The oil and gas industry has its own F-word

The Associated Press

NEW YORK — A different kind of F-word is stirring a linguistic and political debate as controversial as what it defines.

The word is "fracking" — as in hydraulic fracturing, a technique long used by the oil and gas industry to free oil and gas from rock.

It's not in the dictionary, the industry hates it, and President Barack Obama didn't use it in his State of the Union speech — even as he praised federal subsidies for it.

The word sounds nasty, and environmental advocates have been able to use it to generate opposition — and revulsion — to what they say is a nasty process that threatens water supplies.

"It obviously calls to mind other less socially polite terms, and folks have been able to take advantage of that," said Kate Sinding, a senior attorney at the Natural Resources Defense Council who works on drilling issues.

Gillie Waddington, of Enfield, N.Y., raises a fist during rally against hydraulic fracturing of natural gas wells at the Legislative Office Building in Albany, N.Y. The phrase for the technology, commonly known as fracking. has become a lightning rod. AP

One of the chants at an anti-drilling rally in Albany earlier this month was "No fracking way!"

Industry executives argue that the word is deliberately misspelled by environmental activists and that it has become a slur that should not be used by media outlets that strive for objectivity.

"It's a co-opted word and a co-opted spelling used to make it look as offensive as people can try to make it look," said Michael Kehs, vice president for Strategic Affairs at Chesapeake Energy, the nation's second-largest natural gas producer.

To the surviving humans of the sci-fi TV series "Battlestar Galactica," it has nothing to do with oil and gas. It is used as a substitute for the vulgar curse word.

Michael Weiss, a professor of linguistics at Cornell University, says the word originated as simple industry jargon, but has taken on a negative meaning over time — much like the word "silly" once meant "holy."

But "frack" also happens to sound like "smack" and "whack," with more violent connotations.

"When you hear the word 'fracking,' what lights up your brain is the profanity," says Deborah Mitchell, who teaches marketing at the University of Wisconsin's School of Business. "Negative things come to mind."

Obama did not use the word in his State of the Union address Tuesday, when he said his administration will help ensure natural gas will be developed safely, suggesting it would support 600,000 jobs by the end of the decade.

In hydraulic fracturing, millions of gallons of water, sand and chemicals are pumped into wells to break up underground rock formations and create escape routes for the oil and gas.

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Obama tosses energy gauntlet

The Associated Press

LAS VEGAS — President Barack Obama promoted the sale of new oil and gas drilling leases in the Gulf of Mexico and the promise of cars running on natural gas, defending his energy agenda Thursday against critics who say his policies have stifled domestic energy production.

"We need an all-out, all-in, all-of-the-above strategy that develops every source of American energy — a strategy that's cleaner and cheaper and full of new jobs," Obama said at a Nevada UPS center, flanked by large trucks bearing the company's logos.

Obama announced plans for the sale of new oil and gas drilling leases for nearly 38 million acres in the central Gulf of Mexico and highlighted the completion of a highway corridor for vehicles that run on liquefied natural gas. It came days after he drew sharp Republican criticism for rejecting a cross-country oil pipeline that would have delivered Canadian tar sands oil to refineries in Texas.

The parcels the Obama administration is putting up for lease in June are part of an offshore drilling plan for 2007-12 put in place by President George W. Bush. But after the massive BP oil spill led to an overhaul of the government's oversight of offshore exploration and production, some of those areas had to be re-evaluated for the environmental risks associated with drilling, in some cases delaying the original auction date.

The two leases that will be sold off next summer were originally scheduled for 2011 and this year.

"We're going to keep moving on American energy," Obama said.

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Deepwater Horizon Natural Resource Damage Assessment Trustee Council

Help Restore the Gulf
Deepwater Horizon Oil Spill
Draft Phase I Early Restoration Plan and Environmental Assessment

PUBLIC MEETING ANNOUNCEMENT

The Deepwater Horizon Natural Resource Trustees want to hear from you! A draft plan of proposed early restoration projects is available for public review and comment. **The Deepwater Horizon Oil Spill Draft Phase I Early Restoration Plan and Environmental Assessment** describes eight projects, two in each of these states: Alabama, Florida, Louisiana and Mississippi. The projects are intended to benefit injured marshes, coastal dune and nearshore habitats, oysters, and human usage of Gulf resources. The trustees will conduct three public meetings in Louisiana where you can learn more about the draft restoration plan and provide your thoughts and suggestions.

