Terror, Love and the State of the World
In the wake of a global crisis, John Robbins addresses the question, “What Now?”
Dear EarthSavers,

Nothing changes your life as quickly, completely and profoundly as the birth of a child. My family was blessed this summer with the arrival of our third child—a beautiful boy named Jack. Jack’s big sister, Mattie, and his big brother, David, welcomed him into the world by smothering him with kisses and hugs. He has brought us all more joy than we imagined could be possible.

After the terrorist attacks of September 11, my wife, Cindy, and I are left pondering what the future holds for these wee ones. On the one hand, we want to run away and shelter them from the realities of terrorism and war. And on the other hand, we want them to think critically—and respond compassionately—when they grow up and are confronted with issues like the ones we now face. The inclination we all have in times like these is to join the bandwagon of jingoism—wave the flag, seek retribution, support our leaders with abandon. But as John Robbins reminds us in our cover story, for the sake of our next generation, it’s time to look at concerns beyond our national interests, and to start facing head on the issues—poverty, discrimination, intolerance, etc.—which create an environment in which terrorism will breed.

In these times, we are challenged to do our part to bring compassion into the world, in ways small and large. This can be accomplished by serving the homeless a meal once a week, bringing an elderly person to your next potluck, rescuing a dog or cat from an animal shelter, or simply smiling more at times when you wouldn’t ordinarily care to. It could mean finding an opportunity to make a living selling cruelty-free, environmentally-responsible items, like EarthSave board member Lewis Randa has done for years at his Peace Abbey in Massachusetts (see page 11).

At EarthSave we want to do our part to make the world a more loving and compassionate place. We will continue to educate and support people making a transition away from a meat-centered diet (with all of its social, political, environmental and health ramifications) toward a more sustainable, plant-based diet. Such a shift in eating habits is a great way in which one person can truly make a difference and bring an element of compassion to the planet. With each bite of each meal, we can help eliminate animal cruelty, alleviate human suffering, and support the delicate balance of our eco-system. EarthSave is committed to empowering people to make compassionate, life-affirming decisions each time they sit down to share a meal.

I try to look at my son Jack’s life as a blank canvas. Our job as his parents is to create the palette, adding colors of peace, tolerance, justice, compassion, understanding and love to his life. My prayer is that, with the help and grace of God, he and his peers can be the generation which does end starvation in the world, which nurtures our environment back to health, which eliminates the human suffering associated with our diet-related diseases, and which treats all of the earth’s beings with utmost care and respect. Then, finally—and hopefully forever—the causes of terrorism will cease to exist, and those who would otherwise have resorted to terrorism will instead be overwhelmed by love and committed to peace.

In peace and compassion,

John D. Borders, Jr.

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With these words begins the journey of Compassion, a CD produced and recorded by EarthSave Louisville member, Michael Fitzpatrick, an internationally renowned cellist and founder/director of Millenia Music. When Michael attended and played in 1996 at a meeting at the Abbey of Gethsemani, the Kentucky monastery of the late Thomas Merton, before Eastern and Western monastic leaders, including the Dalai Lama, he felt an overwhelming new vibration—both from the people and from his cello—that could only be described as compassion. At the invitation of the Dalai Lama’s representatives and the Monastic Interreligious Dialogue, a recording was commissioned to share that feeling—that vibration—of compassion with the world.

In 1999, Tibetan and Trappist monks, musicians, and film and audio crews descended into Kentucky’s Mammoth Cave—the largest cave in the world—to record and film this historic undertaking. To get the “perfect sound,” Michael, a flutist named Lisha McDuff, and 10 Tibetan monks proceeded several miles deep into the earth to a site in Mammoth Cave known as the Star Chamber. It was there that Compassion’s first sounds were born. Br. Paul Quenon, a novice monk under the late Thomas Merton was moved to deliver this invocation:

“Can there be any silence as deep as that in the heart of the earth? Draw us into the depths of your very own silence—and out of that depth, let there rise up—a new hope—a new spirit—a new aspiration for peace, for justice, for compassion—over the entire surface of the earth, from East to West.”

The next day, they traveled to the Abbey of Gethsemani for additional recording and filming with musicians who had flown in from around the world, the choir of the Abbey of Gethsemani, and the Tibetan monks. From these recordings, an extraordinary new music began to form. As Michael explains, “Heavenly sounding Gregorian chant blending into deep-sounding Tibetan chant implied the vastness of the cosmos, and of our own nature. The sound of flutes and acoustic instruments blending with electric cello sounds echoed the ancient and the future. And the soul of humanity began to come together in the collective sound of all of these voices on the recording, bracketed by a Special Message from His Holiness the Dalai Lama to open the musical journey and by the prophetic voice of the late Thomas Merton which closes Compassion with these powerful words: ‘It is obvious we have to plan the future.’”

Listened to as a meditation, the recording draws one deeper and deeper into oneself. It carries the listener on a journey, one that brings calm, peace, joy, a sense of understanding, and ultimately of the feeling of compassion coming from inside one’s own being. As His Holiness the Dalai Lama said, “It will bring listeners around the world a deep feeling of inner peace.”

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Michael believes that music is a vehicle for positive global change. “As we must be conscious of the food we eat and how our actions affect the whole chain of life on the planet, so too must we be conscious of the subtle vibrations we take in to our systems, particularly the music. The power of music with a high vibration and a pulse of love cannot be underestimated during this time of radical transition on the planet. It can help stabilize the emotions, eliminate fear, and bring a lasting inner peace.”

The mission of Michael’s not-for-profit Millenia Music is three-fold: to provide healing music to those in need; to offer music as a means of bringing people together at a deeper level that moves beyond language and into communication; and to create dynamic recordings and live concerts for a worldwide audience.

“Now the time has come.” Indeed, the Dalai Lama’s message must have been written for the current events which we now face. And Michael Fitzpatrick is committed to playing wherever and whenever in order to bring notions of compassion into the mix of feelings and sentiments being sorted through by Americans and citizens of the world over with the current environment of terrorism and response to terrorism. Through his music, and by his willingness to travel the world as a part of his unique form of activism, Michael dreams of creating the “great paradigm shift when the world moves to a more compassionate direction”—when we give up the selfish responses to the stimuli facing us daily and we respond with selfless abandon. And anyone who has listened to him play or has heard Compassion from start to finish—and this includes everyone from Barbara Streisand, John Robbins and Pierce Brosnan to dignitaries and politicians like the King of Jordan—knows that his music can indeed move you to tears and move you to action.

Michael has been featured on National Public Radio and on PBS’ The News Hour with Jim Lehrer; he

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I see why our state was named Colorado - colorful in Spanish. The yellows, reds and orange autumn trees seduce many tourists and residents, and weddings are popular at this time of year. While we wish we had married here in Durango, the season brings back memories of our delightful Pacific Northwest wedding two years ago, especially the tasty meatless Italian food.

I chose to be a vegetarian at four years old because I couldn’t stand the idea of animals being killed, and I have been vegan for eight years. I couldn’t imagine loved ones chomping on steak at this long-awaited event I hoped would represent my individuality and our unique lifestyle. Stubborn as usual, I hadn’t considered having anything other than a vegan wedding.

Some family members were not thrilled with the idea, as the majority of the guests were not even vegetarian.

Finding a person capable of carrying out my vision of a vegan wedding was easy. After I called some Seattle catering companies and requested someone familiar with vegan cooking, I was referred to Catering by Phyllis. When the time came to plan a menu, Phyllis asked us to create a dream list full of our favorite foods, flavors and spices. The list turned out to be strongly Italian-food inspired: tomatoes, roasted red peppers, polenta, eggplant, nutty raviolis, crusty bread, garlic, rosemary, and basil. With some brainstorming and experimentation, a menu was devised and Phyllis’ cooking at the pre-wedding tasting blew us away.

We didn’t tell many people the wedding dinner was vegan, since people not versed in veganism tend to judge the food as flavorless or weird before tasting it. The food was not only delectable but the elegant presentation on buffet tables with heaping portions and bold flower arrangements made the whole affair seem more sensual and hedonistic — anything but bland.

Offering a variety of flavors pleases more palates and breaks veggie food stereotypes. Guests helped themselves to sumptuous plates of Caesar salad with sage croutons, saffron ravioli filled with walnut and tofu, and a seasonal platter with roasted bell peppers, eggplant, and Portobello mushrooms.

