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## May 2012 Newsletter

**FUBU** is a designer clothing line. I love FUBU, it is indestructible, colorful and appears to know what I like and want. Not only that.... it can be worn by all four generations of my family.

One of my Great Grandchildren had her eight Birthday Party at Skateland, the local Skating Rink, an exciting time, especially after I discovered one of her gifts was a pair of FUBU tennis shoes. My granddaughter, who had given her the shoes told me she had acquired them at Walmart, not too far from where I live.

Not having been able to buy any brand-name items for myself in several years I was excited that the shoes were for some reason only \$20. While singing happy B-day and eating cake I developed a plan as to how I could juggle my funds and head for Walmart AFTER I (after 24 years), put on a pair of skates and roller skated around the rink a few times. That my bones are like glass entered my mind for several seconds, yet I thought it was as good a place as any, if I did break my hip, and OFF I went, like I had never skipped any time skating.



I got cheers and had a ball. Nursing my sore legs and formulating how I was going to move my grocery money to include FUBU, I headed for Walmart.

A very nice sales person helped me and I told her some "Searching for FUBU Stories". Proudly I left the store with a pair of tennis shoes.

The next night I got obsessed with the thought I would have to return to the FUBU display and get a second pair, which, due to the quality, would... for twenty bucks, carry me to the end of my life with shoes. Again I thought I could eat more potatoes and achieve the difference in my budget. I arrived about 1:30 AM and two very nice sales ladies helped me....I was still struggling with getting around after my "Let me prove I can still skate escapade". We found another pair, except that there were 2 right shoes in the box. They assisted me with getting them on and off again and I jokingly said: "wouldn't it be crazy if I had a matching pair with 2 left shoes?"

This is a long line, only two people working the service department, would have been better off to use a scooter instead of this cart......

The Lady a couple of people ahead of me in line, smiles at me.

"HEY Girlfriend, are those FUBU'S? Where did you get those?"

"In the shoe department with the baby shoes. Except I have 2 left shoes."

"Bout time we get something nice in Olympia, I have to go all way to Cali to get something I like. Guess I better get some for my kids, huh?"

"Better hurry, we bought a bunch over the weekend."

Someone taps me on the shoulder, I turn and a woman in her 70's starts patting my arm.

"I thought that is you, I watch your show EVERY WEEK!. You look different in person, pretty as a button! I recognized your voice, in fact I can close my eyes and recognize that accent. Been hoping to run into you for years!"

Oh-Oh, glad there are no Paparazzi in Olympia, or I would make the paper.... AGAIN. I do look different on TV. My mouth and my "CROPCIRCLE" glasses are giving me away.

A young man, from the next department counter, PHOTO, joins us. He wants to know if I am aware that I can now store my videos on the cloud. Walmart will charge \$2.00 per DVD and all I need is an access code for the viewers and they can pull them out of the air! I explain to him that, thanks to a friend, I now have a computer that will allow me to post them online myself....after I find someone to teach me how.... Much cheaper than 699 times \$2.00 and an access code for the world to access my CLOUD. Yes, at 1-a-day it will take 2 years to load them. Do I think I will find someone where he/she is he willing to help in exchange for a credit on my show? Of course not.

The line is starting to move, and the old woman taps me again.

"Do you do all your shopping here? This is a nice store, they are always helpful and I run into people and make friends. Everything on the computer is about how CRAZY politics has become, they hate everyone, glad I am so old. The politicians have their own ideas, mostly how they can get ahead, they do NOT care anything about what WE,THE

PEOPLE want. They are so removed from reality, if only they came to a place where people are and listen. They only think about money, and we don't count. The power is in the **masses** and their support. Who cares about what THEY think is important, tangible and will move their career forward. They think young people don't knowanything and old people are out of touch."

The young woman turns and asks what I think about the newdevelopments in the Trayvon Martin case.

