

EarthSave

MAGAZINE

Terror, Love and the State of the World

In the wake of a global crisis, John Robbins addresses the question, "What Now?"



EarthSave
Healthy People Healthy Planet

Fall/Winter 2001



From The Chair

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.

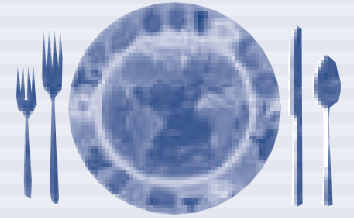
In these times, we are challenged to do our part to bring compassion into the world, in ways small and large. This can be accomplished by serving the homeless a meal once a week, bringing an elderly person to your next potluck, rescuing a dog or cat from an animal shelter, or simply smiling more at times when you wouldn't ordinarily care to. It could mean turning your talent into a visible beacon of compassionate light, like EarthSave member Michael Fitzpatrick has done with his *Compassion* CD release (see page 4). It could mean finding an opportunity to make a living selling cruelty-free, environmentally-responsible items, like EarthSave board member Matt Kelly has done with his line of vegan soaps (see page 24). Or it could mean actively and openly teaching and preaching peace and justice, like EarthSave 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.
John D. Borders, Jr.



EarthSave
Healthy People Healthy Planet™

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EarthSave promotes food choices that are healthy for people and for the planet. We educate, inspire and empower people to shift toward a plant-based diet and to take compassionate action for all life on Earth.

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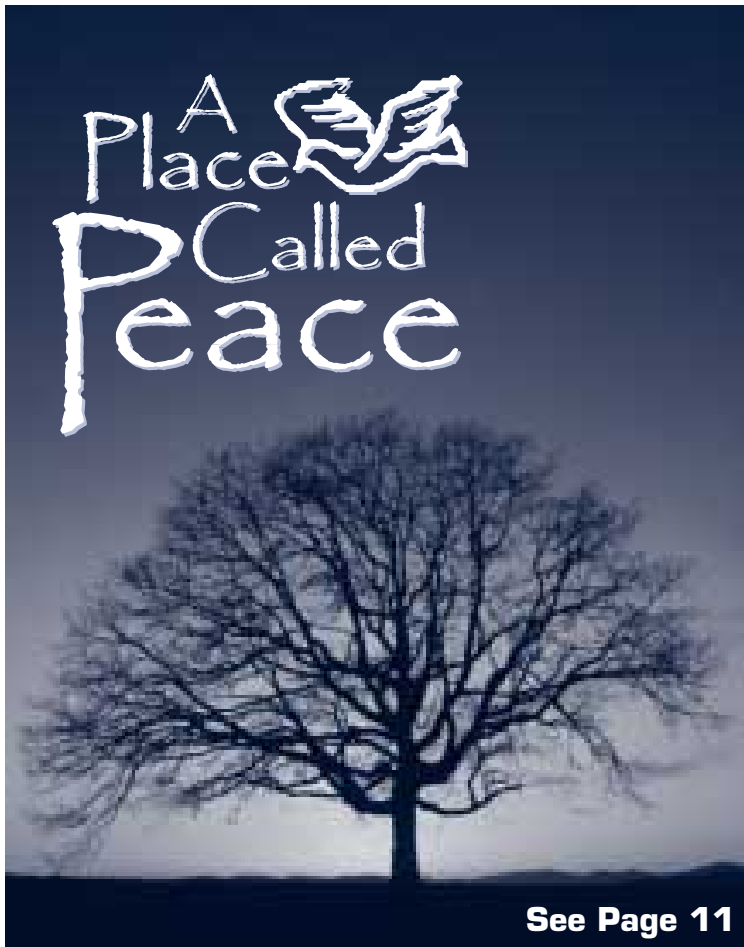
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More than 35 chapters and branches - see page 23



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- **MEMBERSHIP DATE** - Please check your label for the expiration date of your annual membership. If the date is within the next quarter, this will be your last newsletter. We appreciate your support, and invite you to renew your membership today.