Guests were surprised to learn vegan food is both delicious and nutritious. People said they felt like they had been treated to something healthy, rather than leaving with the heavy-in-the-gut feeling common at meat-filled receptions.

We wanted the dessert, like the meal, to be wholesome as well as tasteful. Colorful fresh fruit platters adored each table, and a chocolate vegan cake, decorated with flowers, was baked by an acquaintance of Phyllis. The cake was moister and more flavorful than most vegan cakes I had tried. Rather than being one of those “natural” desserts full of soy margarine, white flour and white sugar, the cake had nourishing ingredients like beets and carrots, much to my delight. I assume people liked the cake, as there was barely enough remaining for us to follow the freeze-the-leftovers tradition!

While wedding planning in general is known to be stressful and trying, making the event vegan didn’t present additional challenges. My main suggestion for anyone wanting a vegan wedding is to thoroughly use resources in your community: health food stores, restaurant chefs, caterers, and bakeries. The Internet is also educational - try the vegetarian wedding guide, with many links, including a list of vegan bakers, at www.about.com - do a search for “vegetarian weddings” or “vegan weddings.”

If you choose filling, flavorful and diverse foods and use a caterer who is familiar with vegan cooking, people may not notice the meal is free of animal products. And if you are vegan, you will be able to eat everything on your plate - imagine that — and have a great time to boot.

EarthSave member Paige Newman writes for various veggie publications and likes to search for other vegans in her Wild West town of Durango. So far she has met three.
Comfort food is more than just a filling dish that satisfies an urge to “stuff the gut.” When I resided in the Upper Midwest — especially during the change of seasons from Fall to Winter — I looked at “comfort food” as nutritious, nurturing, wholesome food that satisfied my hunger, tasted great, and was so good for my soul. It often connected me with thoughts and memories of special times and special people as the cooler days and longer nights approached and as winter holidays were drawing near.

Comfort food made with fresh seasonal produce can be as simple as a pot of soup or stew simmering all day on the stove and a crusty slice of fresh cornbread or crusty European loaf. Delicious! When I resided in the Upper Midwest — especially during the change of seasons from Fall to Winter — I looked at “comfort food” as nutritious, nurturing, wholesome food that satisfied my hunger, tasted great, and was so good for my soul. It often connected me with thoughts and memories of special times and special people as the cooler days and longer nights approached and winter holidays were drawing near.

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Commercialism in a Can

by John F. Borowski

I am mad as hell and I am not going to take it anymore. Why? Because more than 5,000 schools in the United States have contracts to sell soda pop and candy from vending machines and fast food in school cafeterias. I urge parents, teachers, legislators, and students to stand up to corporate vendors of type-2 diabetes, osteoporosis, heart disease and empty calories, and tell them “our children are not for sale.”

My cue comes from a movie, a movie that is more than 25 years old, but could be a profile of this very moment in America.

In Paddy Chayefsky’s brilliant screenplay Network a fictional newsman turned anti-television prophet, urges the general public to “Turn off your television sets. Turn them off and leave them off.” Sickened by a society that has lost its moral compass, he insists that consumerism and media monopolies have created a population of viewers resembling empty, cynical drones. Corporate America seeks to shape our culture, our habits, our diets and our future.

The most powerful scene comes when this newscaster tells his television audience to open their windows and scream “I am mad as hell and I am not going to take it anymore.”

The youngest in our society are watching us right now. As Coca-Cola and Pepsi invade their public spaces, what will the elders of society do? Coke and Pepsi are vying for the hearts and souls of children. The nature of these “educational deals” is plain. Schools, underfunded and economically hurting, go begging to “corporate heroes” for help. I applaud corporate donations — without strings. The true nature of Coca-Cola is revealed in John Robbins’ new book, The Food Revolution. In this wonderful book — one that all students should read — he quotes Coca-Cola CEO Donald Keough on the potential for soda pop market in the third world. “When I think of Indonesia — a country on the Equator with 180 million people, a median age of 18, and with a Muslim ban on alcohol,” he says, “I feel I know what heaven looks like.”

Actually, heaven is a group of parents who demand that the Coke and Pepsi deals end. Students should learn the facts about soda in Health classes and exercise their rights to say no to vending machines in their schools. Tonight, I am mad as hell, and I am not going to take it any more. I am writing a check from my tax refund to my daughter’s grade school to help with supplies. Please join me. Make the promise I made to my daughters: I will not drink another can of soda pop because role models should practice what they preach. I will live a healthier life, and so will my children. Loving care, setting examples to them: I will not drink another can of soda pop because role models should practice what they preach. I will live a healthier life, and so will my children. Loving care, setting parameters of trust and learning, and defending the health of children…you can’t get these from a vending machine. They come from the heart, and Coke and Pepsi can never buy or sell that.

John F. Borowski has been teaching Marine Science, Environmental Biology and Earth Science for 21 years at North Salem High in Salem, Oregon. You can contact him at jfborowski@proaxis.com.
Nutritional Foundations:
A Basic Lesson

By John McDougall, MD

Basic Nutrition
Nutrients are substances which are essential for the maintenance, repair, growth, and reproduction of all our body tissues. Our foods contain the following basic nutrients: carbohydrates, fats, proteins, and water.

Carbohydrates, our body’s most efficient source of energy and an essential component in the production of many structural and functional materials, are produced by plants in the process of photosynthesis. They are made of compounds of carbon, hydrogen, and oxygen called sugars or saccharides. Molecules of these simple sugars attach together to make long branching chains that are called complex carbohydrates. These large carbohydrate molecules are also commonly referred to as starch.

Once you eat them, digestion by intestinal enzymes disassembles these chains back into the simple sugars, which then pass easily through the intestinal wall into the bloodstream, where they journey to the body’s tissues. Metabolic processes change these simple sugars into energy, which provides fuel for the body’s activity.

Dietary fibers are even longer chains of complex carbohydrates. Unlike starch molecules, these fibers resist digestion because of their chemical configurations. Therefore, most fibers eventually end up in the colon and form the bulk of your stool. Most people think that fibers are only the husks of grains and the long stringy components in fruits and vegetables, but actually, dietary fibers are present in all plant tissues. For example, after a potato is peeled, the white matter we eat has plenty of relatively indigestible fibers in it.

Fats too are complex molecules made up of carbon, oxygen, and hydrogen. Although they are not as easily digested as sugars are, fats are sources of energy and they provide important structural materials for building different components of the human body. Fats are divided into two categories: saturated fats (solid at room temperature), found mostly in animal tissues, and unsaturated fats (liquid), found mostly in plant tissues. Most fats can be synthesized by our own bodies from carbohydrates as they are needed. The fats that we can synthesize are said to be nonessential because they are not necessary ingredients in our diet. The only fats we cannot synthesize for ourselves are a few unsaturated fats. They must be provided to us, ready-made, in our foods and therefore are called essential fats.

Proteins provide the raw materials for a large part of the functional and structural components of our bodies. Only as a last resort are they used as a source of energy. The building blocks that make up all proteins are called amino acids. Various combinations of the same twenty-two amino acids, put together as are the letters of the alphabet that can form a whole dictionary of words with different meanings, make all of the proteins in nature. Proteins are found in all foods derived from animals and plants, unless they have been removed or altered by refining processes. Only eight of the twenty-two amino acids are essential to us, because they cannot be made in human metabolism. These eight essential amino acids must be present in sufficient quantities in our food for us to enjoy good health.

Water makes up a large part of our foods. Although it yields no energy, for many reasons water is an essential element for life. It is not just a passive solvent in which salts, compounds and gases interact; water participates actively in forming building blocks of cells and is the environment in which cells live. Approximately 60 percent of body weight is water.

Because the four nutrients discussed above - carbohydrates, fats, proteins, and water make up the largest portion of any foodstuffs by weight, they are often referred to as macronutrients. Our foods also contain two micronutrients—vitamins and minerals—which make up only a tiny percentage of our food by weight.

