

# FARM SANCTUARY GALA 2002

FARM SANCTUARY  
P.O. Box 150 · Watkins Glen, NY 14891 · Phone · 607-583-2225

www.FarmSanctuary.org

## People

**Kim Basinger** looked decidedly unglamorous on Sept. 21 when she showed up for the black-tie Farm Sanctuary Gala



Kim Basinger brings the blues to a black-tie event.

at the Beverly Hills Hotel wearing denim overalls. Basinger had to forgo evening wear because she had surgery five weeks ago to treat a chronic back problem. As part of her post-op recovery, she has to wear a back brace—not the standard accessory for a form-fitting gown. Actually, given that she was at the banquet to accept an award for helping rescue farm animals from slaughter, her outfit wasn't all that inappropriate.

### DAILY NEWS A feather in her cap

The real party animals were out the night before the big telecast. The Farm Sanctuary's "Emmys for Animals" were held Saturday at the Beverly Hills Hotel to honor Kim Basinger for her advocacy work. Dressed in overalls and a back brace — Basinger is recovering from back surgery — the actress said, "God knows how much I've learned from animals. I've been enriched by their wonderful presence. I believe that every species will be constantly threatened as long as man is at the helm."

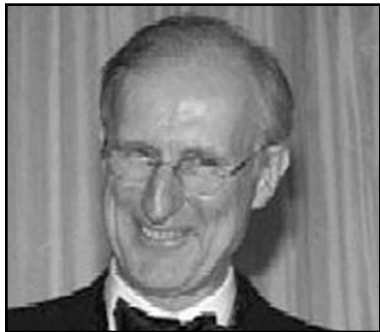
### THE BOSTON GLOBE

#### GIVING FARM ANIMALS THEIR DUE

**Chris Haynes** of CBH Communications joined **John Archibald** and **James Costa** of the Archibald Family Charitable Foundation at the Farm Sanctuary's Gala 2002 "Emmys for the Animals" last weekend in Beverly Hills. At the Beverly Hills Hotel's star-studded event, the Farm Sanctuary recognized the efforts of actress **Kim Basinger** on behalf of factory farm animals with the "Gift of Life" award. The dinner, hosted by "Babe" star **James Cromwell**, also honored actresses **Wendie Malick** (of TV's "Just Shoot Me") with its "Emmy for Animals" award and **Charlotte Ross** ("NYPD Blue") with its "Friends Not Food" award. (Dinner proceeds go directly to the Farm Sanctuary's work in farm animal rescue and in raising awareness.) . . . Last weekend's dinner actually kicks off a round of local events around the country, including a walk on Boston Common Saturday and another walk in Acton next weekend, said **Lorraine Nicotera** of Weymouth, organizer of the Boston event. Look for Nicotera — you'll know her, she'll be dressed as a cow — and others near the Park Street T station. Last year's Boston event raised some \$2,000 for the Farm Sanctuary, which is headquartered in Watkins Glen, N.Y.



Actress Daryl Hannah is flanked by Boston's Chris Haynes (left) of CBH Communications and James Costa of the Archibald Family Charitable Foundation at last weekend's Farm Sanctuary Gala 2002 awards dinner in Beverly Hills.



*Cromwell: "I wanted to talk about animal rights without going through some convoluted justifications about using animal products."*

Photo By WireImage



### James Cromwell sows a meatless message

By Mike Falcon, Spotlight Health with medical adviser  
Stephen A. Shoop, M.D.

James Cromwell is best known for his Oscar-nominated performance as kindly Farmer Hoggett in Babe. But the veteran actor took the role to heart after a visit to a stockyard made him take a hard look at what he had been eating.

"Most people have never been to a stockyard and smelled and felt what it is like," says Cromwell recently as he readied to host the 2002 Farm Sanctuary "Emmys for Animals" awards at the Beverly Hills Hotel. "I have."

And Cromwell did not like what he saw. "I drove through the stockyards of Texas on a motorcycle," says Cromwell. "It doesn't let you escape what surrounds you and what it smells like and feels like — and what hit me was the realization that something that was alive and had feelings will suffer before a piece of it is placed on our plates." Cromwell's pro-plant diet has many supporters in the Hollywood community. Several of whom

received Farm Sanctuary awards including Kim Basinger, Just Shoot Me star Wendie Malick, and NYPD Blue's Charlotte Ross for their work in saving farm animals and making their plight public. Other notables in attendance were Emmy-winner Doris Roberts, Daryl Hannah, Linda Blair, Thora Birch, and Seinfeld alum Julia Louis-Dreyfus. Farm Sanctuary establishes farm animal shelters, wages campaigns to stop farm animal cruelty, and promotes an animal product-free diet. The organization runs two shelters — in upstate New York and northern California — where, according to its Web site — "people have the opportunity to be touched by rescued farm animals." While Cromwell's decision to go meatless is based on personal ethics, he's quick to acknowledge that there are possible health implications as well.

