

COMMON SENSE CHRONICLE;

ON THE FOLLOWING INTERESTING

S U B J E C T S :

- I. Of our PURPOSE in writing Common Sense Chronicle.
- II. Of Hawthorn and the Healthy Heart.
- III. Of the Mediterranean Diet.
- IV. Of the Amazing New Studies about Eating Good Fish.
- V. Of one Recipe We Use to Make the Most Delicious Fish.
- VI. Of valuable insights into solving life's stressful problem by using Common Sense...

NEW EDITION: of a series of publications appealing to the Common Sense In the soul of every man that can be touched by simple Illustrations
In nature as seen in its relation to eternal truths.

From the corporate and gathered Wisdom of the people dwelling in the Unity of the Commonwealth of Israel in communities all over Planet Earth.

*A glad heart is excellent medicine,
a depressed spirit wastes the bones away.*

PROVERBS 17:22

PLYMOUTH, MASSACHUSETTS
APRIL 2001

FREE

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The Common Sense Chronicle

This little booklet is produced after the pattern of the original “Common Sense” by Thomas Paine published in 1776. We admire greatly Paine’s plea for common sense reasoning. In the confusing days of the Revolutionary War in America, he called men to use their common sense to solve the perplexing questions they were facing.

Thomas Paine was a religious man though he totally rejected the established church of his day. He pleaded with the colonists to forsake the superstitions that led them into unreasonable behavior, influenced by an established religion that had long ago lost its common sense. Some people would say Thomas Paine was an atheist because of his strong condemnation of religion, but that is far from true. We can understand his offense at the organized religion of his day that led him to deny its authenticity. We see much the same symptoms of illegitimacy in the established church today, though we do not go so far as to deny the Savior Himself (as Thomas Paine did). We aim rather at authenticating “true religion.”

We hope to be a call for those cognitive in our society that might be looking for solutions to the very real problems of our day. From outside the ranks of “established religion,” Common Sense calls for a return to something that has long ago been lost. We are the voice of a way of life that offers real solutions. We live a life in common with one another, returning to common sense thinking to dictate our choices in how we live our lives and how we eat.

Here you will find handy thoughts for your mental, spiritual, and physical well being... wholesome advice for the whole man.

*Your friends at the Common Sense Wholesome Food Markets
and Common Ground Cafes.*

HAWTHORN



Hawthorn is a small tree similar in size and shape to an apple tree. The white blossoms are a common sight in the Midwest. In the spring the trees’ thorny branches are covered with flower clusters, giving rise to the common name “Mayflower.” The blossom also reminds one of the apples’ blossom and they are closely related as members of the rose family. Each fall the red berries look just like miniature rose hips, and they can be carefully put out on screens to dry. But be very careful when you pick them, for it is said that a scratch on the eye from their thorns can cause blindness.