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MICHAEL FITZPATRICK'S COMPASSION

By John D. Borders, Jr.

"Now the time has come. The world has become smaller and smaller. In spite of different beliefs, different traditions, we all have a common goal and common responsibility. That is to make a common effort to achieve peace, world peace, peace through inner peace, and a meaningful life."

His Holiness the XIVth Dalai Lama

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."

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

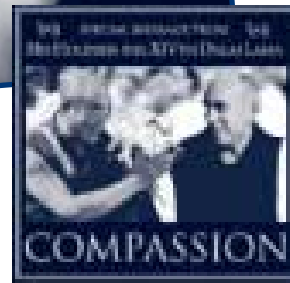
pulse of love cannot be underestimated during this time of radical transition on the planet. It can help stabilize the emotions, eliminate fear, and bring a lasting inner peace."

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, whenever in order to bring notions of compassion into the mix of feelings and sentiments being sorted through by Americans and citizens 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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A Vegan Wedding Everyone Will Remember

by Paige Newman



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 adorned 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

By Michelle Larson-Sadler

What is Comfort Food?

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

loaf of bread warming up in the oven; as intriguing as the aromas from a filling casserole baking on a cool Sunday afternoon; or as complex as the creation of a satisfying, delicious, full-course meal — made with love — for yourself, for family, or for friends.

If you think back to the last time you prepared food for yourself or for others with care, did you remember how you really enjoyed the meal? This enjoyment is the true essence of comfort food. A hearty heaping helping from one of these easy recipes — made with TLC and savored with every bite — will bring you comfort during the Fall and Winter season. Enjoy! 🍲

Black Bean and Yam Enchilada Bake

3 large garnet or jewel yams, scrubbed, skin-on, thickly sliced
8 cups water
1 large yellow onion, coarsely chopped
1 Anaheim or jalapeno pepper, finely chopped (include seeds for increased spiciness)
1 tablespoon olive oil
1 tablespoon chili powder
1 15-ounce can or 2 cups cooked black beans
1 10-ounce package frozen corn kernels
1 package soft yellow corn tortillas
1 can or bottle prepared enchilada sauce
Finely chopped fresh cilantro, green onion, and tomato for garnish

Preheat oven to 375° F. Bring water to rapid boil in stockpot. Add sliced yams and cook until tender. Drain and cool. Sauté onion and pepper in olive oil over medium heat until transparent. Combine yams, onion and pepper mixture, and chili powder in a food processor and blend until creamy. Add extra water, as needed, to achieve desired creaminess. Later ingredients in a 9" x 13" pan in the following order: enchilada sauce, corn tortillas, yam mixture, a sprinkling of black beans and corn. Continue the layering until you reach the top of the pan (there should be enough for three layers.) The top layer should consist of a spreading of the yam mixture topped with the remaining enchilada sauce. Bake in oven for 45 minutes or until bubbly hot. Let cool for 10 minutes after removal from oven. Top with cilantro, green onion, and tomato. This will indeed warm your heart and soul on a cool Winter day!

Hearty Garbanzo Stew

1 small pie pumpkin or Red Kuri squash (about 2 pounds), unpeeled, coarsely chopped, seeded
1 15 ounce can or 2 cups cooked garbanzo beans (also known as chickpeas)
2 medium Yellow Finn or Yukon Gold potatoes, skins-on, cubed in 1/2" dice
1 cup corn kernels, fresh from the cob or frozen
6 cups vegetable stock, broth, or water
1 cup fresh cilantro or flat-leaf parsley, coarsely chopped
2 large stalks celery, coarsely chopped
1 large yellow onion, chopped
1 tablespoon tamari, shoyu, or Bragg aminos
1 tablespoon olive oil
sea salt and freshly-ground black pepper to taste

Prepare a rice steamer or put 1 inch of water in a large saucepan with a steamer basket, fitted with lid, and bring to a gentle boil. Put the pumpkin or squash in the basket, cover, and steam until the squash is tender, about 20 minutes. Cool and pare off the peel. In a mixture of tamari and olive oil, sauté celery and onion until transparent. Combine the rest of the stew ingredients, except cilantro, in a large stockpot or crockpot. Simmer stew over low heat in stockpot for 3-4 hours or at high setting for 5-6 hours in the crockpot until thickened. Mix in fresh cilantro or parsley towards end of cooking. Season to taste with sea salt and ground black pepper. Serve hot with a slice of fresh cornbread or crusty European loaf. Delicious!

