

# AAUW The TRIAD

empowering women since 1881

## Mid-Peninsula Branch

Summer 2022

Volume 67 Number 9



**Cinco de Mayo  
gala at Burton Park  
brings out Mid-Pen  
crowd despite the  
overcast skies and  
noisy construction!**

**Perhaps it had something  
to do with the margaritas!**

To advance gender equity for women and girls through research, education, and advocacy.

## From the co-presidents:

# Sending bouquets to Mid-Pen

By Carole Farina and  
Susanne Burrill, co-presidents

We thank each and every one of our members who have made this year such a success for AAUW and our Mid-Peninsula Branch. We extend a warm welcome to our enthusiastic new members who, in joining, became part of an organization that relentlessly advocates for equity for women and girls.

Despite Covid-19 imposed obstacles, Mid-Peninsula continued with stimulating programs, meaningful activism and social opportunities to refresh our minds and spirits. Your officers and chairs deserve accolades for keeping us together while earning honors from National for our performance.

Let's review what we did.

In the area of social member support, we had Neighborhood parties and gatherings, and Interest Section discussions and outings. We had our second annual Valentine's Day call and three successful Park Day meet-ups.

If you didn't try the treats supplied by Barb Finnegan, Nancy Cantisano and Wilma Hoffman, you really missed out. Micki Carter, Beth Swanson and Cathy Chowenhill gave the Triad, Monday Memos, Facebook and our website new looks to keep us up-to-date and supplied with informative articles.

Kathy Mountain and Gerhild Klein carefully chose eight virtual programs that included speakers on Kamala Harris, the future in the workplace, women in local government, women of Russia, the internment of the Japanese, Korean art and two AAUW American Fellows on their education, career aspirations and community outreach.

Pop-up Zooms about preparing high-

achieving, low-income students to win scholarships to universities; Title IX; the Supreme Court cases; and information about the state of local Afghan refugees were in addition to National's webinars on Diversity, Equity and Inclusion; financial education; and interviews with accomplished women leaders.



Carole Farina



Susanne Burrill

Branch projects did not lag either. Mid-Peninsula sponsored virtual Tech Trek for three rising eighth-grade girls recruited by Sherry Booth, and we sponsored one college woman for AAUW's National Conference for College Women Student Leaders.

AAUW Greatest Needs Fund received branch and member donations. Members participated in Action Network to influence public policy and used their gift-wrapping skills for the holiday fundraiser at Kepler's Bookstore. All this contributed to achieving Star status with State and National recognition.

Take a look at what our very active sections did.

All About Food investigated healthy food and agricultural practices, is going to farmers markets and Pie Ranch, and sampled and compared lesser-known foods.

Book Bunch read and critiqued *the Deptford*

*Trilogy: Fifth Business, The Lost Girls of Paris, A Gentleman in Moscow, Hamnet, Four Winds, Braiding Sweetgrass, The Children Act, The Memory Keeper's Daughter, A Long Pearl of the Sea.*

Bridge and Mahjongg provided social time and learning experience online or in person.

Climate Change delved into causes and solutions of change, did a beach clean-up, and viewed a pollution exhibit at the Cliff

## Who? What? When?

**Co-Presidents:** Carole Farina (cfarina@alumni.stanford.edu) and Susanne Burrill (saburrill123@gmail.com)

**Membership:** Wilma Hoffmann (wilmahoffmann@icloud.com)

**Electronic distribution:** Cathy Chowenhill (cathychowenhill@comcast.net)

**Triad editor:** Micki Carter (mickicatr@gmail.com)

**Sunshine Lady:** Marge Haruff is our Sunshine Lady. Please contact Marge at mharuff@aol.com or (650) 591-9900 if you know anyone who would appreciate a card from Mid-Pen Branch.

**Know of a prospective member?** Please contact Wilma Hoffmann (wilmahoffmann@icloud.com)

**Board Meeting:** Tuesday, June 7, at 11 a.m. via Zoom.

**Triad Deadline for September** will be Aug. 15. Please send articles in Word, Pages or Google.doc and photos (separately, not embedded) as large-format JPEGs to Micki Carter (mickicatr@gmail.com).

House.

The Movie Group made it out to see *Belfast, the King's Man, The Tragedy of Hamlet, Death on the Nile, The Lost City, and Everything Everywhere All at Once.*

French and Spanish groups brush up their language skills with reading and discussion. Gentle Walkers are keeping fit and renewing social interaction.