Vitamins are organic compounds that are synthesized for the most part only by plants and bacteria. Humans and most large animals can synthesize vitamin D (with the help of sunlight), and some animal species can make vitamin C (ascorbic acid). Thus, our supply of vitamins must come from plant foods and our own bowel bacteria. Vitamin means life, and, as the name indicates, vitamins are essential for our existence. Without adequate amounts, disease can develop.

Minerals are also micronutrients, but they come from inorganic matter, primarily the earth. Their presence in adequate amounts in our foods is also essential for our good health. They participate in thousands of metabolic reactions that must take place throughout the body. For instance, iron in the enzyme hemoglobin transports oxygen in our red blood cells. Some minerals are important elements in our structural material. Calcium, for example, is a large part of bones and teeth.

Our foods also contain various non-nutrients, substances that are not necessary for life or good health. Many of these substances, such as cholesterol, pesticides,
herbicides, and additives, present real threats to our health. Even though these non-nutrients make up a small amount by weight of our foods, their health significance can be great, causing problems such as heart disease, cancer and allergies.

Carbohydrates are made by plants and stored in their leaves, stems, roots, and fruits. Plant foods contain both simple and complex carbohydrates in various amounts. Fruits are often more than 90 percent carbohydrate, but most of their carbohydrates are the sweet-tasting simple forms of carbohydrate, such as glucose and fructose. Green and yellow vegetables store most of their calories as complex carbohydrates, but since they contain very few total calories the amount of complex carbohydrate they provide in the diet is small. Whole grains (rice, corn) and the whole grain flours (wheat, rye) and whole grain pastas (wheat, sorghum) made from them, tubers (potatoes, yams), legumes (beans, peas), and winter squashes (acorn, Hubbard) contain large quantities of complex carbohydrates and thus are known as starches. Rice, corn, and other grains, and potatoes typically store about 80 percent of their calories in the form of complex carbohydrates. Beans, peas, and lentils are approximately 70 percent complex carbohydrates.

Starches contain sufficient calories to easily meet the energy requirements of the active person, and they are abundant in proteins (with all their essential amino acids), essential fats, fibers, and minerals required to meet our daily dietary needs. Many starches, such as the maligned potato, have a full complement of vitamins as well. Grains and legumes need the help of fruits or green and yellow vegetables in order to provide adequate vitamin A and C.

You have probably heard that marathon runners and other endurance athletes “load up” on carbohydrates before an event, devouring large meals of spaghetti, rice, and potatoes in order to store energy-providing carbohydrates for the long race. Carbohydrate-loading several times a day will give you too much energy to race through your busy life.

The only food from animals in which a carbohydrate is found in significant amounts is milk, which contains a simple sugar called lactose. However, lactose cannot be digested by most adults, and consequently, when they drink milk, they suffer assorted evidences of indigestion, such as diarrhea, stomach cramps, and hurtful amounts of gas. In the sense of total amount of carbohydrates in their diet, Americans eat far too few calories from this source—only about 40 percent of their diet is carbohydrate. To make things worse the kinds of carbohydrates eaten are mostly “empty calories” in the form of white sugar, corn syrup, and fructose. A healthy diet, like the McDougall diet, is more than 80 percent carbohydrate from nutritious foods—starches, vegetables and fruits.

<table>
<thead>
<tr>
<th>Percent of calories found as carbohydrates in various foods:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds: 13</td>
</tr>
<tr>
<td>Beans (kidney) 72</td>
</tr>
<tr>
<td>Beef: 0</td>
</tr>
<tr>
<td>Bread (whole wheat): 75</td>
</tr>
<tr>
<td>Broccoli Sprouts: 74</td>
</tr>
<tr>
<td>Brussel Sprouts: 85</td>
</tr>
<tr>
<td>Carrots: 92</td>
</tr>
<tr>
<td>Cheddar Cheese: 2</td>
</tr>
<tr>
<td>Chicken: 0</td>
</tr>
</tbody>
</table>

When we hear or read the word sugar most of us think of granular white table sugar. Unlike the simple sugars found in ripe fruit, this kind of sugar should be eaten only in limited quantities. After the refining process, it contains no fibers, proteins, essential fats, vitamins, or minerals. It is purely concentrated sugar. Nothing could better deserve the descriptive term “empty calories,” because calories are all it provides. Although refined sugar can provide energy, too much refined sugar in the diet can lead to tooth decay, contribute to obesity, and raise triglycerides. A nutritional imbalance, weakening the body’s defense and repair system making us susceptible to disease processes from infection to cancer, may result when “empty calories” make up a substantial part of the diet.

Fibers are made only by plants and FOUND ONLY IN VEGETABLE FOODS. There is no fiber in beef, pork, chicken, lobster, cheese, egg, or other animal-derived foods. %

John McDougall MD has been in the private practice for over 25 years and is currently Medical Director of the McDougall Program at St. Helena Hospital and Health Center in Napa Valley, California. His work in the field of medicine is focused on the prevention and treatment of disease through the use of proper diet and lifestyle. He has helped shape current trends by his important research and leadership, and has published much research on the beneficial effects of diet on victims of breast cancer.

EarthSave & McDougall Join Forces
EarthSave International and John McDougall MD are joining forces to spread sound nutritional information. Dr. McDougall has developed an information-packed videocassette series about healthy eating, including topics like “What constitutes the healthiest diet?” “Winning the war on cancer” “Avoiding heart disease” “How to shop as a vegetarian” “Tips on dining out” and much much more. He explores common nutritional myths like:

Myth 1: “Starches Make Me Fat.
Myth 2: “I Need Meat for Protein.
Myth 5: “Vegetable Oil Is Healthy Food.”

You can read and purchase the video at www.earthsSave.org, or get a copy through your local chapter.

EarthSave Magazine
EarthSave held its annual Summit on October 26, 27 and 28 in beautiful San Diego, California. The summit was attended by more than 60 leaders from chapters across the US and Canada.

Leaders listen attentively to interesting and inspiring presentations.

EarthSave Portland leads a seminar on core group organization, chapter planning and conflict resolution.

EarthSave Louisville’s Holly Clark discusses recruiting — and keeping — volunteers.

ES Long Island’s Lisbet Chiriboga, ES San Diego’s Denni Dennenberg and ES Miami’s Susan McCollum discuss Humane Education.

John McDougall, MD discusses the McDougall-EarthSave joint venture.

ES President Howard Lyman addresses the leaders after dinner.
Imagine a community that sees itself and each person as Jesus, Muhammad, or Mahatma Gandhi envisioned: A community that is consciously heart-centered, that values individual integrity at least as much as clean air, water and food. A community that has the courage and strength to actively live, create, and grow into ever-expanding expression of God Consciousness. A community whose foundation is so based in honor and respect that each morning begins with the shared washing and drying of another’s hands as you look in each other’s eyes, acknowledging the Spirit within and the personality present.

There is good news, very good news. This place exists! It is in Sherborn, Massachusetts and it is called The Peace Abbey.

For the past two years, a friend of mine has mentioned The Peace Abbey to me with joy and enthusiasm. She said whenever she got confused or overwhelmed, she would visit and it would completely shift her perspective. About a year ago, I decided to go and see it for myself. I have returned many times, always bringing another so as many people as possible can hold this reality and bring it forth. I would like to share with you this simple, sacred place.

It is a challenge to know where to start. Outside stands a tall, peaceful statue of Mahatma Gandhi. Around him is a prayer memorial with twelve of the major religions represented by their prayers for peace. There are also plaques commemorating the memory of many courageous men and women, known and unknown, who lived and died in the name of nonviolence, love and peace.

The public is invited to attend a community meeting in what appears to be a quaint Quaker meeting room. Although nondenominational, the Life Experience School aspires to the principles of the Friends, cultivating an awareness of each person’s identity as peacemaker.

The school is a day program for students 12 to 21 years old who have experienced “life challenges as a result of neurological impairments, developmental difficulties, or secondary emotional challenges.” Dedicated to the memory of Robert F. Kennedy and Martin Luther King Jr., the school helps students discover their strengths and develop compassion and self-empowerment through service to others. If you visit the school during the week, you will be greeted warmly by fresh-faced, bright-eyed students. One’s heart instinctively knows it is welcomed, safe and blessed. Spirit meeting Spirit.

