

# VIVA GLAM

magazine

CELEBRITY ISSUE


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\$19.99 US

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For many of us, **ALEXANDRA PAUL** came into our living rooms each week on one of the highest rated syndicated television shows of all time, *Baywatch*. As Lt. Stephanie Holden, she entertained us for five years, and in the process, gathered a legion of fans from all over the world. But what a lot of us might not know is that Alexandra Paul is also a force within the world of political activism. This smart, well-spoken woman believes in the ability to change the world around her. And *VIVA GLAM* had the opportunity to speak to her about her acting and her causes that she is so passionate about.

WRITTEN BY CANDACE KITA

Alexandra Paul



# ALEXANDRA PAUL

## A Force Within the World

**I remember watching *Who Killed the Electric Car?* and being impressed with your desire to educate others about the need for alternative energy resources. When did you start being politically active?**

My first activism was when I was 9-years-old and I wrote to President Nixon asking him to stop pollution. A couple years later, my mom had us boycott tuna because the fishing also killed dolphins. In high school, I campaigned for independent presidential candidate John Anderson before I could even vote myself.

**Do you think being outspoken in the political arena has helped or hurt your acting career? For example, in 2003 you spent 5 days in jail protesting the war in Iraq and it wasn't the only time you got arrested for protesting. Some may view this as radical.**

I have been arrested for peaceful civil disobedience over 16 times – for the environment, gay rights and peace, but it is really hard to gauge how that has affected my career. Speaking out is such a part of me that if I took that away, I just would not be myself.

On the positive side, when you star in such fluffy fare as *Baywatch*, *Melrose Place*, and on Lifetime movies, people think you have no substance. However, when they learn I am an activist, it makes them reassess their assumptions

that I might be an airhead. On the downside, it is possible that folks might not have hired me because they do not agree with my socio-political views. C'est la vie - my morals are more important and I have to be true to them first!

**Or, conversely, do you think your acting career has helped by providing a platform for you to become an activist that is heard?**

Oh yes being an actress has helped me promote the issues that are important to me, because media outlets

such as yours ask me about them during interviews. My issues are not simple, popular ones. I now focus on animal rights and human overpopulation - both issues which make a lot of folks uncomfortable. When I discuss them in mainstream media, it encourages people to think about these topics and to change their lives accordingly.

**You are active in many areas. Can you tell us about your concerns and causes?**

Presently, I cook and serve the homeless for the non-profit *Food Not Bombs* every Thursday evening. I speak in schools about human overpopulation and have a TED talk on the subject online.

I also support an organization called Center for Responsible Science ([CenterforResponsibleScience.org](http://CenterforResponsibleScience.org)) which is working to change FDA rules that mandate animal testing.

**Can you explain your philosophy of simple living and why it works for you?**

Less is more! My husband Ian and I buy things used (like our furniture, car, microwave, dishware, radio) or refurbished (like my iPad and laptop), but the most important thing is not to purchase things in the first place. I keep my closet small. I go to the library instead of buying books. When

I give gifts, I like to give experiences (a massage, manicure) or give my friends a gift card to Kiva.org, which allows them to make loans to poor people and when they are repaid to loan out the money again, and again. It's the gift that keeps on giving! TreePeople.org plants a tree in my friends' names.

Having fewer possessions in my life means I treasure the things I do own, and I spend less time dealing with "stuff." I only keep things I really love and only buy things I really, really want.





**You encourage everyone to use the individual power of the vote. Can you explain how voting is an important way for us to help save the environment?**

When Americans vote for representatives that will take care of the environment, then they win and can make vital policy changes. Voting on the local level is incredibly important, so it always amazes me how low the turnout is at midterm elections. If you do not vote, you do not have the right to complain. Russell Brand says he does not vote, and that irritates me. It is easy to go on a soapbox and whine about corruption, but much harder (and less glamorous) to actually make change by participating in the democratic process, no matter how flawed it is. I registered voters once a week for 18 years and never take it for granted that I can go to the polls freely and safely.

**As a society, what do you believe is the biggest issue we face today? And what do you believe we can do to help resolve it?**

The biggest issue we face today is human overpopulation. The growing number of people on the planet makes it impossible to solve climate change and water issues, and exacerbates wars all over the world. Virtually every environmental issue will be ameliorated if we brought the human population down to 2 billion. When I was born, there were 3 billion people on the planet. Now there are over 7 billion and we are going to reach 9 billion by 2050. That means the world population will have almost quadrupled in 100 years. Please check out my 8 minute TEDx Talk on Youtube to learn more.

**Here at VIVA GLAM we like to promote vegan living. Are you still vegan and how is that going for you?**

Hooray! Thank you for promoting vegan living! Yes I am

still vegan and will be for the rest of my life. I was just in Hollywood yesterday leafleting to holiday shoppers about cruelty free fashion. I recently won the Vegan of the Year award from the animal rights group Last Chance for Animals. Last month I swam 13.7 ocean miles in 7 hours 20 minutes. All on plant power!

**You don't use cosmetics tested on animals. Do you have any favorite vegan products we should look into?**

I use Marine Anti-aging cream and the ZuZu eye pencils by Gabriel Cosmetics. I also love Nava Natural facewash. Unfortunately, my favorite lip pencil (by Origins) and mascara (by Benefit) are made by companies that now test on animals so they can sell their products in China, so I no longer buy those products.

**You are known for being very athletic and you're always in an amazing shape. Do you feel your drive in social activism comes from your physical drive?**

My love of being outdoors and my focus on health definitely makes me a more ardent environmentalist, but I love being active because it makes me feel good. My life is better because I move my body a lot. I hate sitting! Right now, I am on my treadmill desk as I speak to you. It is a treadmill under a standing desk, where I do most of my work instead of sitting in a chair. I find being in shape makes me happier and more effective as a person.

**What is next for Alexandra Paul?**

I star in a SyFy movie called Fire Quake, and I have the independent movie Dirty and a Lifetime movie coming out in 2015. I am also producing an action comedy called The B Team with a lot of my Baywatch costars, and a movie, Valerie X, about the first animal rights activists in the United States.