"Funny, how Mr Zimmermann developed an accent, since he was in jail. Pretty smart Lawyer, I 'm gonna hire him if I ever need one."

"Yeah, that will change things and he will walk...watch what I tell ya."

"You are right, I listened to all the tapes available... again... including from the Zimmermann family, no accent there."

I turn to the old woman and finally answer her question.

"I do most of my shopping at Trader Joe's. They have a wonderful selection of natural foods and are way cheaper than the grocery chains. Only thing lacking is better labeling of GMO foods. And you are right, we need normal people to move the labeling along in Washington State before the rest of the country catches up with us and cuts us off at the knees. In some States it is already illegal to criticize the MEGA MACHINE of the GMO Industry. Even Bill Gates has jumped on the ban wagon and is pumping money in the industry, while they are trying to convince us how good it will be for us in the future. And he is a Washingtonian."

The guy from the photo department hands me a business card...in case I change my mind on the "parkingmy shows on the cloud" thing. I inquire if he has an ink refill program, he shakes his head: "NO, that is COSTCO!"

My turn, finally. The young Lady I was talking to in the line, waves as she exits: "Girl I am going to get some shoes for baby girl, have a good day!"

I explain to the customer service person what happened with my 2 left shoes, they call a sales person to come and help me. I don't think so, I don't stand well and walking half way through Walmart is totally out of the question. They ask me to wait for the exchange. I sit on the little stool attached to the Bridal Register. And wait. After a while the older woman, ....I am going to ask for her name.... stops next to me and we get back to our food conversation. Her name is Correne, she knows me well, since I have been in her living-room every week for 14 years.

The sales lady interrupts us telling me her search will take some time since as it turns out MANY shoes and sizes are mismatched in Fubu-Land. Do I want a 10 or can I live with a 10-1/2. It has to be a 10, I am NOT putting cotton into the toes of my new shoes.

"If you have the time, come on Correne and lets have some lunch, after I tell the customer service desk where they can find me."

The subway sandwich is enormous, should have gotten something small. Correne explains calories and ingredients to me, all I can think about is my shoes.

"Lilian, some years ago you did a show on Genetic engineered food while talking about Icebergs. I thought it was so simple, what made you think of that?"

"After the Earthquake I was lucky to have a couple of young camera people with enough time to go on a 2 month trip. My friend Tim from Scarecrow Production was in the process of filming for an upcoming documentary on GMO FOOD and the industry. He already had a young genius in the field, Adam Curry. So we set out to do interviews and film backdrops. I realized that talking to people in the "FARMLAND" was very complicated and at times dangerous so close after 9/11. and many hurdles had to be overcome. The Seed Companies were is the same buildings with Pesticide Companies and Fertilizer Outlets and it became apparent to me this was bigger than I ever thought. We became skillful in how to ask questions without getting in trouble. We were so visible in an old RV in the middle of nowhere."

"Did You learn everything you needed?:"

"Well mostly, there is just so much and when you summarize it it comes down to dangerous, unhealthy, bordering on criminal. The companies are such Giants that they have managed to influence people in government and the players are at times interchangeable. It would appear we have little or no choice in the matter, we do not know what we are eating. When I came to this country I had to change my diet because the food was so different, I got used to it and it became normal. Same with GMO food, after the initial shock to the system for those of us, which remember real food.... we get like climatized/fooditized to what is being sold to us. The young people are used to it and have developed a certain immunity to the unnatural sources of our daily diet. What I learned was just scratching the surface."

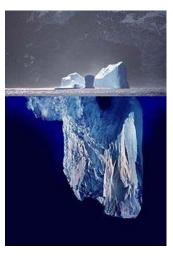
"Is that why you had your TITANIC MOMENT and talked about Icebergs?"

"Scarecrow sent me a lot of the 1200 hours of footage....

Here comes the sales clerk. "I have one 10 and a 9/1/2, can you try them on?" I say, "It has to be the 10," and off she goes again.