The Peace Abbey
Forgiveness Prayer

O Lord, Remember not only the men and women of good will but also those of evil will. And in remembering the suffering they inflicted upon us, honor the fruits we have borne thanks to this suffering — our comradeship, our humility, our compassion, our courage, our generosity, the greatness of heart that has grown out of all this and when they come to the judgment, let all the fruits that we have borne, be their forgiveness...
240 people attended the VegSource e-Vent weekend, Friday and Saturday, Sept 28th and 29th, in Los Angeles.

Rob Hatherill Ph.D., a research toxicologist from UC Santa Barbara, discussed a variety of studies showing how certain fruits and vegetables contain chemopreventative properties — they contain substances known to prevent or arrest the development of cancer. He talked about the “super 8 food groups,” detailed in his book Eat to Beat Cancer.

Professor T. Colin Campbell, Ph.D., nutritional biochemist from Cornell University, discussed his varied lifelong research — all of which keeps pointing to one irrefutable conclusion: animal protein, and especially protein found in cows’ milk, promotes the growth of certain all-too-common cancers.

Next came the passionate, uproariously funny and often poignant talk from the Mad Cowboy himself, Howard Lyman.

Delicious vegan meals served outdoors in the wonderful weather...
People flew in from as far away as London, England, and Seoul, Korea, to attend the event!

John McDougall MD told the truth about high protein diets and weight loss.

EarthSave founder John Robbins gave an uplifting, inspiring talk about the inner-connectedness of our diet choices and all life, which brought the audience to its feet.

NotMilkMan Robert Cohen gave a fascinating presentation on the hazards of dairy.

Sunday Sept 30th was WorldFest Los Angeles and 12,000 people showed up to hear Howard Lyman and John Robbins speak and to take part in this, the largest vegan event ever held!

Rescue dogs who worked at the World Trade Center were honored at WorldFest.

Whole Foods Market was among the 160 companies demonstrating vegan products and services!

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Rescue dogs who worked at the World Trade Center were honored at WorldFest.

EarthSave member Rose Hatcher, author of "The Vegetarian Soul Food Cookbook" flew from New York to show how to make raw blueberry unpie.

Kick back, relax...and get roasted by the heat!

Whole Foods Market was among the 160 companies demonstrating vegan products and services!

Food alley — you couldn’t walk 10 feet without gaining 10 pounds!

Rescue dogs who worked at the World Trade Center were honored at WorldFest.

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Terror, Love
and the State of the World
By John Robbins
When there is as much terror afoot as there has been since September 11th, it is hard to see how love might prevail.

This is how it is with us human beings when we are afraid. We contract. Our breathing becomes shallow and constrained. Our body goes into "fight or flight," triggering the retinal part of our brain to take over. If we can't successfully flee, then we must fight. It's kill or be killed. Nothing else matters.

That's the mindset of terror. That's what fear does to us. It's a state of consciousness that's been widespread in our nation since the horrifying and tragic attacks of September 11th.

In Time magazine's special issue about the terrorist attacks, the concluding essay was titled, "The Case for Rage and Retribution." The author of this piece, frequent Time contributor Lance Morrow, called for "hatred," and "a policy of focused brutality." He was far from alone in speaking of the virtues of rage and retaliation. On Fox News Channel, Bill O'Reilly said "the U.S. should bomb the Afghan infrastructure to rubble — the airport, the power plants, their water facilities and the roads." As far as the civilian population of Afghanistan, O'Reilly said, "If they don't rise up against this criminal government, they starve, period." Calling for the U.S. to massively attack not only Afghanistan, but also Iraq and Libya, he added, "Let them eat sand." Meanwhile, the former executive editor of the New York Times, A. M. Rosenthal, said we should issue ultimatums to six nations, including Iran, Syria and the Sudan, and then, if they don't comply to our satisfaction within 72 hours, follow up with massive bombing. New York Post columnist Steve Dunleavy was also something besides coolheaded, saying "As for cities or countries that host these worms, bomb them into basketball courts." The editor of National Review, writing in the Washington Post, concurred, adding, "If we flatten part of Damascus or Tehran or whatever it takes, that is part of the solution.

With the sounds of such war drums reverberating through the American psyche, polls show that 80% support not only the use of ground troops in Afghanistan, but also military action against other countries in the Middle East.

I am no stranger to the desire for revenge. Like President George W. Bush, and most likely you, I have felt it surge through me in recent weeks. Contemplating what took place on September 11th, are there any among us who have not, at least momentarily, felt their blood boil with outrage, and with the demand that these mass murderers and all those behind them pay with an eye for an eye?

...work to build a world of international cooperation, a world where no part of the greater human family is left out...

But at such times, when our hearts are filled with outrage and our eyes look everywhere for revenge, it is extraordinarily important that we remember the awesome truth behind Gandhi's prophetic statement: "An eye for an eye will only make the whole world blind."

This is the very truth that the Osama bin Ladens of the world would want us to forget. They would like us to be so terrified, so anxious, so belligerent, that we lose perspective and make rash and destructive decisions. If we stay within the bubble of our fear, then the bin Ladens of the world will have won.

Sometimes we need to take a very long, very slow, and very deep breath, to restore our mental balance and ability to function with clarity. There is a difference between enraged action and wise, effective response. Of course we should find the people and organizations responsible for the attacks of September 11th, and the subsequent anthrax mailings, and any other attempts that might yet be made to terrorize our nation. We should find them, destroy their networks, and bring them to justice. By no means should we tolerate or excuse their actions, much less allow them to continue. These are people not the slightest bit interested in giving peace a chance. The possibility that they might acquire and use nuclear weapons is unfortunately all too real. If we fail to track them down and uproot them, we may find ourselves in even worse shoes than the European who wrote, after World War II, "We who live beneath a sky still streaked with the smoke of crematoria have paid a high price to find out that evil is really evil."

But as we work to uproot the terrorists and their networks, we must be careful to do so without escalating the cycle of violence, and without causing the deaths of even more innocent people, for this would only deepen the anger and rage already extant in our world. Burning down the haystack is not the best way to find the needle, especially when, in the effort, you might set the barn, and the whole world, on fire. We must bring those responsible to justice without jeopardizing our ability to create a world where terrorism won't take root, a world where criminal psychopaths find no followers, a world where hatred has no lure.

This is no small task, but it is the task before us. Our leaders are wise in working to form a multinational coalition to fight terrorism. But this should not be merely a coalition of countries who allow the U.S. military the use of their airspace, or the use of their airports, or provide other military support. No coalition to defeat terrorism can be ultimately successful unless it is also a coalition of countries joining together to build a peaceful, just and prosperous world. Our coalition to defeat terrorism will do only half of its job if it merely seeks to defeat those who are responsible for the attacks of September 11th. It must also work to build a world of international cooperation, a world where no part of the greater human family is left out or marginalized.

Approximately 6,000 people perished in the September 11th attacks. Our nation reels from that despicable brutality. But those who died from the attacks on that tragic day were not alone. On September 11th, 35,000
children worldwide died of hunger. A simi-
lar number of children died on September
12th, and again on the 13th, and on every
single day since then. Meanwhile, we in the
U.S. feed 80% of our grain harvest to live-
stock so that a people whose cholesterol
levels are too high can have cheap meat.
To advance human security and control ter-
rorism, we must not only find the brutality
of the September 11th attacks to be totally
intolerable. We must also find intolerable
that one billion people worldwide struggle
to survive on $1 a day, that more than one
billion people lack access to safe drinking
water, and that 3 billion people have inade-
quate access to sanitation.
The presence of such dire poverty is an in-
sult to human dignity and would be deplor-
able enough. But today, with worldwide
telecommunications making the rising in-
equality between a rich, powerful and im-
posing West and the rest of the world vis-
able to all, its continued existence can only
spur those who have no prospect of a bet-
ter life to previously unheard of levels of
despair and rage. In a time when a handful
of desperate and suicidal people can devas-
tate the most militarily powerful nation in
the history of humankind, any coalition dedi-
cated to defeating terrorism must also be a
coalition dedicated to the goal of bringing
justice and prosperity to the poor and dis-
possessed. If we are serious about stopping
terrorism, then our goal must be to reduce
the level of pollution, fear, and poverty in
the world.
If this is truly our goal, and if we devote our
actions and resources to its accomplishment,
the support for the bin Ladens of the world
will inexorably evaporate. People who
would have otherwise sided with the terror-
ists will be clamoring to tell us who and
where they are, and to help us find and de-
feat them.
This goal is too costly, many say. But this is
not true. The cost of our initial military re-
sponse will easily top $100 billion (on top of
our already enormous annual defense bud-
get of $342 billion). What could we ac-
complish if we spent even a small fraction
of that much on programs to alleviate hu-
man suffering?
In 1998, the United Nations Development
Program estimated that it would cost an addi-
tional $9 billion (above current expen-
ditures) to provide clean water and sanita-
tion for everyone on earth. It would cost an
additional $12 billion, they said, to cover
reproductive health services for all women

“ If we are serious
about stopping ter-
rorism, then our goal
must be to reduce the
level of pollution, fear,
and poverty in the
world.”

worldwide. Another $13 billion would be
enough not only to give every person on
Earth enough food to eat but also basic
health care. An additional $6 billion could
provide basic education for all.

