



Being Alive

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*How Iceland Got
Teens to Say No to
Drugs*

How Iceland Got Teens to Say No to Drugs

Curfews, sports, and understanding kids' brain chemistry have all helped dramatically curb substance abuse in the country.

Today, Iceland tops the European table for the cleanest-living teens. The percentage of 15- and 16-year-olds who had been drunk in the previous month plummeted from 42 percent in 1998 to 5 percent in 2016. The percentage who have ever used cannabis is down from 17 percent to 7 percent. Those smoking cigarettes every day fell from 23 percent to just 3 percent.

Using the survey data and insights from research including Milkman's, a new national plan was gradually introduced. It was called Youth in Iceland.

Laws were changed. It became illegal to buy tobacco under the age of 18 and alcohol under the age of 20, and tobacco and alcohol advertising was banned. Links between parents and school were strengthened through parental organizations which by law had to be established in every school, along with school councils with parent representatives. Parents were encouraged to attend talks on the importance of spending a quantity of time with their children rather than occasional "quality time", on talking to their kids about their lives, on knowing who their kids were friends with, and on keeping their children home in the evenings.

A law was also passed prohibiting children aged between 13 and 16 from being outside after 10 p.m. in winter and midnight in summer. It's still in effect today.

Home and School, the national umbrella body for parental organizations, introduced agreements for parents to sign. The content varies depending on the age group, and individual organizations can decide what they want to include. For kids aged 13 and up, parents can pledge to follow all the recommendations, and also, for example, not to allow their kids to have unsupervised parties, not to buy alcohol for minors, and to keep an eye on the wellbeing of other children.

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These agreements educate parents but also help to strengthen their authority in the home, argues Hrefna Sigurjónsdóttir, director of Home and School. “Then it becomes harder to use the oldest excuse in the book: ‘But everybody else can!’”

State funding was increased for organized sport, music, art, dance and other clubs, to give kids alternative ways to feel part of a group, and to feel good, rather than through using alcohol and drugs, and kids from low-income families received help to take part. In Reykjavik, for instance, where more than a third of the country’s population lives, a Leisure Card gives families 35,000 krona (£250) per year per child to pay for recreational activities.

<https://www.theatlantic.com/health/archive/2017/01/teens-drugs-iceland/513668/>

The Popularity of Celery

Celery belongs to a family known as the “umbellifers.” Some members of this family, like carrots and parsnips, are well-known and delicious root vegetables. Other members of the umbellifer family include some of our favorite spices, including coriander, cumin, caraway, dill, and parsley. And there are even a tiny few members, like hemlock, that can be poisonous.

Celery has been around for a long time, and is [native to the Mediterranean and Middle East](#). There’s [evidence](#) that humans were moving celery seeds all over the globe way back in 4,000 BC; it found its way to Switzerland and elsewhere. It’s had a lot of uses throughout history, too. Celery and [celery seed extract](#) have been used medicinally for centuries in China, India, Egypt, and Rome for things like gout, arthritis, and pain relief.

Most of us are familiar with the common stalk celery vegetable known as green or pascal celery. But did you know that it didn’t always look this way? Until the 17th century, when Italians developed the [sweeter, milder green stalk celery](#) that we know today, celery had a much more bitter taste and was hollow inside.

While we’re more familiar with the parts of celery that grow above ground, the celery root is also a delicious and valued food source. Known as [celeriac](#) (and nicknamed, uncharitably, “the ugly root”), the underground part of the celery plant adds body and flavor to many [winter soups](#) and stews.

Celery Nutrition Value & Facts

https://foodrevolution.org/blog/celery-health-benefits/?utm_source=sfmc&utm_medium=email&utm_campaign=blo-2022&utm_content=celery&j=155431&sfmc_sub=60681478&l=137_HTML&u=1965257&mid=514008241&jb=1095

*7 Easy Stuffed
Vegetable Recipes
That are Meat &
Dairy-Free*

7 Easy Stuffed Vegetable Recipes That are Meat & Dairy-Free

People have been stuffing ingredients into other ingredients from time immemorial. It's a great way to cook fun, satisfying, and impressive looking meals with relatively little time and effort. While stuffing originated as a way to add grains, veggies, and seasonings to animals, plenty of veggies can be stuffed as well. In this article, we'll look at the wide and wonderful world of stuffed vegetables and share some of our favorite stuffed vegetable recipes.

Why Stuff Vegetables?

The first recorded history of [stuffing food](#) comes from *Apicius, de re Coquinaria* (which translates to "Apicius, on the Matter of Cooking"), a Roman collection of popular recipes from the first century CE. The Apicius in question, [Marcus Gavius Apicius](#), was far more interested in novelty and extravagance than practicality. A famous gourmand and epicure, Apicius threw such lavish and frequent parties that he went bankrupt.

For the most part, though, stuffing dishes were far more modest and plain. Romans typically combined spelt (a type of early wheat) with spices, herbs, and vegetables and stuffed the mixture into a variety of animals. In the absence of a whole animal, meats were cut or ground into the stuffing and baked in flour crusts, producing early pies and pastries.

