



ON FREEP.COM
Fall's in the air

There's a nip in the air, the leaves are starting to turn Up North, and gorgeous Michigan fall is almost upon us. What better time to hit an orchard this weekend and stock up on apples and cider? For the farms and mills nearest you, go to freep.com/apples.

RUTH TO THE RESCUE
Dimmer switches save money on lighting

A lower light level can be romantic, but here's another reason to love it. Save money every time you flip the switch, as long as you've installed a dimmer. Each one will cut down your electricity use by the same percentage it lowers the light.

- RUTH SPENCER, LOCAL 4 NEWS



TECH TIP
New Walkman can play videos on LCD screen

You can listen to music and watch video clips on Sony's new Walkman video players. Players in the NWZ-A810 line can display video at 30 frames per second on a 2-inch LCD screen. Prices range from \$120 for the 2-GB NWZ-A815 model to \$200 for the 8GB NWZ-A818. www.sonymstyle.com/walkman

- DEBORAH PORTERFIELD, GANNETT NEWS SERVICE

SATURDAY JUMP START

OVERHEARD

"The United States and our coalition are getting things right in Iraq."

VICE PRESIDENT DICK CHENEY, speaking at the Gerald R. Ford Museum in Grand Rapids.
STORY, 7A

IN TODAY'S FREE PRESS

Chevrolet Volt ads show what's ahead

BUSINESS, 8A

Leaders offer upbeat views of situation in Iraq

NATION & WORLD, 7A

Red Wings' Drake gets offensive

SPORTS, 9B

Getting it straight

The Free Press corrects all errors of fact. If you know of an error, please call the newsroom at 313-222-6600.

■ A report in Thursday's Local News section announcing attorney Rodger Young's nomination to the U.S. delegation to the United Nations incorrectly said he lives in West Bloomfield. He is a resident of Bloomfield Hills.

■ A Detroit Shock player was misidentified in a photo that ran on the front of one edition of Friday's Sports section. The player in the photo is Swin Cash, not Cheryl Ford.

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NEWS2USE

THIS LABEL IS COMPLEX

If you don't eat or buy organic food, you probably don't know much about it beyond "I know it's healthy." But is it really? Here's a crash course on organic food.

THE HISTORY

In 2002, the U.S. Department of Agriculture created national standards to ensure consumers get certified organic foods of highest quality.

"We don't say whether it's healthy or not. 'Organic' is simply a marketing designation," said Joan Shaffer, of the agricultural marketing service with the USDA. No standards have been set for seafood or fish, she said.

For information about the standards, go online to www.ams.usda.gov.

WHAT IS ORGANIC?

According to the rules of the National Organic Program, organic foods are produced by certified farmers who support renewable resources and aim to conserve water and soil.

Requirements for farm animals that produce organic food products include:

- They can't take growth hormones or antibiotics.
- They must eat organic feed.
- They must have access to the outdoors.

Farms and companies that handle or process organic food before it gets to supermarkets must be government-certified. Look for the certifier's name and address on packages.

BARRED INGREDIENTS

Here are some ingredients barred in the production process of organic foods:

- Conventional pesticides, which "pose special concerns to children because of their high metabolisms and low body weights," according to a report on www.environmentaldefense.org.
- Petroleum- or sewage-sludge-based fertilizers, such as human waste.
- Bioengineering or ionizing radiation, which can cause DNA damage in individual cells.
- Synthetic substances that can harm wildlife.

THE LABEL

The percentage of organic ingredients in a product determines how it



New York Times

Lacking regulation, it's up to the consumer to decide whether the organic seal is worth the extra expense for food.

must be labeled. Foods with the USDA ORGANIC seal must be at least 95% organic. Single-ingredient foods such as fruits, vegetables, meat, milk, eggs and cheese may have a smaller sticker marked "organic."

A product labeled "natural" is not necessarily organic. Use of the seal is voluntary, so all organic products might not have it.

WHERE TO SHOP

Large supermarkets generally have organic foods sections. Look for the signs.

WHO'S BUYING IT?

About three-quarters of the U.S. population has tried organic products and about a quarter buys organic products at least weekly, said Holly Givens, public affairs adviser with the Organic Trade Association.



Today's News2Use is by Erin L. Hill, Free Press copy editor and staff writer. Got an idea for news you can use? E-mail it to elhill@freepress.com or call 313-223-4666.

IS IT WORTH IT?

So what's the nutritional benefit of buying organic? Evidence isn't conclusive, but organic crops appear to be higher in Vitamin C and other essential minerals, studies have shown.

Organic foods generally are more expensive than non-organic foods. Is it worth tacking on extra dollars to your grocery bill? Until the Food and Drug Administration or USDA chimes in, it's up to you.



Local Doctor Reveals His Secrets for Treating Your Severe Back, Neck & Sciatica Pain

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13 weeks	130.00	92.30	44.20	44.20
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Outside Michigan

52 weeks	\$556.40	\$397.80	\$184.60	\$184.60
26 weeks	278.20	198.90	92.30	92.30
13 weeks	139.10	99.45	46.15	46.15
4 weeks	42.80	30.60	14.20	14.20

Foreign rates furnished upon request.

HOLIDAY/BONUS DAYS
In 2007, Sunday only and Thursday/Friday/Saturday/Sunday subscribers in metro Detroit will receive the following holiday/bonus day editions as part of their subscription billed at 40¢ each: January 1, January 15, February 19, March 12, April 6, May 28, May 29, July 4, August 27, September 3, October 8, November 7, November 22 and December 25. Additional bonus days may be added, based upon story developments or anticipated reader interest, not to exceed 20 holiday/bonus days in 2007.

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Evening395 and 5118
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Ohio
Friday Pick 3 and 4
Midday070 and 7430
Evening528 and 0264
Ten-Oh Numbers
Midday 2, 7, 9, 16, 24, 26, 33, 38, 41, 44, 49, 53, 63, 65, 66, 70, 72, 74, 78, 80
Evening ...1, 5, 17, 18, 21, 22, 23, 26, 27, 28, 30, 39, 43, 45, 50, 60, 62, 71, 77, 80
Rolling Cash 55, 13, 17, 21, 27
Classic Lotto jackpot ...\$8.4 million

Find previous Michigan numbers on the Web at www.michigan.gov/lottery
Find previous Ohio numbers on the Web at www.ohiolottery.com