Walk/Talk&Gawk hikers explored natural and urban areas, and participated in Earth Day by cleaning trails.

Public Policy wrote letters to legislators and talked to them about AAUW concerns during April Lobby Week and kept the branch informed.

Outreach to Hope House resulted in donations of housewares by our members. We learned of the needs of local recent Afghan refugees as expressed in a zoom.

Now, that's an impressive list! Nice going, Mid-Pen, you are a busy bunch! We sincerely thank each of you for your trust in our guidance and for making this year so rewarding for all of us.

## Membership dues need to be paid by June 30; here's how

By Mary Spring  
Membership Treasurer

It's time to renew your AAUW membership.

You will be paying all your dues — branch, state and national all at once using AAUW National [website](#).

The online process is National AAUW's preferred method. Using your Visa or MasterCard gives you immediate documentation of your payment, eliminating processing delays and the possibility of a lost check.

The dues deadline is June 30.

Click on the website link above, and you'll find instructions and video tutorials for logging in, establishing a password for an account, renewing and making a donation.

Dues for 2022-23 will be National, \$67; State, \$20; Branch, \$21 (including \$2 to AAUW Fund) for a total of \$108. Be sure to look for the "click boxes" for State and Branch dues after National.

You also have the option to make a donation.

Other categories include Honorary 50-year Life Member, \$21; Paid Life Member, \$41; Dual Branch Member, \$21 (including dues to your primary branch plus branch dues to Mid-Peninsula.)

Members who prefer may mail a check to me. Be sure to include any change of address, phone numbers and email address.

While you are online, you will also have the opportunity to update your profile once you establish your account.

If you have questions, please contact me at 2707 Monserat Ave., Belmont 94002, 650-740-1357 or [sprinfab@comcast.net](mailto:sprinfab@comcast.net).



## Please welcome new member Carol Barrett of San Carlos

**Carol Barrett**  
15 Tulip Lane  
San Carlos, CA 94070  
Cell: (650) 759-7544  
[cwbarrett1@gmail.com](mailto:cwbarrett1@gmail.com)  
UC Berkeley BA Biological Sciences

Carol Barrett has an amazing background. Raised all over the world because her father was a Navy engineer, she has brought that resiliency to her whole life.

At Cal, she started in engineering and math but found that dull, so completed her degree in biochemistry and physiology leading to seven years doing research at Stanford, looking at the link between hormones and breast cancer.

When the hours proved incompatible (some days 6 a.m. in the operating room collecting specimens until as late as midnight waiting for a break in the analysis) with mothering a young family, she quit to care for three daughters and filled her days with a lot of volunteer work in Portola Valley. She served on their Traffic and Park and Rec committees, built a Little People Park and started a Children's Theater Program.

She also started designing jewelry for fun.

While the girls grew to be high-level competitive swimmers, the family was building a house and her husband started an engineering company where she did everything non-engineering in starting that business (including taking an engineering course at Stanford, doing marketing, running the office) until it was on its feet, and he could hire people.

Meanwhile after a buyer at I. Magnin noticed a necklace she was wearing and wanted to purchase it as well as others, Carol started a jewelry design business with a running partner. Within months the jewelry was picked up by Saks Fifth Avenue.

With two girls in high school and one in college when she ended up a single mom,

Carol decided she could not rely on her fledgling design business to support them, so she started a commercial real estate business.

The design business had taken off into 40 Saks stores, boutiques plus some on-line business and the real estate was also thriving, so again she was overloaded and luckily decided to make her last real estate sale just before the 2008 recession. Figuring jewelry was not a good choice either during a recession and as she and her

partner had parted ways, she continued designing jewelry but started a new business doing bookkeeping and generally managing the affairs of elderly people.

That flourished, as did the jewelry business, then mostly online and for boutiques, to the point that once more she was stretched too thin. Divesting herself of the elder care, she is now concentrating on the online jewelry design.

Have you figured out that her philosophy is that if you need money, start a business, regardless of whether you have prior knowledge or experience? Just do it!

Interestingly, she views her greatest success as her children. The eldest runs her own online business and now hikes and swims in open water ("My role model," says Carol, "She has a balanced life.")

Her youngest has a kinesiology degree but works with engineers and architects as a construction manager, and the middle daughter is a mom busy dealing with Carol's two grandsons playing competitive baseball and a granddaughter already a highly regarded volleyball player in a competitive volleyball league.