Creamy Vegetable Casserole

3 cups cooked millet
4 large carrots, sliced diagonally in 1/4" thick slices
2 small broccoli stalks, cut into florets, and stalks sliced into 1/2" rounds
1 medium yellow onion, finely chopped
1/2 cup raw tahini
1/2 cup hot water
2 1/4 teaspoons mellow brown rice miso
3 tablespoons toasted or black sesame seeds (found at Oriental groceries or natural foods stores)
Spike® Seasoning to taste

Preheat oven to 375° F. Lightly oil a round 11/2-quart round baking or casserole dish. Prepare millet in advance, let cool, and set aside. Put carrots, broccoli, onion in a saucepan with 1/2 c water, cover, and bring to boil over high heat, then immediately reduce heat and simmer until vegetables are crisp-tender, about 3 minutes. Drain well. Dissolve miso in hot water. Combine miso broth and tahini in a measuring cup and stir until creamy. Combine millet, vegetables, and tahini sauce in a 1 1/2 quart baking dish or casserole. Sprinkle sesame seeds over top and bake, uncovered, until heated through, about 15-20 minutes. Flavor with Spike® seasoning to taste. Serve immediately with a fresh salad mix tossed with Italian vinaigrette for a simple, yet satisfying meal. Recipe derived from May All Be Fed, authored by John Robbins with recipes by Jia Patton, 1992.



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 buying power of our children, and the schools are their vehicles for profit. This prospect of money to schools is seducing school boards and blinding adults to the realities of these “deals with the devil.” I'm sorry to say that my own school district has a Pepsi contract. Just a few years ago, a consortium of three Colorado school districts approved a 10-year, \$27.7 million exclusive contract with Coca-Cola. Only one of the boards' 17 members voted against this contract. As of this writing, more than 200 school districts nationwide have signed exclusive grant contracts with soft drink com-



panies.

Is society letting legislators off the hook? “Don't worry about funding schools...let corporate America fill the void, as they build brand loyalty in the smallest of consumers”? Isn't education about becoming a pillar of democracy...learning life skills and fulfilling dreams? Our collusion with beverage “giants” seems to reinforce the idea that success is measured by wealth — by the acquisition of stuff — and that profit at any cost is good.

The statistics speak for themselves. In 1970, annual consumption of soda was 22.4 gallons per capita; by 1998 it was 56.1 gallons. Today, the average North American consumes 53 teaspoons of sugar a day! Excess sugar in children's diets has been linked to the rise in type-2 diabetes, heart disease, obesity and kidney stones. One 12-ounce can of soda contains the equivalent of 9 teaspoons of sugar, while a 64-ounce Big Gulp, provides the equivalent of 48 teaspoons! It's interesting to note that, during World War II, when sugar consumption dropped, the incidence of new cases of diabetes dropped sharply also. So, there is hope.

Earlier this year, to stem criticism, Coca-Cola, announced that it would “back off” the number of contracts with schools. This promise, however, is another smoke screen by those who seek to use the captive audiences in schools to pad their quarterly profits. Some of Coke's bottlers are still signing exclusive

contracts with high schools. Since March of this year, Coke's largest bottler, Coca-Cola Enterprises Inc., which is 40% owned by Coke, has struck several big school contracts. One deal was a five-year, \$1.77 million pact with 35 schools in Sarasota, FL.

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 Moslem ban on alcohol,” he says, “I feel I know what heaven looks like.”

Actually, heaven is a group of parents who storm their board of education meetings and 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 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 jenjill@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.