These are large numbers, but combined they
add up to $40 billion — only one fifth as
much as the $200 billion the U.S. govern-
ment agreed in October 2001 to pay
Lockheed to build new F-35 Joint Strike
Fighter (JSF) jets.

Our government leaders have not hesitated
to build an international coalition and to
spend hundreds of billions of dollars to de-
feat those who launched the attacks of Sep-
tember 11th. What if we were also as dedi-
cated to building an international coalition
to eradicate hunger, to provide clean water,
to defeat infectious disease, to provide ade-
quate jobs, to combat illiteracy, and to end
homelessness? What if we understood that,
today, there is no such thing as national se-
curity as long as the basic human needs of
large portions of humanity are not met? In
today’s world made transparent by television
and other telecommunications, any country
that attains prosperity unshared by its fel-
low nations can only breed resentment and
hatred.

Most immediately, we must address what is
rapidly becoming an overwhelming humani-
tarian problem in Afghanistan. This nation
has endured decades of conflict. As a re-
sult, there are millions of people there who,
even before our bombing campaign began,
were dependent on food aid. Now, they face
the prospect of imminent starvation. Ac-
cording to United Nations experts, this is the
most severe humanitarian emergency ever.

The U.S. government has made much of C-
17 cargo planes dropping 20,000 food pack-
ets a day to Afghan civilians. But according
to world hunger relief organizations active
in Afghanistan such as Oxfam, the program
has been a dismal failure. The president of
one of the world’s most prestigious aid or-
ganizations, Doctors Without Borders,
speaking from Islamabad, deplored the pro-
gram as so much “PR.” The airstrikes, he said,
are a huge waste of money. The packages,
containing enough to feed an adult for a day,
land all over the place, with no guarantee
that they will be retrieved. Many land in the
midst of landmines. And the amount being
dropped is insignificant in a country where
seven or eight million people are in danger
of starvation. The money ($25 million ac-
cording to U.S. government sources) would
be far better spent provisioning the regular
aid convoys already in action.

There is a terrible irony here. The United
States has long been a major supplier of food
aid to Afghanistan. But now it is U.S. bomb-
ning that is destroying roads and making it
impossible for substantial food aid to be
delivered. If we were to make a dramatic
effort, now, to get meaningful amounts of
emergency relief to these people, it would
make a great difference to their survival. If
we don’t, it will only cement in the minds of
the world’s masses the image of the U.S. as
indifferent to the needs of the poor.

While the vast majority of Americans care
deeply about the welfare of their fellow hu-
man beings, the foreign policies of the U.S.
government have for some time now been
seen by much of the rest of the world as ar-
rogant and selfish. And it is a sad fact that
we have far too often given them cause for
such a view. It is hard to be proud of our
country for standing nearly alone among
nations in refusing to sign the treaty ban-
ing land mines; for being one of only four
nations (the others are Libya, Syria and Iraq)
who refuse to comply with a global treaty
to eliminate chemical weapons; and for al-
most single-handedly blocking U.N. efforts
to reduce the use of children as soldiers,
even when two million children have been
ekilled in armed conflicts in the past decade.
Might the United States remember in all of this that our national purpose is greater than the constitution of a McWorld, and that we have a deep and paramount interdependence with the wellbeing of all of the world’s peoples? As the president of the State of the World Forum, Jim Garrison, puts it: “If out of the present crisis the United States emerges more connected with the rest of the world, more willing to live cooperatively within coalitions than outside them, then light will have truly come from out of the darkness and redemption out of the recesses of hatred and war. In one of the deepest paradoxes of contemporary history, the present crisis might compel America to… (realize) no country is an island unique unto itself…and the only solution to hate is to stop the underlying causes that produce it, working within the community of nations to achieve goals that benefit the poor as well as the rich, the south as well as the north, the developing nations as well as those more advanced. Achieving this, America will fulfill the deepest yearning of one of its founding fathers, Benjamin Franklin, who wrote that he believed the real destiny of America would not be about power: it would be about light.”

Will the day come when the United States fulfills our true national purpose and achieves lasting national security?

We’ll know we’ve begun when we stop thinking there is such a thing as “smart” bombs or “sophisticated” weapons. “Sophisticated” means having the ability to use our intelligence, empathy and imagination to solve serious and complex problems. “Smart” means realizing that when these bombs kill civilians they leave them just as dead, their families just as heartbroken and enraged, the spiritual fabric of the world just as shredded, and the human heart just as violated.

We’ll know we’ve begun when we stop thinking that he believed the real destiny of America would not be about power: it would be about light.”

Will the day come when the United States fulfills our true national purpose and achieves lasting national security?

We’ll know we’ve begun when we break our addiction to oil, and develop an economy based instead on hydrogen, wind power, solar power, and other non-polluting, safe and renewable sources of energy.

We will know that we have begun to create true national security when we define the greatness of our civilization not by our military capabilities, not by our ability to inflict massive damage and punishment, but by our ability to bring out the best in ourselves and others, and by the quality of life we leave our children.

Our nation has also done many wonderful and generous things. We have at times behaved with honor among nations, and been a beacon of freedom. But the world has seen our other side, too. It’s not easy to feel grateful to the United States for being one of only two nations (the other is Somalia) to refuse to ratify the U.N. Convention on the Rights of the Child, and one of only three nations (the others are Libya and Iraq) to oppose the U.N. being able to investigate and prosecute genocide, crimes against humanity, and war crimes such as rape and sexual slavery.

There is an enormous disconnect taking place between the will of the American people and the foreign policy of our government. The American people are for the most part honest, decent, and compassionate. But few U.S. citizens are aware of how much U.S. foreign policies have betrayed our caring and our humanity. How many Americans know that we are far and away the world’s leading arms merchant? Or that, in the last fifteen years, the U.S. share of the world’s arms trade has increased from 16% to more than 70%? How many Americans know that even before September 11th we were spending 18 times more money on the military than the combined spending of all of the nations identified by the U.S. government as potential enemies (Cuba, Iran, Iraq, Libya, North Korea, and Syria)?

President Bush began his term by withdrawing from almost every multilateral agreement and international treaty that came up, except those that in the short term served to enhance American profits and power. From the outset, his administration angered and alienated the world community by disengaging from treaties attempting to deal with global warming, nuclear disarmament, population control, trafficking in small arms, and chemical and biological weapons, to name just a few.

This is not a matter of partisanship. Both Republican and Democrat administrations have come all too often to define American self-interest almost without regard for the concerns of other nations. It’s sad but true that to assure American access to oil and other natural resources around the world, and to provide a constant pool of cheap labor, the U.S. government has frequently supported undemocratic and repressive regimes that have been hated by their own populations. We have massively supported governments that have engaged in widespread terrorism against their own people. Instead of supporting human rights and self-determination, we’ve sold hundreds of billions of dollars of weapons to a string of tyrannical governments as long as doing so provided us with cheap oil and access to their markets.

But now, suddenly, we are realizing that we desperately need the help of the world. There are signs of hope. As a London newspaper recently commented, “Colin Powell, in a stunning and rare display of humility for an American official, now acknowledges that in order to fight terrorism effectively the U.S. is going to have to be more sensitive to the concerns of other cultures.”