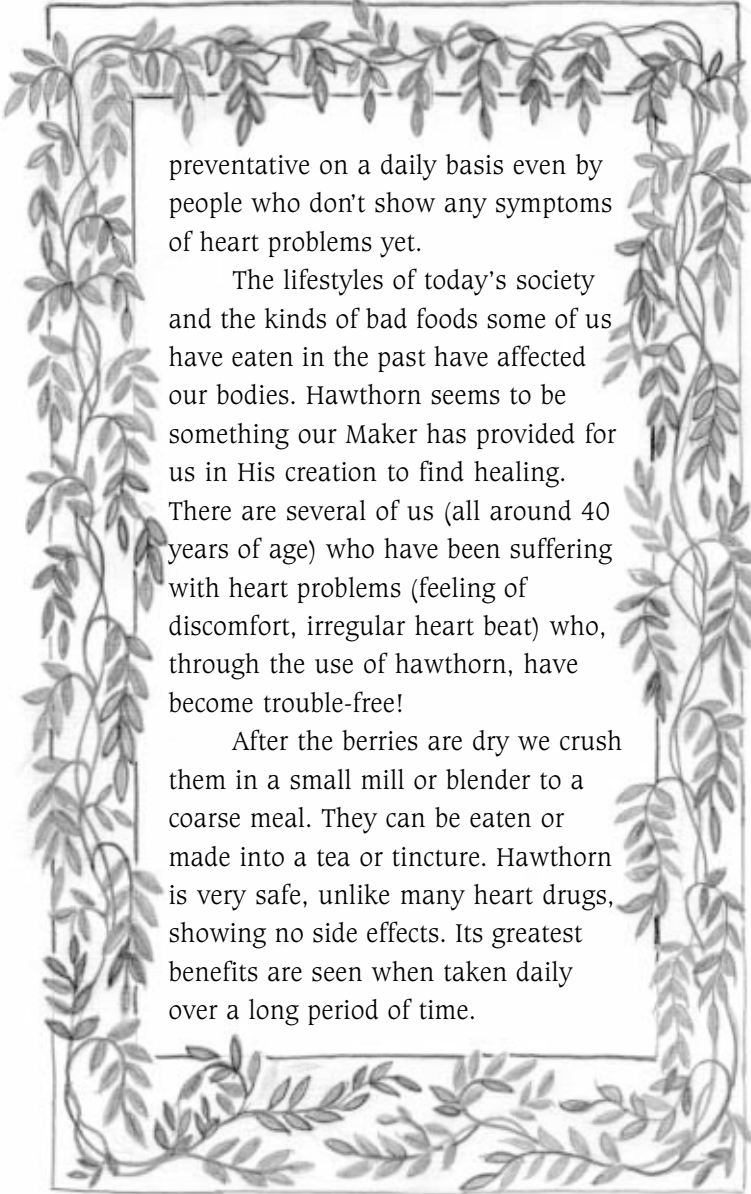
HAWTHORN, the Mayflower

There are many opinions and much literature on the subject “health.” We don’t want to be a people with strong opinions but rather people who pass on their experience and wisdom as we see something we have tried or experienced bearing good fruit.

One of the things we have come across is “hawthorn.” It is a classic herb that has been used for a long time in traditional herbal folk medicine. There is also scientific evidence of the effectiveness of this herb. What excites us about hawthorn is that we have found real, visible results that are worth passing on.

Hawthorn strengthens the heart. It improves blood flow to the coronary arteries, thus increasing oxygenation of the heart muscle. It also helps normalize minor heart arrhythmia (irregular heart beat) and can cure the feeling of “tightness in the chest.” It can slow down arteriosclerosis and thus helps prevent heart attacks. It can also assist a therapy to lower blood pressure, while somewhat nutritious and pleasant tasting like the rose hip. It is helpful for many heart conditions by lowering blood pressure, increasing the blood supply to the heart muscle, strengthening the heart’s muscle contractions and increasing the heart’s ability to use oxygen. Lower blood pressure is a result of the plant’s effect on the body of increasing peripheral blood flow rather than depressing the heart muscle as some drugs do. Hawthorn is also thought to reduce or prevent cholesterol buildup in the arteries.

It is proven that Hawthorn tea can be drunk as a



preventative on a daily basis even by people who don’t show any symptoms of heart problems yet.

The lifestyles of today’s society and the kinds of bad foods some of us have eaten in the past have affected our bodies. Hawthorn seems to be something our Maker has provided for us in His creation to find healing. There are several of us (all around 40 years of age) who have been suffering with heart problems (feeling of discomfort, irregular heart beat) who, through the use of hawthorn, have become trouble-free!

After the berries are dry we crush them in a small mill or blender to a coarse meal. They can be eaten or made into a tea or tincture. Hawthorn is very safe, unlike many heart drugs, showing no side effects. Its greatest benefits are seen when taken daily over a long period of time.

OLIVE OIL

THE MEDITERRANEAN
DIET'S HEALTHIER
SOURCE OF FAT

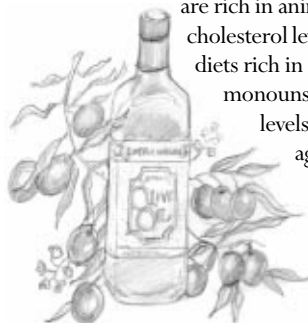
Olive oil, once thought of as exotic, is no longer the sole province of Italian chefs who combine secret herbs and spices for their family's favorite tomato sauce. Although olive oil has been used throughout history in Mediterranean regions—even in cosmetics and medications—more and more people in other parts of the world now use it regularly for both its flavor and health benefits.

When olive oil is well-produced, it retains the vitamins, taste, and aroma of the original olives. Its taste is especially important when the oil is used in uncooked foods, such as in salad dressings. It is also flavorful and delicate when used in cooking and frying.

In the Mediterranean diet, olive oil is the primary source of fat. The diet often contains a higher percentage of calories from fat than is recommended by public health organizations, but more than half of these calories come from monounsaturated fats, mostly olive oil. Like all oils, olive oil has nine calories per gram. It has, however, health advantages over other oils. That is why the recommendation is to increase olive oil consumption by using it to replace other sources of fat.

