

CELEB LIFE

A photograph of Donald Trump, smiling, sitting in a gold, ornate chair. He is wearing a dark blue suit, a white shirt, and a blue patterned tie. The background is a dark red wall.

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Ladies. Leading Ladies

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*"You make a living by what you get.
You make a life by what you give."*

WINSTON CHURCHILL

Elizabeth TenHouten

Animal rights philosopher
making a difference

BY BEVERLY MILLS

PHOTOGRAPHY
BY RODNEY GOTTLIEB



"Avoidance of suffering is a basic human need that should be extended to animals, and we can help them."

Elizabeth TenHouten lives a life of lots: From saving animals to authoring a cookbook called *Cooking for Beauty: Antioxidant-Rich Recipes for Glowing Skin* to modeling, she juggles it all. In fact, one wonders how she finds the time! Thanks to her upbeat personality, however, Ms. TenHouten enjoys her work.

Raised in Los Angeles, Ms. TenHouten grew up with three or four dogs, a girl's best friend that inspired her special sensitivity to animal rights. "They were just a part of my life," she explains.

A private school alum, she studied philosophy as an undergraduate at Loyola Marymount University and wrote a senior thesis titled "Anxiety: The Self-Conscious Dialectical Tension of the Condition of Man."

Ms. TenHouten, still loyal to Loyola, opened her studies to education; as a graduate student at her alma mater, she worked with developmentally disabled children in an inclusion preschool. "This type of classroom benefits both the special needs child as well as the others. The special needs child learns to value society and the other children learn tolerance and compassion," she points out.

Incorporating her love of animals into the classroom experience, she brought her cat, Romi, and her dog, Rusty, to meet the kids as well. "Petting and brushing the animals has a soothing and therapeutic effect on the chil-

dren," she believes, "and it is just a beautiful thing. We would have a circle, and I would have a little brushing demonstration, and it was fun."

Ms. TenHouten followed her preschool teaching endeavor with a career in writing and modeling.

With a focus on inner beauty, her book not only offers recipes for glowing skin; it also reminds readers that

Her book focuses on inner beauty and will offer readers beauty recipes.

"outer beauty is a reflection of your inner beauty." Ms. TenHouten, as a model, exemplifies the philosophy embodied in her book.

Relating animals to that message, she adds, "Animals love you no matter what. They see into your heart and into your soul, and they don't care if you are having a bad hair day."

Ms. TenHouten belongs to both the American Society for the Prevention of Cruelty to Animals (ASPCA), where she holds a guardian position, and People for the Ethical Treatment of Animals (PETA). "I volunteered when I was younger at the Lange Foundation, where they had rescue cats, and I would spend time holding the orphan kittens," she remembers.

She also works with a group called In Defense of Animals-Africa and volunteers at such events as the recent Born to Be Wild. "Avoidance of suffering is a basic human need that should be extended to animals, and we can help them," she says.

Ms. TenHouten holds everyone responsible for keeping the earth in balance. To this effect, she praises Pythagoras, who was known as an animal rights philosopher. "He spoke of the importance of respecting animals in terms of its effects on our own lives and future existence."

Considering that for a moment, she feels a responsibility to encourage others to take this philosophy to heart and do what they can to advocate animal rights and create a better future, through compassion. ☺