We’ll know we’ve begun when we break our addiction to oil, and develop an economy based instead on hydrogen, wind power, solar power, and other non-polluting, safe and renewable sources of energy.
**Saving Emily**, By Nicholas Read
Illustrations by Ellen Klem
Prometheus Books, $14.00

Review by Debra Probert

It’s probably fair to say that there isn’t another book quite like *Saving Emily*. While it takes its cues from *Black Beauty*, *Watership Down*, *The Animals of Farthing Wood* and other books that seek to portray the lives of animals in an honest, forthright way, *Saving Emily* is unique for its humble subject and heroine.

Emily is a beef cow — a Hereford heifer growing up on the range in the USA. Unlike the animals on Old McDonald’s farm or the anthropomorphized hamburgers portrayed by McDonald’s, Emily lives it like it is. She’s tagged; beaten; branded; hauled in cramped, filthy cattle trucks; sold at auction like a steak on the hoof; and sent to a feedlot for fattening.

Author Nicholas Read, who writes about animal issues for the *Vancouver Sun* in British Columbia, doesn’t pull any punches where the truth is concerned. Neither, however, does he belabor them.

That’s the gift of the book; it’s not didactic. Yes, it contains a clear vegetarian message, but it’s delivered with subtlety, not a sledgehammer. No one, regardless of his or her opinion on the ethics of eating meat, could ever question its validity as a straightforward children’s story, filled with interesting characters — both human and animal — and situations. That’s due not only to Emily’s story, but also to Chris’s, the book’s human hero.

Chris is a city boy wrenched from the urban life he knows by his divorced mother when she marries a small-town doctor. At first, he is bereft and lost, a virtual fish out of water with no friends and no idea of how to fit into such strange new surroundings. Then he meets Gina, a free-spirited young girl with strong ideas about everything, including animals. Chris likes her immediately, but wishes, for her own good and his, that she weren’t so different. The other kids in their country school make fun of her for her outspokenness, and while Chris admires her courage, he can’t help feeling sorry for her. Why, he wonders, can’t she just be like everyone else? Life would be so much less trouble that way.

It would have been easy — and probably was tempting — for Read to demonize the book’s villains. Except even that wouldn’t be fair, as the only villain is cruelty. And cruelty to animals is not, as often asserted by defensive farmers, a subject that pits “city” people against “country” people. In this book, the ranchers are treated fairly. The people fighting to save Emily are far from perfect. Everyone has his or her flaws and colors, and everyone’s motivations are given a fair shake. That’s what makes the book so readable and so non-judgmental.

Written for children aged 8 to 12, *Saving Emily* is a gripping adventure story, a sympathetic tale about peer pressure versus individuality, and a heart-tugging plea for compassion for every kind of living creature, whether they have four legs or two. In doing that, it creates a niche in vegetarian literature, and fills it brilliantly.

Nicholas Read is also the author of *One in a Million*, published by Raincoast Books.

Debra Probert is the executive director of the Vancouver Humane Society (www.vancouverhumanesociety.bc.ca), a dynamic British Columbia animal advocacy organization that covers animal issues from A to Z. Her popular newsletter, *Animal Writes*, is published three times a year.
Is Organic Better?  
(HealthScoutNews) – There are many com-
parisons of foods grown organically and
foods grown using conventional farming
methods. Most of the interest in the organic
varieties stems from a desire to avoid syn-
thetic pesticides and fertilizers.
But organic foods have another plus.
According to the Journal Alternative Therapy
Health and Medicine, organic foods have a
higher nutrient content. They have more
ascorbic acid, more protein, and less nitrate.
The reason organic foods have more nutri-
tein: they contain less water. The higher
water content of conventionally raised crops
causes a nutrient dilution, which isn’t present
in organically grown fruits and vegetables.

More Nutritious!!
Organic Foods Documented

A recently published review of 41 scientific
studies from countries around the world
comparing the nutrition of organic and con-
ventionally grown foods found significantly
higher nutrients in organic crops.

"Nutritional Quality of Organic Versus Con-
ventional Fruits, Vegetables, and Grains,"
published in The Journal of Alternative and
Complimentary Medicine, found organic crops,
on average, contained 29.3% more magne-
sium, 27% more vitamin C, 21% more
iron, 13.6% more phosphorus, 26% more cal-
cium, 11% more copper, 42% more manga-
nese, 9% more potassium and 15% lower ni-
cium, 11% more copper, 42% more manga-
ese, 13.6% more phosphorus, 26% more cal-
cium, 21% more iron, 13.6% more phosphorus,
26% more calcium, 11% more copper, 42% more
manganese, 9% more potassium and 15% lower
nitrate.

In crops such as spinach, lettuce, cabbage
and potatoes, organically grown crops
showed even higher nutritional superior-
ity.

EarthSave Los Angeles

Core Group:
Susan Weingartner, Chair
Kristy Meade, Co-chair
Nanci Rose, Secretary
Cecilia Hilkey, Resources Director
Kathleen Cooke, Veg Families Group
Kristine Vasic, Tabling Committee
Judy Andersen, Screening Committee
Jenni Billings, Website

EarthSave L.A. was officially re-formed at our
first monthly meeting on May 23, 2001. There
were 45 people in attendance. Marr Nealon
of Voice for A Viable Future gave an inspira-
tional talk, and we held a group discussion
about the direction ESLA would be taking, in-
cluding community outreach, educational
events, social activities, meeting times, and
the very large role we would be playing in
the production of Worldfest 2001, on Sep-
tember 30th.

Since then, we’ve had 5 more free monthly
events, with speakers Jerry Cook from
EarthSave International, Dr. Richard
DeAndrea, Ellie Callahan from Gentle Barn,
and Christine Maggiore from Alive & Well
AIDS Alternatives. We’ve also screened two
videos, Diet For A New America, and The Wit-
ness. We’ve had an average turnout of 55-75
people.

Our membership is currently over 120. We
have monthly potlucks with Gentle Barn. We
have a veg families group that meets once
per week, a tabling commit-
te, Witness screening
committee, and a benefits
commitee. We are also
working on a Veg101 class.

The Witness screening com-
mittees is currently working
on screenings at local
schools and universities.
We are planning a large
screening next spring, for
200-300 people, with the
director, producer and star
in attendance. We are pos-
sibly partnering with Chris DeRose from Last
Chance for Animals on this project.

Worldfest, on September 30th was a great
success, with the help of over 100 volunteers,
mostly from EarthSave L.A. We worked the
Vegan Thanksgiving at Gentle Barn on-No-
vember 22nd. Since we are in such a resource-
rich area for vegans, we are working on won-
derful benefits for our membership, includ-
ning:
• A Free class with Dr. Richard DeAndrea
($50.00 value)
• A $50.00 discount on the 4-class series with
Dr. Richard DeAndrea
• $10.00 off the registration fee with Pax
Organica grocery delivery
• $2.00 off 1 dozen/ $5.00 off 2 dozen cook-
ies at Allisons Gourmet vegan cookies
• Buy one, get one free coupon at Native
Foods Restaurant
• Discounts on all items we sell
• $5.00 off admission to the Gentle Barn Ve-
gan Thanksgiving
• $5.00 off John Robbins lecture at the Fall
Health Classic in Malibu
• $2.00 off admission to the Raw Power Night-
club
• Entry in our members-only drawing at each
of our monthly meetings. Prizes have in-
cluded $25.00-$50.00 gift certificates to lo-
cal veg restaurants, baskets of organic fruits
and vegetables, $20.00 box of gourmet
cookies, jars of nacho chreese, and other
great gifts.

We believe that this benefits package really
helps us to get people to become members,
and to renew their memberships. The values
are worth much more than the cost of the
membership. We are working on a website that will
include monthly updates and additions to the member ben-
etifs. The benefits program is also a great way for veg busi-
nesses to get nearly-free adver-
tising with just the right mar-
et for their products and ser-
vices, and we hope to continue
developing relationships with all these businesses so we can
help each other grow.

There were eight of us in attendance at the
EarthSave Summit Oct 26-28. We look for-
ward to using all our newly gained knowledge
so we can become a very large voice here in
Los Angeles. Our mission is to educate, sup-
port those in transition, and provide commu-
nity for all our members.
August 15, 2001 — In 1999, 1.29 million, or 54%, of all U.S. deaths were attributed to diseases for which consumption of animal products represents a substantial risk factor. The estimate was obtained by adding the number of deaths caused by each of 14 diseases for which physicians specializing in the relationship between diet and health have identified meat consumption as a substantial risk factor. The number of 1999 deaths from each disease came from the National Vital Statistics Report published in June, 2001, by the National Center for Health Statistics of the U.S. Public Health Service.