LOUISIANA PUBLIC MEETINGS

Jan. 31, 2012	5:30 – 6:30 PM 6:30 – 8:30 PM	Open House Meeting	Terrebonne Council Chambers 8026 Main Street, 2nd Floor, Houma, LA 70360
Feb. 1, 2012	5:30 – 6:30 PM 6:30 – 8:30 PM	Open House Meeting	St. Bernard Parish Council Chambers 8201 W. Judge Perez Dr., Chalmette, LA 70043
Feb. 2, 2012	5:30 – 6:30 PM 6:30 – 8:30 PM	Open House Meeting	Belle Chasse Auditorium 8398 Highway 23, Belle Chasse, LA 70037

To learn more about Early Restoration and to review and comment on the draft plan, visit www.gulfspillrestoration.noaa.gov or www.LOSCO-DWH.com. For information by phone, please contact, Jenny Kurz, for the Coastal Protection and Restoration Authority of Louisiana, 225.925.6606, or Nanciann Regalado, Department of the Interior, 678.296.6805.
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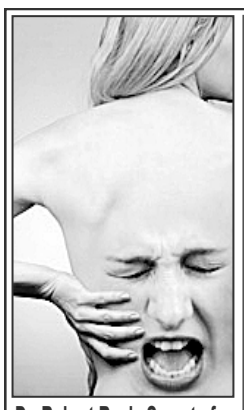
"Spice Blend" May Cook Up To Be Back/Knee Relief Wonder Pill!

New England Journal of Medicine and celebrity surgeon reveal shocking research on inflammation control, the connection between joint & back pain, and why an aching back may not equal surgery!



Dr. Robert Rey's Secrets for Keeping Back Pain Away

1. Get more exercise. A common belief is to limit exercise. A day or two of rest may help but more than that may actually increase your pain. Start with stretching and thirty minutes of walking a day. Physical activity helps ease inflammation and muscle tension by keeping blood and nutrients flowing to the affected area.

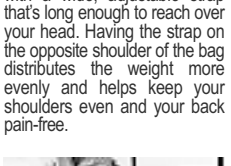
2. If you smoke, stop. Nicotine restricts the flow of nutrient-containing blood to spinal discs, making smokers especially vulnerable to back pain.

3. Avoid high heels. They shift your center of gravity and strain your lower back. Stick to a one-inch heel.

4. **Stash the skinny jeans.** Clothing so tight that it interferes with bending, sitting or walking can aggravate back pain by causing poor posture and misalignment of the spine.

5. Lighten your wallet. Sitting on an overstuffed wallet may cause back pain. If you're going to be sitting for a prolonged period -- while driving, for example -- take your wallet out of your back pocket.

6. Pick the right handbag or briefcase. Buy a bag or briefcase with a wide, adjustable strap that's long enough to reach over your head. Having the strap on the opposite shoulder of the bag distributes the weight more evenly and helps keep your shoulders even and your back pain-free.



At 50 years old, Harvard trained Dr. Robert Rey is walking proof that you can look and feel your best regardless of age!

Discover exciting ways to get a healthy, slim, age-defying body using Dr. Rey's personal diet, exercise and nutrition secrets.

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BEVERLY HILLS, CA-
If you've ever groaned, "Oh, my aching back!" you're not alone. It affects 80% of Americans at some time in their lives. It comes in many forms, from lower-back pain, middle-back pain or upper-back pain to low-back pain with sciatica. Common back pain causes include nerve and muscular problems, degenerative discs and arthritis. But new research now says back problems don't have to equal pain.

Back Pain is Avoidable?
One of the most successful and famed surgeons in the world, Dr. Robert Rey, comments from his Beverly Hills office:

"Two people can have the same back condition but one will be in excruciating pain and the other will be completely pain-free! Isn't that amazing? You can have an "incurable" condition like a herniated disc and not feel any pain from it."

How is this possible? Because according to the New England Journal of Medicine, your back condition isn't necessarily the cause of the pain you feel.

"The majority of your pain is caused by the tightness and inflammation in your muscles and tissue caused by the physical dysfunctions in your body," says Dr. Rey. "If you control the inflammation you can avoid back pain even if you can't get rid of the actual back condition."

Medical Doctor Says "No" to Prescription Drugs
The solution seems simple. Control the inflammation and stop your suffering. Unfortunately, certain unavoidable factors like stress, sleep loss or air pollution may be sabotaging your best efforts at balancing your body's inflammation responses.

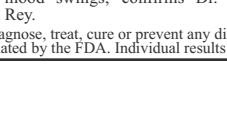
"With my work schedule, exercise routines and the fact that I am over 50, I have to work hard to keep inflammation under control. Of course, I watch my diet and I exercise. But I'm still susceptible to inflammation build-up in my joints and muscles. Despite being a medical doctor, I avoid prescription drugs whenever possible. Side effects worry me too much. I know that nature has provided for us," remarks Dr. Rey, who is also a mixed martial artist.