Carol's life now revolves around her jewelry business and her grandchildren who sometimes text her several times a day. Should we all be so lucky!

In our branch she wants to find friends in her age bracket, and as an avid athletic outdoors person, she has already enjoyed Walk/Talk & Gawk.



Carol Barrett

## Diversity, Equity, Inclusion

# Using an Equity Lens to build DEI principles

By Phyllis Hesik

The DEI committee has been hard at work following state and national guidelines to incorporate Diversity, Equity and Inclusion concepts into the activities of our branch.

To that end, we have been using the [Equity Lens](#) provided on the state website to determine how to increase DEI in our branch.

What is an Equity Lens?

It is a set of questions we ask ourselves when we plan, develop or evaluate a program, policy or decision.

Why should we use an Equity Lens?

It can help us to identify potential impacts on institutionally underserved and marginalized individuals and groups as well as identify and potentially eliminate barriers.

An Equity Lens can help create a positive, respectful, and inclusive environment within our branches.



When should we use an Equity Lens?

We can use an Equity Lens when we are planning programs for our branch, engaging in outreach in the community, writing articles for our newsletter, or designing content for our website/social media.

Something to keep in mind, members should be encouraged to raise DEI concerns and discuss and work through issues when

they arise, giving everyone a chance to be heard.

We build branch membership in part through our reputation in the community. The best way to maintain a reputation for mutual respect and inclusivity is to demonstrate it.

We have been using the Equity Lens to provide DEI guidelines to four specific positions: Program vice president, membership vice president, Triad editor and website editor. We have added to those job descriptions to use the Equity Lens when planning events, programs, content or writing or editing articles.

The hope is that all branch members will become familiar with DEI and can provide suggestions as we go forward.

If you have any questions or would like to work to implement these concepts, please contact Barb Finnegan or Phyllis Hesik.

## Meet Nancy Gilliland, a long-time member of Mid-Pen!

*Susan Hall, one of Mid-Pen members recently visited with Nancy Gilliland to learn more about her and her history with AAUW.*

By Susan Hall

Nancy Gilliland, a vibrant and engaging woman looking at birthday No. 91 this summer, has enjoyed many years as an AAUW member.

A native Californian, Nancy graduated from San Jose State University and afterward had an opportunity for an American Dietetic Association internship at the University of Chicago working with a staff of male doctors.

There Nancy learned firsthand what it was like to hear women spoken of in unkind or demeaning terms. When she finally met the first woman doctor in her experience, she said, "Women had to be better" just to be accepted at all.

Nancy is a long-time resident of Foster City, having moved there with her husband when the first homes were built in the early '60s. She remembers joining the Mid-Peninsula Branch after being invited by a friend to one of the programs more than 20 years ago.

Although she is no longer able to attend branch programs and events in person, she



**Nancy Gilliland**

stays connected to AAUW's mission and values. When issues are sent through the internet, "I vote!" she exclaimed.

Nancy remembers attending many of the branch's outstanding programs over the years and was active in at least one interest group. Her concerns today harken back to

some of her early educational training, to her husband's background in the research and development of solar panels, and to some of her granddaughters' commitments to helping "take care of the planet."

She speaks of the damage done to California during her youth when freeways replaced public transportation and the world filled up with plastics and other damaging debris.

She applauds AAUW's concerns about the environment and also of its programs such as Tech Trek that help train young girls in STEM.

She was glad to hear about AAUW's projects, such as Smart Start to help train young women in financial literacy and salary negotiations.

"Women tend not to be 'in your face' and to avoid confrontation," she said. "They have been viewed as nurturers."

However, AAUW has helped women find their place in society and to provide opportunities that women in Nancy's generation were denied.

Nancy is one of the Mid-Peninsula's treasured long-term members, and we are so proud to have her as part of branch.

# Mid-Pen branch taps two named honorees: Margot Diltz and Sally Mellinger

## Margot Diltz

This member has been an active member of our branch for more than 12 years. Even as a new member, she stepped up to offer help where she was needed.

She is a librarian by profession, and now volunteers at the Redwood City Library, even teaching ESL to patrons.

As a member of the Women-in-Literature book section, she is always finding recommendations for their reading list. Using her background as a research specialist she is able to provide background information on selected books, sometimes reporting how the book was reviewed when it was published, even in the 1800's!