Identification of meat-linked diseases was conservative. For example, cancer of urinary organs was not included, although a plant-based diet reduces the risk. For “ill-defined” and “other” diseases, the number of deaths included in the total was prorated according to the ratio of meat-linked deaths to all other deaths.


More interesting statistics:

Number of Animals Killed for Food in 2000:

9.713 million animals were killed for food in the US in 2000, according to USDA’s National Agricultural Service. This includes 41.7 million cattle and calves, 115.2 million pigs, 4.3 million sheep and lambs, 8.792 million “bruiser” chickens, 429.7 million laying hens, 304 million turkeys, and 26.1 million ducks.

The number expected to rise by 1.9% to 9.906 in 2001, including 40 million cattle and calves (down 4.3%), 113 million pigs (down 2.1%), 4 million sheep (down 7.5%), 308 turkeys (up 1.3%), 8.676 million “bruisers” (up 2%), 446 million laying hens (up 3.6%), and 28.2 million ducks (up 7.4%).

In addition to the 8,856 million animals reported in USDA 2000 slaughter reports, another 857 million, or 8.8% of the total suffered lingering deaths from disease, malnutrition, injury, or suffocation associated with today’s factory farming practices.

The number of ‘other’ or non-slaughter deaths, was estimated on the basis of hatchery reports and interviews with agricultural experts.

The worldwide number of animals killed for food in 2000 was 45 billion, according to the Food and Agriculture Organization. This included 306 million cattle, buffalo, and calves; 1.2 billion pigs; 795 million sheep and goats; and 42.7 billion chickens, ducks, turkeys and geese.

The figures exclude some small countries, as well as “non-slaughter” deaths, which are generally not reported.

Sources:
4. USDA/ NASS “Turkey Hatchery,” July 2001
6. USDA/ NASS “Chicken and Eggs,” Monthly Reports, July 2001 [editor’s note: two 5s??]
7. USDA/ NASS “Poultry Slaughter,” Monthly Reports, August 2001

Please contact Lucy Goodrum at FARM with any questions regarding the above figures. 1-888-FARMUSA. Visit the F.A.R.M. website at www.farmusa.org

Obesity Reaching Epidemic Proportions in US, as Dangerous as Smoking

Surgeon General David Satcher says obesity is reaching "epidemic proportions" in the United States, and could soon cause as much preventable disease and death as cigarette smoking. More than 61 percent of adults and 14 percent of adolescents are affected by obesity and some 300,000 die each year from health problems directly related to obesity. Satcher notes, adding that obesity should be treated as a disease.

Satcher says obesity costs the United States $17 billion per year, and that Americans must learn how to eat a balanced diet and exercise regularly. Satcher says programs to treat obesity and encourage people to change their eating and exercise habits will be implemented by the US government.

Mad Cow Discovered in Austria

Considered a country at very low risk for mad cow disease – because it has imported cattle feed from the U.S. since WWII – Austria discovered its first case of mad cow disease on December 13, 2001. European Union experts had previously concluded that both Austria and the U.S. have low risk of bovine spongiform encephalopathy (BSE, or mad cow disease) in their herds. Unlike the U.S., however, Austria has a rigorous BSE testing program instituted in January of 2001, which uses the latest rapid testing techniques and makes it possible to take large test samples.

The finding of mad cow in Austria leaves Sweden as the only country within the European Union without a reported case of BSE, after Finland also reported its first case of the brain-wasting scourge in early December.

Sales of meat alternatives in Canada have tripled over the past 4 years:

(in sales for the previous 12 months)
1997 - $ 9.3 mn
98 - $ 14.5 mn
99 - $ 19.4 mn
00 - $ 24.3 mn
01 - $ 28.7 mn
Forecast - more growth!

Source: AC Nielson, Market Track
Comfort Food

Macaroni and No-Cheese
1 medium butternut squash (about 2 pounds), unpeeled, cut into 2” cubes and seeds removed
1 cup mellow white miso
1 cup hot water
1 cup nutritional yeast flakes
2 tablespoons Dijon mustard
2 tablespoons raw tahini
3 tablespoons tamari, shoyu, or Bragg aminos
1/2 teaspoons freshly ground black pepper
1 pound elbow or spiral macaroni made without eggs
paprika, freshly chopped parsley and Spike Seasoning for garnish

Preheat oven to 350° F. Lightly oil a round 1 1/2-quart round baking or caserole dish. Prepare a rice steamer or put 1 inch of water in a large saucepan with a steamer basket, bring with a lid, and bring to a gentle boil. Put the squash in the basket, cover, and steam until the squash is tender, about 20 minutes. Cool and pare off the squash peel. In a large pot of boiling water, cook the macaroni until al dente, about 6-8 minutes. Drain. Transfer to a large bowl. Put squash, miso, hot water, nutritional yeast, mustard, tahini, tamari, and black pepper in a blender or food processor, and blend until smooth and creamy. Add sauce to macaroni in large bowl and mix well. Transfer to a lightly-oiled baking dish. Bake until heated through, about 20 minutes. Let cool for 5-10 minutes. Garnish with a sprinkle of paprika and freshly chopped parsley. Great accompanied with a remana salad or fresh lightly-steamed green beans for a hearty meal! Recipe derived from May All Be Fed, authored by John Robinson with recipes by Jo Patton, 1992.

Michelle Larson-Sadler is a food educator and chef who works with food co-ops, businesses, non-profits, and other organizations to inspire people to learn new ways of shopping, preparing, and enjoying healthier food choices.

Great Lakes Wild Rice Chowder
1 yellow onion, coarsely chopped
1 medium green pepper, coarsely chopped
1 medium sweet red pepper, coarsely chopped
2 cups water
2 cups plain soymilk (Westsoy® brand Creamy Original or Pacific Foods® brand non-dairy “cream sauce” base both work well in this recipe – both found at natural food coops and stores)
1 10-ounce bag frozen corn kernels
1 medium rutabaga or 2 medium Yukon Gold or Yellow Finn potatoes, scrubbed and diced into 1/2” cubes
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
3 cups cooked wild rice
1/4 cup nutritional yeast
2 tablespoons freshly squeezed lemon juice
1 tablespoon Dijon mustard
1/4 cup hot water
1/4 teaspoon freshly ground black pepper
Spike Seasoning and finely chopped parsley for garnish

Combine the onion, peppers, water, corn kernels, and rutabaga in a large stockpot. Bring to a boil, then simmer for 20 minutes. Add cooked wild rice. Gradually add soymilk or non-dairy “cream sauce” base, stirring until thick and bubbly. Add salt, pepper, nutritional yeast, and lemon juice and simmer over low heat for another 15 minutes. Top with fresh black pepper and finely chopped parsley. Accompany the chowder with a thick slice of baguette or crusty loaf, and a fresh mixed green salad. Delicious and very satisfying!

Students can participate in the Special Peace Corps. Routine assignments can be serving meals to the homeless or homeshold, volunteering in a nursing home, caring for animals at the humane society, participating in community clean up, as well as assisting in conflict resolution. Upon entering the Center Room, you immediately notice a beautiful, long wood table decorated with a handmade runner. Framed pictures of some of the participants in the morning meeting are placed along the runner. Around the room are statues, colorful flags, and personal belongings of some of the people who have received the Courage of Conscience Awards. Students and faculty alike are surrounded by these mementos daily, inspiring their commitment to peacemaking.

“God put the rainbow in the clouds so even in the dreariest of times we would know there is hope. And that is why The Peace Abbey is here.”

Mary Angelou

In the chapel, you will again find the twelve major religions represented. Sitting in the chapel brings peace to the heart, tears to the eyes and a vision of hope to the soul. You are invited to sign a petition to free prisoners of war — and you can sit quietly and read books and magazines from different cultures, all acknowledging Spirit’s presence.