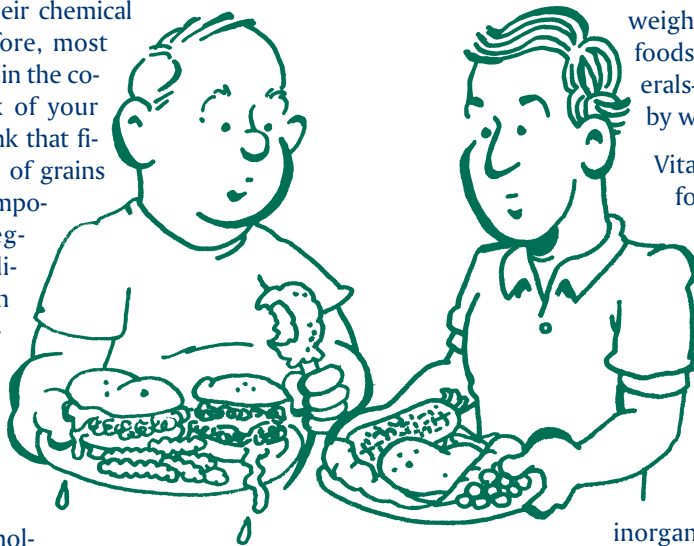
Water makes up a large part of our foods. Although it yields no energy, for many reasons water is an essential element for life. It is not just a passive solvent in which salts, compounds and gasses interact; water participates actively in forming building blocks of cells and is the environment in which 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 foodstuff 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. Vita 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, soba) 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 the 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% 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 80% carbohydrate from nutritious foods—starches, vegetables and fruits.

Percent of calories found as carbohydrates in various foods:					
Almonds	13	Corn	94	Pork	0
Beans (kidney)	72	Eggs	2	Potatoes	90
Beef	0	Grapefruit	93	Rice (brown)	89
Bread (whole wheat)	75	Lobster	1	Spaghetti (whole wheat)	81
Brussels Sprouts	74	Milk (whole)	30	Sugar*	100
Cabbage	85	Oatmeal	71	Sweet Potatoes	92
Carrots	92	Oranges	88	Tofu	23
Cheddar Cheese	2	Peanuts	16	Tomatoes	85
Chicken	0	Peanut Butter	15	Turkey	0

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 is 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. 🌱

Grams of fiber present in portions of food that yield 100 calories:

Beans (kidney)	1.5	Peanuts (with skin)	0.8
Bread (whole wheat)	0.7	Peanuts (without skin)	0.3
Brussels Sprouts	4.4	Potatoes	0.6
Cabbage	4.3	Radishes	4.1
Carrots	2.3	Rice (brown)	0.2
Cauliflower	3.7	Scallions	2.0
Corn	0.7	Soybeans	1.4
Green Beans	4.0	Spaghetti (whole wheat)	0.6
Grapefruit	0.8	Sweet Potatoes	0.6
Kale	3.4	Tomatoes	2.3
Oatmeal	0.3	Tofu	0.1
Oranges	0.9	Yams	0.9
Peas	2.4		

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 videotape 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 explodes common nutritional myths like:

- Myth 1: Starches Make Me Fat
- Myth 2: I Need Meat for Protein
- Myth 3: Milk Makes Strong Bones
- Myth 4: Chicken Is Low Cholesterol
- Myth 5: Vegetable Oil is Health Food

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



THE EARTHSAVE SUMMIT

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.



A Place Called Peace



EarthSave members Lewis and Meg Randa—founding directors of the Peace Abbey in Sherborn, MA—have been busy at the Abbey since the terrorist attacks on September 11. Hundreds of people have since visited this unique and cozy retreat center/worship space, trying to make sense of the attacks and of our country's response in Afghanistan. The Randas are trying to offer peaceful, non-violent solutions to the current problems related to terrorism. The Peace Abbey hosted the EarthSave summit—a meeting of the chapters across North America—last Fall, and Lewis spoke to a captivated audience recently at EarthSave Louisville's Turkey-Free Thanksgiving dinner.