Dr. Rey, author of Body by Rey, is well known for his belief in natural therapies. The release of his supplement called Flex365™ came in response to his followers asking for help when it came to pain.

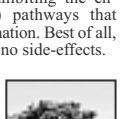
He teamed up with some of the brightest minds in nutrition and food science to develop this all-natural formula.

"Spice Blend" Promises Relief In 21 Days or Less
"My patients and fans all over the world say to me, 'I want to follow your exercise program but pain is stopping me.' So I did the research, consulted with experts, and tested the formula on myself. Flex365™ is my answer to keeping joints, muscles and nerves from reacting to daily inflammation build-up. I want people to feel amazing 365 days a year, and this combination of botanicals and amino acids can help. I'm so proud of this formula that I'm promising you relief in as little as 8 days and definitely within 21 days - no matter how long you've been suffering."

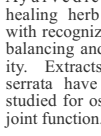
Relief Supported by Science
Dr. Rey makes a big promise that some may think is a little "Hollywood" in nature. But the ingredients he chose are heavily supported by science.



The star ingredient curcumin, is the active ingredient in the spice, Tumeric. Clinically, curcumin has worked like cortisone in helping with inflammatory issues in joints and muscles. It seems to inhibit the soreness and aching while supporting homeostasis by selectively inhibiting the enzyme (COX) pathways that cause inflammation. Best of all, curcumin has no side-effects.



Boswellia serrata is also included as a widely-used traditional Ayurvedic healing herb with recognized inflammatory balancing and soothing activity. Extracts of boswellia serrata have been clinically studied for osteo-arthritis and joint function.



The formula also boasts Nattokinase, a proteolytic enzyme that was originally a traditional Japanese fermented soy food. It has been well recognized to support normal inflammatory response and to calm achy tissues.

Better Movement and Moods!
Dr. Rey's formula takes another step by using the natural amino-acid pain reliever DLPA (D,L-phenylalanine). The "L" form is believed to bolster mood-elevating chemicals in the brain, such as dopamine and norepinephrine. The "D" form of phenylalanine appears to block a nervous-system enzyme that amplifies pain signals.

Natural Relief Without Surgery
"By combining the "L" and "D" forms with the botanicals, I'm packing a potent one-two-three punch against physical discomfort and also minor mood swings," confirms Dr. Rey.

"Even though this formula helps with all types of inflammation, including achy joints, swollen muscles and nerves, I like to call it my back/knee relief wonder pill!"

"When I take Flex365™ regularly my body moves fluidly. Nothing aches. And I feel good," says one regular user.

Would you like to get your body back to what it was like before you ever had back or knee pain? Back to when you could go for a run or bike ride that didn't leave you in agony for days? Back when you could still go to the gym without throwing out your back or having your knee act up?

Flex365™ works in 3 ways:
Curcumin and boswellia help soothe and support muscles and tissues. DLPA helps prolong the activity of the body's own natural comfort-promoting chemicals. And Nattokinase helps promote circulatory health. This triple-action formula can have the following benefits:

- Relieve back, joint or muscle discomfort
- Balance inflammatory response
- Restore joint mobility
- Improve range of motion

Receive a Free Supply of Flex365™
"I can help you control your inflammation and get pain relief in less than 21 days. Often it's much faster but it depends on your unique situation," promises Dr. Rey. All new customers receive a free bonus bottle of Flex365™.

BONUS Free Copy of Body By Rey

Receive a free copy of Dr. Rey's acclaimed book when you try Cordia Extreme™ for a 30-day trial period. The book is free and yours to keep no matter what you decide about the Cordia Extreme cream ($29.95 value).

If you don't experience relief from aches and discomfort in your joints and muscles in less than 21 days, Dr. Rey will take back the formula at no cost to you.

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Partial List of Scientific Studies. A full list available upon request.

*Bharat, B.A., et al. "Curcumin--Biological and Medicinal Properties," Turmeric: The genus Curcuma; Medicinal and aromatic plants--industrial profiles, edited by. Ravindran, P.N., et al. Boca Raton, FL.

Walsh NE, Ramamurthy S, Schoenfeld L, Hoffman J. Analgesic effects of D-phenylalanine in chronic pain patients. Arch Phys Med Rehabil. 1986 Jul;67(7):436-9

Ammon, H.P.T., et al. "Mechanism of anti-inflammatory actions of curcumin and boswellic acids," J. Ethnopharamcology: 38, 113, 1993.

This product is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the FDA. Individual results will vary.
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