Continued on reverse



## Health food

"When I did Babe I wanted to talk about animal rights without going through some convoluted justifications about using animal products," says Cromwell, who earned an Emmy-nomination for his performance as a dying bishop in ER. "I really don't like the possible health implications either – who would?"

### **Continued**

"As we monitor worldwide studies we find that as the consumption of animal products goes down, so does cancer and heart disease," says Dr. Joel Fuhrman, a Flemington, New Jersey family practice physician and author of the upcoming book *Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss*. To vegetarians, eating animal products is bad news for both animals and humans. America's unhealthy diet has been directly linked to our soaring rates of obesity, cancer, and heart disease.

"Americans typically consume about 40% of calories from animal products, 50% from processed foods, and only 4.8% from fresh fruits and vegetables," says Fuhrman. "Both animal products and processed foods are largely devoid of vitamins E and K, fiber, and essential nutrients that protect against cancer and heart disease, such as bioflavonoids, lutein, and indole-3-carbinole – they're found in unrefined plant foods." Isolated food supplements do not guarantee the same bioavailability as fruits, grains, and vegetables where phytochemicals abound. Phytochemicals are non-nutrient plant chemicals that contain protective, disease-preventing compounds.

Additionally, food supplements are not regulated by the same laws and inspection processes that the Food and Drug Administration (FDA) enforces for drug manufacturers. In many cases, consumers do not get what they pay for in this arena. "That's sort of the tip of the iceberg here, though," says Fuhrman. "The amount of beneficial phytochemicals you can get in tablets and capsules are often very small in comparison to what you receive from the plants. For instance, a multivitamin tablet might contain 400 micrograms of lutein and lycopene. But a cup of kale has 28,000 micrograms." The interrelationship of beneficial phytochemicals is often not fully understood. "Nature put these in complex natural protective packages that we're only beginning to discover," says Fuhrman. "We've identified thousands of phytochemicals, but how they interact and work is a long way from being fully appreciated. What is clear is that they work to protect us." Adding to the anti-animal food movement is an increasing body of evidence that antibiotic resistance in humans may be linked to increasing amounts of similar antibiotics used to prevent infection in factory farm poultry.

### **Red alert?**

But doctors, nutritionists, dieticians, and researchers are far from consensus in vilifying animal products.

"Red meat gets kind of a bad rap," says Dr. Michael Hirt, medical director for the Tarzana, California-based Center for Integrative Medicine and a clinical nutrition specialist. "The main fat in meat is stearic acid and that doesn't tend to have such a terrible effect on cholesterol. The butter on potatoes and sugary desserts tend to help elevate cholesterol – along with the saturated fats, trans-fatty acids, and hydrogenated fats that tend to be found in processed carbohydrate and bakery goods." "Buffalo, venison, beefalo – those types of red meat tend to be very good for people looking for healthy alternatives to chicken and fish," explains Hirt. "If it runs, flies, or swims, it's typically about three% body fat, and those types of animals tend to be neutral depositories."

Farm factory beef, lamb, and pork usually have far greater animal fat content. Typical ground beef in supermarkets can contain anywhere from 4-25% fat. But even chicken can contain the same amount of animal fat as beef. "It's the chicken breast that is low fat," notes Hirt. The way meat is prepared also influences its healthy or detrimental effect. "Barbequing tends to increase the carcinogenic effect," says Hirt. "You take good meat proteins, barbeque it at high temperatures, and you create bad ones." The American Dietetic Association Complete Food and Nutrition Guide 2nd Edition, published in August, recommends two to three servings daily from the milk, yogurt, and cheese group and the same number from meat, poultry, fish, dry beans, eggs, and nut group. "The truth is that there's not one diet for all of America," says Hirt, "and that's because we have different genetic makeups and different cultural backgrounds. Some people feel great on vegetarian diets, but some of my patients need two to three ounces of meat a day." For those cases, Hirt suggests sticking with low-fat, lean meats from free-roaming animals raised on pesticide-free feed. Fuhrman, however, thinks a re-evaluation of the use of meat products is in order. "If we regarded meat as a condiment instead of an essential source of nutrients that can be gotten elsewhere, we'd go a long way towards reducing the massive health problems we now experience," he adds.

"It goes farther than that," says Cromwell. "The health of the planet is at stake, because the cruelty and the waste that accompanies the slaughter of billions of animals each year literally infects us all. We could consume healthy plant-based food produced at almost infinitely less cost. What does that say, really, about us and what we're doing...to animals and to ourselves?"