"The Peace Abbey is dedicated to supporting people on the sacred journey of loving the ways others love God. The mission of the Abbey is to create innovative models for society that empower children and adults on the paths of nonviolence, peacemaking and cruelty free living. We encourage our members and visitors to discover within the world's religious traditions that which will facilitate their highest calling as instruments of peace and as examples of compassionate living."

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.

(Continued on Page 21)

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...*





WorldFest and the VegSource



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 various fruits and vegetables contain chemo-preventative 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.”



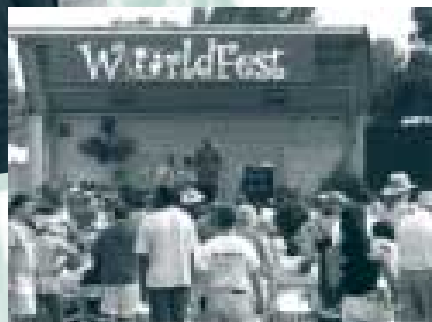
Professor T. Colin Campbell, Ph.D., nutritional biochemist from Cornell University, discussed his varied lifelong research — all of which keeps pointing to one irrefutable conclusion: animal protein, and especially protein found in cows’ milk, promotes the growth of certain all-too-common cancers.



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...



Vegan NBA star John Salley makes a slam dunk onstage.



Salads, pastas, soups, and vegan club and reuben sandwiches — yum!

Los Angeles e-Vent Weekend!

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!



People flew in from as far away as London, England, and Seoul, Korea, to attend the eVent!



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



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



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



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

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!



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



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.



WorldFest was hot — in more ways than one; September 30 turned out to be one of the hottest days of 2001!

A white dove is shown in flight, its wings spread wide, positioned centrally between two open, cupped hands. The hands are positioned at the bottom of the frame, palms facing up. In the background, a large, detailed image of the Earth is visible, showing continents and clouds. The entire scene is set against a dark, solid background.

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 constricted. Concerns for our immediate survival push everything else out of the picture. In the throes of terror, our thinking is narrowed and short-term. The world is divided into two kinds of people, those who are threats and those who can help us defend against the threat. Everyone else is seen as irrelevant, and might as well not exist. All our attention is focused on protecting ourselves from the immediate danger. Our thoughts become dominated by "fight or flight," triggering the reptilian 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 like 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 lost in hysteria that we can't think straight. 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 similar 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 livestock so that a people whose cholesterol levels are too high can have cheap meat.

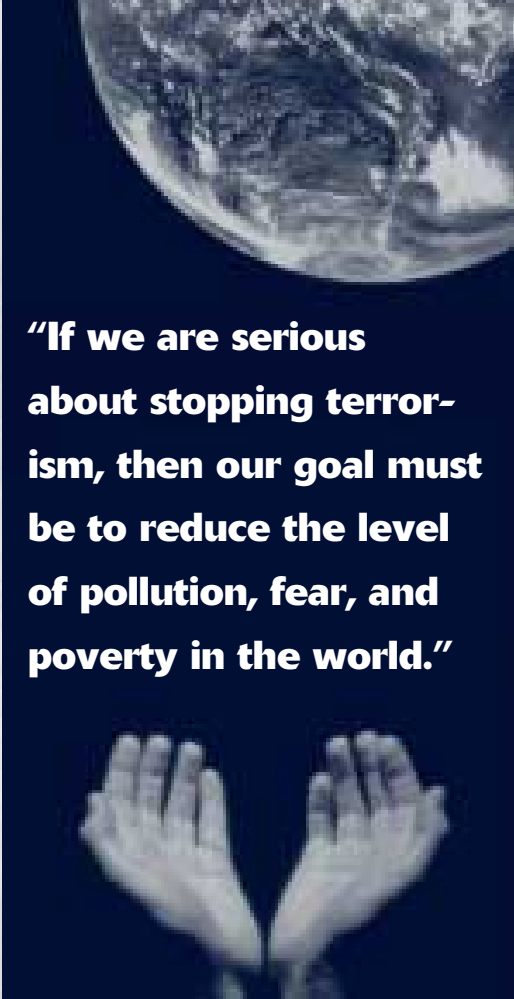
To advance human security and control terrorism, we must not only find the brutality of the September 11th attacks to be totally intolerable. We must also find intolerable that one billion people worldwide struggle to survive on \$1 a day, that more than one billion people lack access to safe drinking water, and that 3 billion people have inadequate access to sanitation.