She has compiled our Branch Directory since 2013, keeping up-to-date editions to be kept on our website. She also gets the printed copies ready for our September meeting for distribution to members.

She has done an exemplary job as treasurer, serving from 2017 through 2021. She has served on the budget committee

as well and efficiently managed all the financial paperwork for Tech Trek, our AAUW week-long summer STEM camp.

She has been chair of her neighborhood for the last four years. She makes sure those in her neighborhood have rides to our events, often providing transportation herself.



Sally Mellinger



Margot Diltz

She has served multiple years on the nominating committee, making many phone calls contacting prospective board members and committee chairs.

She is currently serving as recording secretary for Mid-Pen.

She is always willing to help. She is unassuming and capable and quietly goes about doing whatever is asked of her, always as a competent voice of reason and efficiency, well-versed in computer skills when many of us were not!

Mid-Peninsula Branch is pleased to name Margot Diltz as an honoree for this year.

## Sally Mellinger

This member grew up and started her family in San Carlos. She taught school in the Redwood City School District for 20 years as a special education teacher and was also a mentor for new teachers for about five years before retiring.

She has a son and a daughter and two grandchildren, and they all love being together at her cabin in Tahoe. Recently, she found out that she will be a

great-grandmother in October.

She loves reading novels and has joined several book clubs over the years. Another love is quilting, and she has sewn a beautiful quilt for each of her children and grandchildren.

She is also a member and active volunteer

with Sequoia Village. As a Village Volunteer she would drive members to their doctors' appointments or help them do their grocery shopping. She also was available to meet and greet new members and became their mentor, helping them to navigate through the system.

During the Covid lockdown, her concern for others became evident as she made numerous phone calls to Sequoia Village members who lived alone, giving them support and assurance. She is a member of Trinity Presbyterian Church and volunteers in many of their outreach projects.

As I'm sure by now you are beginning to become aware that this honoree is all about people, their care and well-being. As a result her friends and neighbors are appreciative of how she is always checking in on them or planning to meet them for lunch, visits to museums or just finding ways of being together.

She has been active in Mid Peninsula AAUW, starting with the chair of the Hospitality Committee. She then was membership vice president 2013-16. She has been chair of Neighborhood 3 since 2017 and continues at it this year. She has been chair of all Neighborhoods this year and last.

You probably all know this very deserving honoree for this year is Sally Mellinger.

## Mid-Peninsula loses two longtime members

The daughter of former member **Carol Hatfield** called to say that Carol had passed away. Carol had been ill for over a year. She was a very active member of several book groups, Out to Lunch and Gamesters. She was also a very involved board member of the Friends of the Belmont Library and a longtime resident of Belmont.

Ellen Van Creveld received a message about **Barbara Carmody** from her son that she had died at her home. She was a longtime member and past president of Mid-Peninsula branch. A memorial service is planned for Monday, May 23, at 11a.m. at St Bartholomew Catholic Church in San Mateo.

## Installation of Officers for next year

**Tuesday, June 7 at 11 a.m.**

**Please join us virtually for Mid-Peninsula's short Board Meeting  
and Installation of Officers for 2022-23.**

Here's the Zoom [link](#).

**Meeting ID: 862 4874 7392; Passcode: 266676**

**Mid-Peninsula-CA.AAUW.net • AAUW-Mid-Pen@Earthlink.net**

## Interest Sections

# New section on Current Issues to begin in September

### All About Food

Our last explorations for this 2021-'22 year will be to the Outer Sunset Farmers Market in San Francisco on May 22, and in June to Pie Ranch, Pescadero. Contact Carole Farina for details.

### Book Bunch

Book Bunch will next meet Sept. 16 at the home of Ruthie Wilkins at 10 a.m. The book is yet to be determined but Ruthie said it will be a "fun read." Details will follow in the September Triad and by email. Contact Wilma Hoffmann at wilmahoffmann@icloud.com to be added to the Book Bunch email notification list. New members are welcome.

### Climate Change

The Climate Change interest section will meet via Zoom on Monday, June 13, at 3:30 p.m. for our final meeting of the year. A link will be sent prior to the meeting.

We will also be joining the All About Food interest section on July 1 for a trip to the Pie Ranch in Pescadero for a tour and discussion of their food-growing practices. We will have a chance to buy pie!

If you are interested in going contact Sherry Booth (boothsherry1@gmail.com) or Victoria Kline to join us. There is a \$20 charge for the July outing.