Today, we can honor this tradition without using meat or refined grains. It turns out that many cultures also mastered the art of stuffing vegetables with herbs, spices, grains, nuts, seeds, and other vegetables. In this article, we'll look at a bunch of ways you can create flavorful, nutritious, and filling stuffed vegetables.

By the end, you'll definitely know your stuff(ing)!

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Stuffing vegetables is a great way to use up leftovers if you don't have enough for a full meal. You can also stretch a single meal into multiple ones by adding the [leftover food scraps](#) to a stuffing mixture, which is much better than letting it go to waste.

This can work even if you only have a small amount of food left, depending on what size vegetable you're going to stuff. Button mushrooms with the caps removed or baby jalapeños can make a lovely stuffed vegetable [side dish](#) or [appetizer](#) and don't require a large quantity of stuffing.

Stuffing larger vegetables allows them to stand on their own, as self-contained meals. I love it when the food itself serves as the bowl or plate – fewer dishes to wash! Some kinds of stuffed vegetables also make good finger food, which you can eat in a few bites without the need for utensils – something you can take to a potluck party or picnic.

And stuffing veggies can also make them seem fun. Kids love stuffed vegetables, as do some grown-ups who used to be kids. If you're looking for ways to [“sneak” more veggies](#) into a picky eater's diet, stuffed veggies can be just the ticket. And since stuffing is so universal, you can experiment with lots of different flavor profiles and varied textures, from chunky to pureed stuffings.

https://foodrevolution.org/blog/stuffed-vegetables-recipes/?utm_source=sfmc&utm_medium=email&utm_campaign=bl-o-2022&utm_content=stuffed-vegetables&j=155000&sfmc_sub=60681478&l=137_HTML&u=1959342&mid=514008241&jb=1038

*Virtual Food
Justice Festival*

Virtual Food Justice Festival

The Center for Biological Diversity is hosting our third annual free virtual Food Justice Film Festival from Sept. 15-18. Each film explores the links between food justice, sovereignty and security, and environmental sustainability.

Food justice and environmental justice are intertwined. Society is shaped and sculpted by food culture and nutritional security. And often the exploitation that rips into the Earth and wastes precious resources is driven by the same forces that poison our land with pesticides and spread inequity and injustice in their wake.

The Food Justice Film Festival is free and open to the public.

<https://foodjusticefilmfestival.com/home?emci=04109778-a02f-ed11-ae83-281878b83d8a&emdi=cba8287a-0831-ed11-ae83-281878b83d8a&ceid=378242>

Paxlovid or Not Treatment for Covid 19

With many people heading back to school and the office, and cooler weather soon likely to lure more indoors, the number of COVID-19 infections this fall is expected to rise.

Paxlovid, an antiviral medication shown to significantly decrease the risk of serious COVID complications, has become the most popular treatment with [over 4 million prescriptions written](#) in the United States since federal regulators authorized the drug last December.

But it's not designed to help everyone. And several recent studies highlight some caveats. Here's the latest.

Who should take Paxlovid?

The medication is an [at-home treatment](#), a series of three pills taken twice a day for five days. It's designed to be given at the first sign of infection, and authorized for adults and children 12 years and older weighing at least 88 pounds who are at high risk of serious COVID complications. But the interpretation of what constitutes "high risk" has expanded since Paxlovid's early days, when the guidance included older adults and those with serious illnesses, such as cancer, heart disease, diabetes, and patients with weakened immune systems. The list from the Centers for Disease Control and Prevention for what constitutes high risk now spans more than 20 [medical conditions](#), including people who are physically inactive, those who are overweight, and individuals with any disability that makes it more difficult for them to interact with the world around them.

See the link

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

I saw this the other day it came out in 2020, but I just cannot get enough of this. It is so well said. It is so beautifully said!

<https://www.youtube.com/watch?v=KuvEzMybwus>

In the Talmud it is written, “During the times of darkest night, act as if the morning has already come.” When the world is chaotic we can find peace within our hearts. And then we can share our peace with each other. We can forgive, we can bless, we can love, we can create, we can make space for the new in ourselves and in the world. And miracles will follow. This is a moment of chaos, yes, but simultaneously it is a magic hour. It is the sunset of one world and the dawning of another. Day has turned into night, now the night is turning into day. ~ Marianne Williamson

https://mariannewilliamson.substack.com/?utm_source=substack&utm_medium=email

Thursday, August 25

"In your relationships, in your directions, first know your ideal and the author of that ideal - in spirit, in mind, in body; and thus apply same with those manners indicated in sowing the seed of the spirit - patience, long-suffering, brotherly love, kindness, gentleness."

ECRL 2570-1

Monday, August 29

"Learn, or teach, or train the body - not only to be good, but be good *forsomething*. Let there be known there is a duty to self, and hope in service - for without service to another, one may gain little in *this* experience in life's forces, for Life itself *is* a service."

Thursday, September 1

"Each day is an opportunity. As you do the first step, the next is shown to you."

ECRL 2600-2

Friday, September 9

"Much will come to you in the knowledge that law, love, are one - even as the forces in all nature are one."

ECRL 900-428

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