The presence of such dire poverty is an insult to human dignity and would be deplorable enough. But today, with worldwide telecommunications making the rising inequality between a rich, powerful and imposing West and the rest of the world visible to all, its continued existence can only spur those who have no prospect of a better life to previously unheard of levels of despair and rage. In a time when a handful of desperate and suicidal people can devastate the most militarily powerful nation in the history of humankind, any coalition dedicated to defeating terrorism must also be a coalition dedicated to the goal of bringing justice and prosperity to the poor and dispossessed. 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 terrorists will be clamoring to tell us who and where they are, and to help us find and defeat them.

This goal is too costly, many say. But this is not true. The cost of our initial military response will easily top \$100 billion (on top of our already enormous annual defense budget of \$342 billion). What could we accomplish if we spent even a small fraction of that much on programs to alleviate human suffering?

In 1998, the United Nations Development Program estimated that it would cost an additional \$9 billion (above current expenditures) to provide clean water and sanitation 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 terrorism,
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. government 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 defeat those who launched the attacks of September 11th. What if we were also as dedicated to building an international coalition to eradicate hunger, to provide clean water, to defeat infectious disease, to provide adequate jobs, to combat illiteracy, and to end homelessness? What if we understood that, today, there is no such thing as national security 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 fellow nations can only breed resentment and hatred.

Most immediately, we must address what is

rapidly becoming an overwhelming humanitarian problem in Afghanistan. This nation has endured decades of conflict. As a result, 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. According 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 packets 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 organizations, Doctors Without Borders, speaking from Islamabad, deplored the program as so much "PR." The airdrops, 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 according 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. bombing 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 human 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 arrogant 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 banning 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 almost single-handedly blocking U.N. efforts to reduce the use of children as soldiers, even when two million children have been killed in armed conflicts in the past decade.

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.

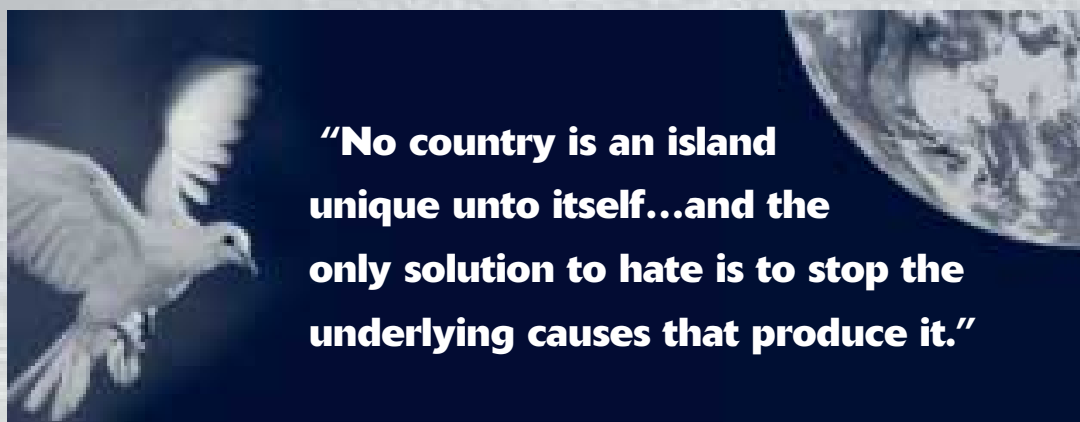
This is not a matter of partisanship. Both Republican and Democrat administrations have come all too often to define American self-interest almost without regard for the concerns of other nations. It's sad but true that to assure American access to oil and other natural resources around the world, and 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.

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.



"No country is an island unique unto itself...and the only solution to hate is to stop the underlying causes that produce it."

