Gone! My immune system stayed strong during these four weeks and I did not feel ill or immunocompromised at any time. I even experienced the "mental clarity" that I had read about, which was useful during the heat of the semester. The positive effects of eating paleo were astounding, enough to keep me going for 30 days straight. I did not cheat for the entirety of the 30-day period, and the longer I lasted, the less I was tempted to eat "non-paleo" foods. Though my diet was less indulgent, I felt balanced and unbelievably healthy. My good health must have contributed to a positive attitude throughout the Whole30, because I never felt the need to complain about the restrictions.



I wish that I could convey just how fantastic I felt as a "Paleo-diet" during the Whole30. I survived four weeks of midterms, extra-curricular events, and biology lab paper without getting sick. I had plenty of energy and never had "crash-

es", despite a small amount of sleep. This diet may seem non-conducive to college life, but I found it to be exactly the opposite.

If anyone became interested in "going paleo", I would suggest reading the recent literature regarding Paleolithic nutrition. There have been recent discussions surrounding the amount of meat products these hunter-gatherers consumed. Since my Whole30 ended, I have thought many times about restarting the program. It takes a lot of motivation and self-discipline just to begin, and the first week does not bode for easy adjusting. However, I continue to support the Paleolithic way of eating both in its theory and in its practice. The health that I felt throughout the Whole30 was wholly incredible. In fact, writing this exposé may have just convinced me to start again tomorrow.

Have you tried...

Garam Masala Lentil Soup

By Julia Kortrey



Ingredients:

2 yellow onions, chopped
2 cloves of garlic, chopped
1 tablespoon and 1 teaspoon garam masala powder
6 cups water
1 cup red lentils
1 (15 ounce) can garbanzo beans, drained
1 large tomato, diced
1/2 cup diced carrots
1/2 teaspoon ground cayenne pepper
1/2 teaspoon ground cumin
1 tablespoon extra virgin olive oil

Directions:

1. In large pan sauté the onions and garlic in a little olive oil for about 5 minutes.
2. Add the water, lentils, chick peas, diced tomatoes, carrots, garam masala, turmeric, cayenne pepper and cumin. Bring to a boil for a few minutes then simmer for 1 to 1 1/2 hours or longer, until the lentils are soft.
3. Stir and enjoy!



Marci's Secret Ingredient Challah

By: Sarah Leiter

This is my mom's challah recipe. I grew up eating this challah every Friday night and countless people have asked for the recipe after trying it. I started making it on my own about a year ago--it's super easy to make! Its secret ingredient is the vanilla, which you won't find in most challah recipes.

Directions:

1. Sprinkle yeast over water in a small bowl or cup, add sugar and watch it bubble, about 5 minutes. Pour the above mixture into a food processor; add flour and then the rest of the ingredients. Mix and let it rise (either cover and leave it in the food processor or remove it to a greased bowl and cover) for about an hour. Punch down the dough (or press pulse a few times if still in food processor) and let it rise again (about an hour).
2. Separate the dough into 4 pieces. Use three to make the main braid, and use the fourth piece to make a smaller braid that you'll pinch into place on top of the main braid.
3. Place the braided dough into a greased bread pan (grease with PAM or other cooking spray) and cover with greased plastic wrap. Let it rise another hour.
4. Paint with egg wash (egg and water whisked together). Sprinkle with sesame or poppy seeds.
5. Bake at 350 degrees for 30-45 minutes.

Ingredients:

1 packet or 2 1/4 tsp. yeast
3 cups flour (preferably bread flour but all-purpose works too)
4 Tablespoons sugar
1 teaspoon salt
4 Tablespoons vegetable oil
2 eggs + 1 egg for brushing egg wash on top
1 teaspoon vanilla
3/4 cup minus 1 Tablespoon warm water
handful of sesame or poppy seeds (optional)

A lesson from Emory's Office of Sustainability Initiatives on identifying sustainable food

By: Danielle Landry

Food products and packages are peppered with marketing claims and terms espousing qualities that are designed to steer the consumer toward buying foods that are sustainable and healthy for people and the environment. But with so many terms to keep straight, how does one decide whether to buy the certified organic, vegetarian fed chicken or the free range certified humane chicken?

The first step is learning what makes a good eco-label. According to the Consumers Union Guide to Environmental Claims, "the best eco-labels are seals or logos indicating that an independent organization has verified that a product meets a set of meaningful and consistent standards for environmental protection and/or social justice." This would be considered a third party label or claim because it is made by an entity other than the seller (first party) or the buyer (second party).

Because it is important to be familiar with the more common food related claims and certifications, below is a list of common marketing terms. This list has been developed with the aid of the Sustainable Food Policy Project which was a collaboration of the following organizations: Food Alliance, Health Care Without Harm, Association for the Advancement of Sustainability in Higher Education, Oregon Center for Environmental Health, and the Institute for Agriculture and Trade Policy.

There are many more claims and certifications beyond this list, so it is important to know where to go to find more information about specific eco-labels. The Consumers Union Guide to Environmental Claims (<http://www.greenerchoices.org/eco-labels/>) as well as (<http://ecolabelling.org>) are helpful resources for learning more about these terms.



Certified Humane Raised and Handled: animals raised for dairy, lamb, poultry and beef products are treated in a humane manner.



USDA organic products must meet federal standards as determined by a USDA-approved certifying agency.



Farms and ranches must meet standards that provide safe and fair working conditions; ensure healthy and humane care for livestock without adding hormones or non-therapeutic antibiotics; use no genetically modified crops or livestock; reduce pesticide uses; conserve soil and water resources; and protect wildlife habitat.



Fair Trade Certified: ensures that farmers in developing nations receive a fair price for their product and have direct trade relations with buys and access to credit.



Generation Response