### New section: Current Issues

Our first meeting on Sept. 27 at 3 p.m. will be a planning meeting for those who are fully vaccinated and comfortable meeting in person. I am hoping to also have a Zoom capability for anyone who prefers it.

The format will be the same as it was a couple of years ago. That is, each member will choose a topic and a month to present on that topic. We will also each choose a month to host the meeting.

I will have a list of possible topics but anyone can choose a different one. We will not be covering Climate Change as there is a section already devoted to that.

If the fourth Tuesday at 3 p.m. is no longer the best time, we can discuss changing that.

Please contact me (marilynzack10@

yahoo.com, 650-591-2353) to let me know if you are interested.

### French Conversation

Nous serons en congé le mois de juin. For the summer, contact Laverne Rabinowitz (Lrainbow24@yahoo.com.

### Spanish Conversation

Zoom sessions were not appealing to our participants. So with nicer weather here, we decided to try to make up for our missed meetings by getting together this summer in open spaces, parks, gardens or outdoor restaurant areas.

We still will keep the second Tuesday of the month as our meeting day, but we may vary our meeting time to accommodate lunch if that is the chosen place. Teddy Heinrich will email each member of our group seven to 10 days ahead of time so we can plan accordingly.

Our next meeting will be on Tuesday, June 14, most likely at my house, the time to be determined. Contact Teddy at teddyhei@aol.com.

### Walk/Talk & Gawk

The group continues to meet on Thursday mornings. Members of the group suggest walks, hikes, routes and the time and place to meet, and then someone leads and does the emails for that week. Stephanie Katz is the contact (stk4@lehigh.edu).

### Historic Preservation

Plan to visit the following events. Contact Nancy Oliver for more information (650-592-5822 or nancy1oliver@earthlink.

net)

**Monday, May 30, 10 a.m., Historic Union Cemetery, Redwood City.**

For the first time in two years, Memorial Day will be observed again at Union Cemetery. San Mateo County District Attorney Steve Wagstaffe will be the keynote speaker, plus traditional patriotic music, the decoration of soldiers' graves with flowers and flags, and the Firing of the Anvil as the grand finale!

Enjoy a stroll through the cemetery to read about notable people buried there. Parking for the disabled and assistance getting to the bleachers is available by contacting Kathy Klebe at kkboxlady@gmail.com

**Saturday, June 18, 1 p.m., San Mateo County Historic Museum, Redwood City.**

The Courthouse Docket features maritime author and historian JoAnn Semones and lighthouse expert Julie Barrow, who will discuss why there is more to celebrate than ever as Pigeon Point Lighthouse observes a significant milestone – its 150th Anniversary.

Recently, over \$18 million in state funds was allocated to begin restoration of the historic lighthouse. Reflect on Pigeon Point's history and heritage and learn of the innovations brought by the Fresnel lens and the hope that springs from restoration efforts both on the ground and in the tower.

### Gamesters

Anyone want to play games during the summer? We may meet in someone's back yard. Contact Nancy Oliver (650-592-5822 or nancy1oliver@earthlink.net )



**Members of the French Conversation group (Laverne Rabinowitz, Judi Kerfoot and Chris Panero) traveled to Carmel to enjoy lunch at fellow member Leslie Pasahow's pied-à-terre. Leslie provided a walking tour of the village. Some French tourists stopped to ask directions, and they were able to both help and practice their French!**

# Mid-Pen awarded 4-star status by National

Congratulations! Mid-Peninsula Branch is now a Four-Star Branch.

You have earned a star for each of these Focus Areas of the Five-Star National Recognition Program: Programs, Communications and External Relations, Public Policy and Research, Governance and Sustainability.

In addition to this notification, your branch will be recognized in Membership Matters and on the AAUW National Website. Thank you for your participation and all you do on behalf of women and girls.

AAUW has standards and goals that they

hope will guide branches to be successful.

Mid-Peninsula Branch received the above announcement and expects to achieve the last star with your help — a contribution of \$30 per member, or the equivalent, to AAUW Greatest Needs Fund.

## Consider a planned gift to seed work of AAUW

The landmark gender equality legislation known as Title IX continues to demand attention.

From the beginning, legislators, policymakers and activists have disagreed

on the law's reach and power. Title IX of the Education Amendments of 1972 affected girls' and women's sports, college admissions, college majors, vocational programs, teaching and coaching positions, and handling of sexual assaults and harassment among other things. Discrimination against women is still very much alive.