Might the United States remember in all of this that our national purpose is greater than the construction 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 that we've begun to defeat terrorism when we see the connection between the \$5 trillion the U.S. has spent on nuclear weapons since World War II and the homeless children shivering in the cold, the battered women who have no shelters, and the families broken by grinding poverty; when we see the connection between the \$1 billion a day we have spent every day for decades on the military and the hungry people who have no hope, the children dying from preventable diseases, and the families who sell their daughters into sexual slavery because they see no other way to survive. We'll know we've begun to create a world where terrorism can't find a foothold when we commit ourselves and our resources to the building of a peaceful world with as much dedication as we have committed ourselves to war.

Continued on Page 22



***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 grinning, 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 dogmatic. 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.

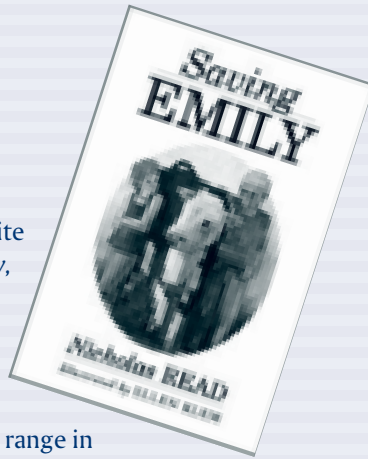
Chris is a city boy wrenched from the urban life he knows by his divorced mother when she marries a small-town doctor. At first, he is bereft and lost, a virtual fish out of water with no friends and no idea of how to fit into such strange new surroundings. Then he meets Gina, a free-spirited young girl 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.



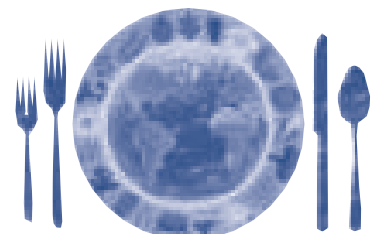
Howard Lyman Retires as EarthSave President

On January 1, 2002, our own beloved Mad Cowboy, Howard Lyman, retired from the EarthSave Board of Directors. Howard was on the board for seven productive years, and says his term at EarthSave remains a bright spot in his life.

Howard has been and continues to be a extraordinarily popular person in EarthSave, cherished by all who know him or have been touched in some way by this powerful force of nature. He is a giant, literally and figuratively. He is a friend, a great leader, and a man with a tremendous heart. We will continue to appreciate his support of EarthSave, as much as his time allows.

The Board of Directors and all EarthSave members want to thank Howard for his many valuable contributions. We wish him much health and happiness in his retirement. 🌱

John Borders
Chair of the Board
EarthSave International





Organic UPDATE

Is Organic Better?

(HealthScoutNews) -- There are many comparisons 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 synthetic 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 nutrients: 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. 🌱

Organic Foods Documented More Nutritious!!

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

"Nutritional Quality of Organic Versus Conventional Fruits, Vegetables, and Grains", published in *The Journal of Alternative and Complimentary Medicine*, found organic crops, on average, contained 29.3% more magnesium, 27% more vitamin C, 21% more iron, 13.6% more phosphorus, 26% more calcium, 11% more copper, 42% more manganese, 9% more potassium and 15% lower nitrates.

In crops such as spinach, lettuce, cabbage and potatoes, organically grown crops showed even higher nutritional superiority. 🌱

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 inspirational talk, and we held a group discussion about the direction ESLA would be taking, including community outreach, educational events, social activities, meeting times, and the very large role we would be playing in the production of Worldfest 2001, on September 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 Witness*. 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 committee, Witness screening committee, and a benefits committee. We are also working on a Veg101 class.