"We were at the Iceberg.... Wasn't it something about Grain?"

"AGAINST THE GRAIN! Thought everything was so wrong on so many levels and it had to do with grain. Once it is used in the food one cannot tell and we do NOT have a choice to reject it. It is in everything. There is a very updated, informative, almost daily news feed web site <a href="www.badseed.info">www.badseed.info</a> which keeps me up to date to the present. It is so amazing that you remember the Iceberg metaphor, Correne!"



Photomontage showing what a complete iceberg might look like under water

"Oprah even talked about it, guess she had be be careful after the BEEF EPISODE"

http://www.oprah.com/oprahradio/Genetically-Modified-Foods.

"Personally I don't think we can go back to pre-GMO, it is too late for that, what we can do is demand a CHOICE of what we buy and ask for labeling laws. We have to educate the average parent about what is in the food we feed the children. Education and a little networking works, just look at the Glue in meat, the slime in hamburgers, the paste of chicken nuggets and don't forget the dead bugs in the Starbucks coffee. Word of mouth is a powerful tool."

"I have a group of Ladies in red hats, which will post things and raise money."

"First they have to learn everything about the subject. For instance: Austria and Hungary, Poland, Germany, Ireland, Switzerland, Sri Lanka, Greece, France, Italy, Luxemburg, Romania and now Japan are Countries BANNING or in the process of banning GMO all together.

Several countries require food manufacturers to label GMOfood products. Each country tolerates a certain level of GM before a food must be labeled as modified. For Instance, Australia and the European Union allow up to 1% of any ingredient in a food to be genetically engineered before it must be packaged as genetically altered. In Japan a food gets a GM label if 5% of any of its ingredient are genetically modified"

- "We can do this, it is important for our grand kids....so we are asking for a CHOICE for labeling, right?"
- " Right, but we have to mean it, these were the headlines a while back: Frito-Lay Sued for Labeling GMO Ingredients as All Natural. It is so very tricky, it is so very tricky.

Labels consist of ALL ingredients to be listed and some of us feel they also need to include GMO products and ingredients.

"I have so many chemical allergies and I need to know what I am putting in my body, OLD or NOT. I feel for the young ones, what have we become?"

"That Iceberg, Correne, pretty on the top and at close look DEADLY in what we don't see and might not even be able to imagine, since no explorer has been there, yet."

The sales lady is back, she has a sad face....there are NO shoes in my size with a right and left matching shoe. Guess I can't always have what I want in a timely fashion. Things we want sometimes take time and fight...if you ask for patience that is what you get...more patience. We want results at some point.

"Bad Seed, the truth about our foodcame out in 2003 and was revised in 2011. It was wonderful to meet with all sorts of people at film festivals and experience the UNITY amongst the overwhelming number of participants."

"Sandwich was good, I am so glad to have finally met you in person. I have a Doctors appointment and will have my POISONS measured... Thanks for the information. Call me when the time comes, everyone understands what happened to the Titanic, we get them fired up and label those darn things. You've got mustard on your chin, sorry about you tennis shoes, give me a hug and I'll see you in my TV on Tuesday."

Just as my FUBU obsession led me on this...to put it mildly...bizarre journey on looking to buy what I REALLY wanted, based on my need, cost efficiency and purpose, we should all be able to have a **CHOICE**. Even if it requires juggling our budget for what we think works in our best interest. Just as some might prefer NIKE and they are available, some insist their need and/or their preference is FUBU. Take heed! Check the box and see if what you are buying fits the right feet, double check, compare the box with the label and the contents. It is your **RIGHT TO CHOOSE**, whether you want to buy it or not! If you don't, you will surely end up with something you did not ask for, namely a FOO BOO!

Love and Light Lilian

PS

This is the revised version of BAD SEED, THE TRUTH ABOUT YOUR FOOD, copyright Scarecrow Productions

http://www.	highstrange	eness.tv/may	/-2012-ne	wsletter.htm

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