AAUW continues to fight for the equality so rightly deserved.

Making a planned gift to AAUW is an easy way to make a real impact and leave an enduring legacy that will benefit AAUW long into the future.

Planned gifts — or bequests — are gifts that you designate in your will, estate or trust. Giving back helps us drive systematic policy change, shift work cultures and empower women.

## Two bills in California would improve Title IX functioning within the state

By Amy Hom and Melissa Maceyko  
AAUW Public Policy Committee

Students on college campuses often face sexual harassment and violence. A 2019 study found the rate of undergraduates who experienced rape or sexual assault through physical force, violence, or incapacitation to be 26.4 percent for women, 23.1 percent for transgender, genderqueer, or nonconforming students, and 6.8 percent for men.

A crucial first step toward solving problems is accurate reporting and measurement. While numerous studies show that campus rape is common, the vast majority of American college and university campuses report zero incidents of rape, and only one in five undergraduate women report their sexual assault to authorities.

This speaks to the inadequacy of reporting structures rather than the frequency of assaults. Lack of reporting, action, education, and trust may be exacerbated by the understaffing and underfunding of Title IX positions and offices at universities.

Further aggravating these ongoing problems, in 2017 the U.S. Department of Education, led by then-secretary Betsy DeVos, rescinded a number of sexual harassment protections under Title IX while expanding protections for those accused of sexual misconduct.

These changes to Title IX have had a chilling effect as it has become even more challenging for students to come forward

to report sexual assaults through official university channels.

Two pieces of proposed legislation in California in 2022 can make strides to address existing problems.

The first is Assembly Bill 1712 (AB 1712), which establishes a workgroup for developing and deploying campus climate and sexual misconduct surveys to students on the state campuses in order to better understand campus sexual violence and identify improvement areas.

The second is Assembly Bill 1968 (AB 1968), which will standardize the content and presentation of crucial information for members of the CSU and UC communities who have survived a sexual assault, helping them to clearly understand their support and reporting options immediately following an assault.

The Department of Education under President Biden is expected to unveil major revisions to the current Title IX rules this spring, including making changes to the definition of sexual harassment and the ways in which schools must respond to complaints of sexual harassment.

Further, the Department has stated that it will prioritize protections for students based on sexual orientation and gender identity. The AAUW CA Public Policy committee will be looking out for the Department's new proposed Title IX revisions and will provide updates as they become available.

## Program planners want to listen to your ideas at brainstorm session

The Program Planning Committee is having a brainstorming session on Wednesday, June 22nd at 10:30 a.m. at Burton Park (where we have been having our socials). The goal is come up with a list of potential speakers for next year's meetings.

All members are welcome to attend this brainstorming meeting. But if you can't attend, and still have some ideas on whom we should ask to speak, please reach out to one of the members of the Committee before the meeting.

Thanks to Kathy Mountain and Gerhild Klein (our VP Programs for last year for some phenomenal speakers). We're looking forward to another great year.

Please RSVP to Beth Swanson if you are planning to attend: [bethswanson31@gmail.com](mailto:bethswanson31@gmail.com) 708.471.5292.

Members of the Program Planning Committee include Gail Langskusch, Beth Swanson, Kathy Mountain, Gerhild Klein, Carole Farina, Chris Panero, Marilyn Zack, Wilma Hoffman, Jean George, Barb Finnegan, Phyllis Hesik, Sherry Booth and Marty Moga.



The Stanford University campus and Memorial Chapel was the destination for the Walk/Talk & Gawkw group in May. They also dropped in on the Burgheers of Calais while they were in the neighborhood.



## Backtalk Reflections on 'Eating seafood'

The Triad received two responses to President's Message on "Eating Seafood" in the May Triad:

From **Wilma Hoffmann**:

"As far as I can tell the study relates only to greenhouse gas emissions and not to pollution impact into the sea or the general environmental impact.

"I think that is what Kohn is referring to when he said it needs more research."

From **Cynthia Ford**:

"Nailing down the volume of nutrients in each food, its relation to the daily requirements for humans, and how it impacts the environment in all its incarnations (wild, farmed...) is complex.

"Then there is thinking about what each person likes, whether they have food allergies, and what the food costs. It's head spinning.

"Someday, someone will start a company to pull this all together for each of us."

Cynthia also sends an interesting [article](#) on nutrients vs. food groups.