The Witness screening committee 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 possibly 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 wonderful benefits for our membership, including:

- 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 cookies at Allison's 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 Vegan Thanksgiving
- \$5.00 off John Robbins lecture at the Fall Health Classic in Malibu
- \$2.00 off admission to the Raw Power Nightclub
- Entry in our members-only drawing at each of our monthly meetings. Prizes have included \$25.00-\$50.00 gift certificates to local veg restaurants, baskets of organic fruits and vegetables, \$20.00 box of gourmet cookies, jars of nacho cheese, 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 benefits. The benefits program is also a great way for veg businesses to get nearly-free advertising with just the right market for their products and services, 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 forward to using all our newly gained knowledge so we can become a very large voice here in Los Angeles. Our mission is to educate, support those in transition, and provide community for all our members. 🌱



Number of People Killed by Meat Consumption in 1999

Special Report from F.A.R.M.

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.

Source: USPHS, National Center for Health Statistics *Deaths: Preliminary Data for 1999*, National Vital Statistics Report, June 26, 2001.

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 Statistics Service. This includes 41.7 million cattle and calves, 115.2 million pigs, 4.3 million sheep and lambs, 8,792 million "broiler" chickens, 429.7 million laying hens, 304 million turkeys, and 26.1 million ducks.

The total number is 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%), 8,967 million "broilers" (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:

1. USDA/ NASS "Poultry Slaughter 2000 Summary," February 2001
2. USDA/ NASS "Livestock Slaughter 2000 Summary," March 2001
3. USDA/NASS "Hatchery Production 2000 Summary," April 2001
4. USDA/ NASS "Turkey Hatchery," July 2001
5. USDA/ NASS "Meat Animals Production, Disposition, & Income 2000," April 2001
6. USDA/ NASS "Chicken and Eggs," Monthly Reports, July 2001 [editor's note: two 5s??]
7. USDA/ NASS "Turkey Hatchery," Monthly Reports, July 2001
8. USDA/NASS "Poultry Slaughter," Monthly Reports, August 2001
9. USDA/ NASS "Livestock Slaughter," Monthly Reports, July 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 \$117 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 - \$ 24.5 mn
01 - \$ 28.7 mn

Forecast - more growth!

Source: AC Nielson, Market Track



Comfort Food

(Continued from page 4)

Macaroni and No-Cheese

1 medium butternut squash (about 2 pounds), unpeeled, cut into 2" cubes and seeds removed
 1/4 cup mellow white miso
 1/4 cup hot water
 1/4 cup nutritional yeast flakes
 3 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 casserole 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 fresh chopped parsley. Great accompanied with a romaine salad or fresh lightly-steamed green beans for a hearty meal! Recipe derived from May All Be Fed, authored by John Robbins with recipes by Jia 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.

Peace Abbey

(Continued from page 11)

Students can participate in the Special Peace Corps. Routine assignments can be serving meals to the homeless or homebound, 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."
 Maya 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.

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
 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!

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-Lawton

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 please hear the prayers of the people in prison, of the homeless, of the refugees walking on roads because a war has forced them from their homes. 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 feel the exhaustion of those living too close to the edge of their physical and spiritual resources. Then our religious and spiritual lives will make us more human, more humble, and more able to live with respect for all beings.

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 and awareness 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. ☸

Derived from The Food Revolution by John Robbins. Visit <http://www.FoodRevolution.org> for more info.

Michael Fitzpatrick

(Continued from page 4)



His Holiness The Dalai Lama and Michael Fitzpatrick listen to Michael's new CD, "Compassion".

performed at the closing ceremony of the UN's Millennium Peace Summit of Religious & Spiritual Leaders; he played at the Global

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.

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.



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An EarthSave Branch is either an active startup chapter on its way to chartering, a group that is active but not large enough to be chartered as a chapter, or an affiliate group.

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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.

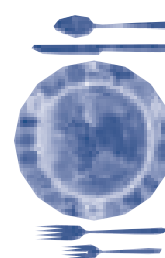


Matt Kelly, formerly general manager of Brodie Mountain Ski Resort in Massachusetts, is a board member of EarthSave International, and the first known vegan and Green Party Selectman in Massachusetts. He lives in New Ashford, MA, with his wife, Mary, and daughters

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. Allendale Center 19 Cheshire Road Pittsfield. Visit the North American Naturals website at www.vegsoap.com.



EarthSave
Healthy People Healthy Planet™

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