Sustainable Shift
By Michael MacAdam

Care for first, ask questions later
This column explores the inner process of learning to live in harmony with one’s self, community and the natural world.

Liberal mouthpiece that he is, Michael Moore surely furnished a good show. His 2007 film Sicko scathingly portrays the U.S. health care system in comparison with the universal systems of France, Norway, England, Canada and Cuba. True to form, Moore one-sidedly (and entertainingly) bash the U.S. system while glorifying his foreign examples.

What moved me about the film, however, was not the irony of Moore’s presentation, but the quality of what his interviewees from other countries had to say about the idea of universal health care. When questioned about the issue of providing health care for each citizen, the collective response was (in paraphrase), “of course we would provide for the health care of those who are less fortunate.”

That providing health care to all is considered a “no-brainer” by these people moves me deeply. It really shouldn’t, as one who has “become a statistic” particularly those with less financial means can attest, is no way to live.

As we get older, however, most of us find that statistics have stories behind them. We lose our mobility through an accident or illness, and a sense of separateness exist in our world, they exist in me. It’s not my job to waste energy worrying about everybody else’s problems, but it can be my job to practice compassion. Compassion is how we grow, individually and as a society, from a screaming infant who believes the world revolves around him, to a mature adult who sees others’ welfare — including the plu-
et’s — as important as his or her own.

The best practice I can think of to cultivate that, however, is how we grow ourselves in others’ shoes. As the elderly woman fumbles impossibly slowly with her change in front of you at the grocery store, imagine yourself making your own way through this concrete jungle, old and alone, 20, 30, 60 years from now. How will you act when your physical and mental capaci-
ties have diminished? When you read of someone’s tragedy in the newspaper, be willing to let it touch you — how would you feel if you were in their situation? The idea is not to mirror one’s self in pity, but to feel how you would if you were in their situation. The idea is not to mirror one’s self in pity, but to feel how you would if you were in their situation.

Continued on page 8

Sustainable Seafood
Sicko may have contributed to systematic changes; however, despite the different state laws, the U.S. does have one of the most sustainable fisheries in the world.

The United States has passed a Country of Origin Law, which requires all seafood retailers to label their product with the country of origin. The Sonoran Sea Aquarium has conducted the first local audit last summer. The goal of the audit is to identify sustainable options or “Cool Choices” and “good alternatives” and then make that information available to the public.

The sustainability class at City High School — a class devoted to studying, pro-
Continued on page 8

Sustainable Shift
By Jennifer Kachur and Jeff Hartman

Seafood Watch shows healthy fish choices
By Jennifer Kachur and Jeff Hartman

Promoting awareness of sustainable seafood in our community

When you educate your child about the importance of healthy diet, you are teaching them about what meal planning is all about. But when it comes to providing food for your family, you need to consider the impact of your choices. The United States has passed a Country of Origin Law, which requires all seafood retailers to label their product with the country of origin. The Sonoran Sea Aquarium has conducted the first local audit last summer. The goal of the audit is to identify sustainable options or “Cool Choices” and “good alternatives” and then make that information available to the public.

The sustainability class at City High School — a class devoted to studying, pro-
Continued on page 8

Sustainable Shift
By Jennifer Kachur and Jeff Hartman

Seafood Watch shows healthy fish choices
By Jennifer Kachur and Jeff Hartman

Promoting awareness of sustainable seafood in our community

When you educate your child about the importance of healthy diet, you are teaching them about what meal planning is all about. But when it comes to providing food for your family, you need to consider the impact of your choices. The United States has passed a Country of Origin Law, which requires all seafood retailers to label their product with the country of origin. The Sonoran Sea Aquarium has conducted the first local audit last summer. The goal of the audit is to identify sustainable options or “Cool Choices” and “good alternatives” and then make that information available to the public.

The sustainability class at City High School — a class devoted to studying, pro-
Continued on page 8

Sustainable Shift
By Jennifer Kachur and Jeff Hartman

Seafood Watch shows healthy fish choices
By Jennifer Kachur and Jeff Hartman

Promoting awareness of sustainable seafood in our community

When you educate your child about the importance of healthy diet, you are teaching them about what meal planning is all about. But when it comes to providing food for your family, you need to consider the impact of your choices. The United States has passed a Country of Origin Law, which requires all seafood retailers to label their product with the country of origin. The Sonoran Sea Aquarium has conducted the first local audit last summer. The goal of the audit is to identify sustainable options or “Cool Choices” and “good alternatives” and then make that information available to the public.

The sustainability class at City High School — a class devoted to studying, pro-
Continued on page 8

Sustainable Shift
By Jennifer Kachur and Jeff Hartman

Seafood Watch shows healthy fish choices
By Jennifer Kachur and Jeff Hartman

Promoting awareness of sustainable seafood in our community

When you educate your child about the importance of healthy diet, you are teaching them about what meal planning is all about. But when it comes to providing food for your family, you need to consider the impact of your choices. The United States has passed a Country of Origin Law, which requires all seafood retailers to label their product with the country of origin. The Sonoran Sea Aquarium has conducted the first local audit last summer. The goal of the audit is to identify sustainable options or “Cool Choices” and “good alternatives” and then make that information available to the public.

The sustainability class at City High School — a class devoted to studying, pro-
Continued on page 8

Sustainable Shift
By Jennifer Kachur and Jeff Hartman

Seafood Watch shows healthy fish choices
By Jennifer Kachur and Jeff Hartman

Promoting awareness of sustainable seafood in our community

When you educate your child about the importance of healthy diet, you are teaching them about what meal planning is all about. But when it comes to providing food for your family, you need to consider the impact of your choices. The United States has passed a Country of Origin Law, which requires all seafood retailers to label their product with the country of origin. The Sonoran Sea Aquarium has conducted the first local audit last summer. The goal of the audit is to identify sustainable options or “Cool Choices” and “good alternatives” and then make that information available to the public.

The sustainability class at City High School — a class devoted to studying, pro-
Continued on page 8