The Peace Abbey is also home to the Veganpeace Animal Sanctuary and the Greater Boston Vegetarian Resource Center. Students become self sufficient as they are educated about the nutrients that can best maintain wellness, and the cost of unconscious eating. There is no room for ignorance because informed thinking is going on.

To further support a compassionate form of pacifism, the Veganpeace Animal Sanctuary was established. The Peace Abbey is home to well cared for goats, rabbits, turkeys and cows. There is a particularly interesting story about Emily the cow. Emily was literally being readied to kill within the walls of the slaughterhouse when she up and escaped. Running away was no small feat seeing she had to jump over a 5 foot gate out of the building to avoid the killing floor. Much to everyone’s shock, she succeeded. During the next forty days and nights, Emily was periodically sighted in the company of deer who had apparently befriended her. When the authorities finally caught up with Emily, she was far too thin to butcher. The Randas purchased her for $1.

If you’d like to have a conversation with a cow that appears to understand what you have to say and gives you eye contact, come and visit Emily. Miracles, breathtaking stories and inspired happenings seem to be routine in this environment that is based on love.

It is difficult to do justice to The Peace Abbey in so few and limited words. See this as an invitation if your spirit resonates with this place and these ideals, as mine does. Let us come together and support each other in whatever way we can. The Peace Abbey has never advertised or requested funds. It is their belief that when one follows Spirit, all is provided. 

Marcia Reddington-Lantion

Learn more about the Peace Abbey at www.peaceabbey.org.
Terror, Love and the State of the World

(Continued from page 17)

We'll know we're on the right track when we begin producing and eating food that is healthy for our bodies and healthy for the Earth, and when we no longer find acceptable the existence of human hunger anywhere on the planet.

We'll know we're upholding the human spirit when the power we seek is the ability to nurture and befriend, rather than to conquer and subjugate; and when the success we pursue is one in which all beings share because it is founded on reverence for life.

We'll know we've begun to create a safer and kinder world when we design our public policies and personal lifestyles not just for individual advantage, but for the greater good of the whole Earth community. Then we will ask God to hear the prayers of those who hunger and are not fed, and those who are despised by their fellow humans because they are somehow different. We will ask God to please hear the prayers of those who have been forced from their homes. We will ask God to hear the prayers of those who are connected to the Earth, and when we no longer find acceptable the existence of human hunger anywhere on the planet.

In times of fear, most people step back and wait to see what others are going to do and what's going to happen. Some people, though, see the situation as an opportunity to step forward and take a stand. The more of us who in our hearts and lives take a stand for the creation of a thriving, just and sustainable way of life for all, the less likely it is that the bin Ladens of the world will accomplish their purposes, and the greater the chance that it will be love and not fear that will prevail. Then those who perished in the September 11th attacks will not have died in vain, but will live on in the flourishing of human hope and well-being.

The bitter historical events that came to fruition on September 11th did not come from nowhere, but developed over decades and even centuries. Likewise the peace and understanding that we seek, and which alone will make us truly safe, need to be nurtured and cultivated over generations of time. It is to the planting, nurturing and harvesting of fruits worthy of all that is good and beautiful in us that we must now, as never before, dedicate our lives. Because now, as never before, the world needs our wisdom, our cooperation, and our understanding that all humanity is connected.

(John Robbins is the author of many best-sellers, including Diet For A New America, and his recently released The Food Revolution. He is the founder of EarthSave International, and can be contacted through the website foodrevolution.org)

My Life Matters

My life matters. It always matters whether I reach out in friendship or lash out in anger. It matters whether I live with compassion or whether I succumb to distractions and trivia. It always matters how I treat other people, how I treat animals, and how I treat myself; it always matters what I do. It always matters what I say. And it always matters what I eat.

When I choose to affirm the dignity inherent in life and to uphold the beauty, the magic, and the mystery of the living Earth, something happens. It happens whether or not anyone else recognizes my efforts, and it happens regardless of how wounded or flawed I am. What happens is I join a long lineage of human beings who have stood for and helped to bring about a future worthy of all the tears and prayers our species has known. My life becomes a statement of human possibility. My life becomes an instrument through which a healthier, more compassionate, and more sustainable future will come to be.

Diet For A New America

(Continued from page 4)

The Daliai Lama and Michael Fitzpatrick listen to Michael's new CD, "Compassion.")

One of Michael's biggest projects is the Global Day of Compassion, which was December 10, on which he commemorated the anniversary of the death of Thomas Merton and the anniversary of the awarding of the Nobel Peace Prize to His Holiness the XIVth Dalai Lama. EarthSave supported the Global Day of Compassion and, like Michael, encouraged everyone on that date to reflect on the purpose of life and the future of our world.

“"Our world has forever changed,” says Michael. “Now, more than ever, we need a music of compassion, a music of peace. Only the collective strength of our inmost wisdom, intelligence, and love can guide us through this transition. At a time when the worst of humanity is on display and the future of civilization is at stake, music can provide great hope to the world, as it always has. Musicians from all around the world must come together now, to unite, and to unite the world. We must all lend our inner music to this cause and create a world defined by love.”

Compassion is available at Barnes & Noble and Borders Books & Music stores, fine specialty stores, and online at www.voicesofcompassion.com, or by calling 1-800-876-3079.

EarthSave Summit for Peace hosted by the Hashemite Kingdom of Jordan; he played at a VIP party for VegSource recently; and he has played in my family room. In other words, he's willing to play anywhere he thinks he might be able to move people toward compassion in their private and their public lives.

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EarthSave Magazine
Clean Up Your Act With North American Naturals

EarthSave International board member Matt Kelly and associate Carl Becker have announced the launching of North American Naturals Soap Company. The soaps are made with all-natural bases, including olive, coconut, palm and/or sweet almond oil; hemp, aloe vera and vitamin E. They contain no chemical colors, no chemical fragrances, and no animal products. The fragrances used are aromatherapy-grade essences and cold-pressed massage oils. All are cruelty free, being only human-tested on Kelly, Becker, and their family and friends.

North American Naturals (NAN) are made “with the highest environmental and ethical standards we can use,” says Matt Kelly. North American Naturals were born from Carl Becker’s need to improve his own skin problems, such as eczema and dermatitis. Decades ago, he taught himself the age-old art and craft of soap making. With more a million bars already to his credit, Becker has joined forces with local entrepreneur and activist Matt Kelly to educate the public on the benefits of all-natural products, while producing and promoting environmentally correct, animal-friendly, and Earth-friendly products.

Varieties include Oatmeal Lavender (with organic ground oatmeal), Lavender Love (with French lavender flowers inside), Patchouli Passion (with hemp oil), “Angel’s Breeze” with lavender and lemon grass, Pure Soap (no fragrance, with organic oatmeal), and many more, with new varieties always in the works. All North American Naturals soaps work well on pets as well as on humans, according to the manufacturers. The hottest new variety is “Uncle Carl’s Bug Away Soap” with all-natural insect repellants.

Matt Kelly, formerly general manager of Brodie Mountain Ski Resort in Massachusetts, is a board member of EarthSave International, and the first known vegan and Green Party Selectman in Massachusetts. He lives in New Ashford, MA, with his wife, Mary, and daughters Abby and Becky. “I’m proud to be involved in a business that is in tune with my personal beliefs,” he says.

Prior to co-founding North American Naturals, Carl Becker managed multi-million dollar accounts in the hospitality industry throughout the United States. He has a degree in Hotel Restaurant Administration from the University of Nevada, Las Vegas, and currently resides in Lee, MA, with his son Nicholas. For further information, call toll-free 877-833-SOAP (7627), email nansoap@yahoo.com, or write to North American Naturals Soap Co. Alledale Center 19 Cheshire Road Pittsfield. Visit the North American Naturals website at www.vegsoap.com.

Yes! I want to support EarthSave. Enclosed is my tax-deductible donation.

12 Month Membership

☐ $20 Student/Senior  ☐ $35 Individual
☐ $50 Family  ☐ $100 Patron
☐ $500 Sustainer  ☐ $1,000 Lifetime
☐ Other Membership

Monthly Giving

☐ Pledge
☐ I authorize monthly charges to my credit card. (see signature below)
☐ Send me an authorization form for automatic payments from my checking account.
☐ I’ll ask my place of work to match my gift.
☐ Contact me with information about volunteer opportunities in my area.