Over the last 30 years, worldwide per capita consumption of olive oil has increased greatly as people have come to realize the great health benefits of this “perfect food.” Olive oil's combination of monounsaturated fatty acids, vitamin E, and antioxidants appears to make it a protective agent for the body, especially protecting against heart disease. Coronary heart disease (CHD) rates are much lower in Mediterranean regions than in most Western countries. While diets that

are rich in animal fat are known to raise blood cholesterol levels, current research has found that diets rich in olive oil, with its high level of monounsaturated fat, may actually increase blood levels of HDL cholesterol (which is protective against coronary heart disease). Research suggests that the high consumption of olive oil in the Mediterranean regions may be the cause of the lower CHD rates. (Similar information can be found on Aug. 1999 DietWatch.com.)



GOOD FISH THAT HELPS YOUR HEART

A Sea of Research Finds that Fat is Better than Lean

If you eat fish as part of a healthy diet, you may be surprised to learn that not all fish is created equal. A new study shows once again that fatty fish is actually better for your heart than the leaner varieties. When it comes to healthy living, how many times have you been told to cut the fat? Well, with fish, it seems fattier varieties like salmon and tuna may actually be a lot healthier for you than other types of fish, and could possibly save your life.

Eating fatty fish—like mackerel—just once a week reduces the chances of suffering a fatal heart attack by 44% compared to eating leaner fish—such as cod and snapper—according to new research by the American Heart Association. The current study¹, which looked at 4,000 healthy elderly adults, is the latest to show the protective benefits of omega-3 (or N-3) polyunsaturated fatty acids.

Fish, such as mackerel, bluefish, sardines, and herring, and to a slightly lesser degree, salmon and tuna, are low in calories and contain almost no saturated fat, known to clog arteries. The omega-3 acids contained in these fish may actually keep arteries clear. It is even stated that these omega-3 acids may in some way act as scavengers to help remove the fat and plaque that are already there.

In October, the American Heart Association for the first time recommended eating at least two servings per week of fish as part of a healthy diet. It's unclear if this latest study will cause the heart association to adjust its recommendations. Though fish such as salmon and tuna are very expensive, running up to \$10 a

pound, the best fish, mackerel, is always a bargain. While the study didn't compare fresh fish and canned fish, it seems that canned mackerel, tuna and salmon are healthy choices, too. Mackerel is a very fragile fish, and since it is so loaded with valuable fats, it goes rancid very quickly. Thus it is best only very fresh. It has a very strong taste when it is a couple of days old, or canned. Thus, we only recommend totally fresh, or fresh-frozen mackerel.

The omega-3 supplements² that you buy in health food stores have not been proven to provide the same benefit as eating fish. But like most nutrients, the best source is usually food. Researchers say that one or more servings of fatty fish per week reduces the risk of fatal heart attacks among the elderly. Researchers say that fatty fish, such as, mackerel and sardines, tuna, salmon are rich in the good fats called omega-3 (or N-3) polyunsaturated fatty acids. Earlier research has shown that dietary intake of omega-3 fatty acids from seafood may be associated with a reduced risk of mortality from heart disease. Researchers speculate this may be due to a lower risk of experiencing out-of-hospital cardiac arrest or sudden-cardiac death. The results from this study support earlier findings and extend them by demonstrating that the lower risk was noted for fatal heart attacks, and that the lower risk was restricted to those who reported intake of fatty fish, not the average fried fish, which is usually one of the non-fatty fish like cod. "We found those who consumed fatty fish one or more times a week had a 44% lower risk of having a fatal heart attack,"³ said David Siscovick, MD, Senior author of the study. Researchers studied nearly 4,000 men and women over the age of 65 who were involved in the National Heart, Lung and Blood Institute's Cardiovascular Health Study. They were followed for an average of 6.8 years. "As expected, fatty fish intake was associated with higher levels of these fats (omega-3) in the plasma marker." They controlled the study to consider various dietary, life-style and socioeconomic factors that may affect the study results, but they still found that intake of fatty fish independently contributed to

the lower risk a heart attack in the older adults. The study supports the guidelines of the American Heart Association (AHA), which recommends intake of one or two servings of fatty fish per week in the general population. Omega-3 fatty acids appear to have possible antiarrhythmic (abnormality of the rhythm of heartbeat) effect that specifically reduces a major cause of fatal heart attack. This life-threatening cardiac arrhythmia can result in sudden cardiac death, according to researchers. Fatty fish, such as mackerel, is in, but the average fried fish of any kind is out when it comes to a heart-healthy diet, according to new findings. There appears to be a the lack of omega-3 in other types of fried fish, and could relate to the fact that frying the fish could have potential adverse effects on cardiovascular health. So, it is best to broil or bake your fish. People of all ages are greatly benefitted by consuming fatty fish at least once a week. "It is heart healthy".⁴ The study was presented at the American Heart Association's 41st Annual Conference on Cardiovascular Disease Epidemiology and Prevention in San Antonio, Texas.

Women, Omega-3 Fatty Acids in Fish Found to Lower Stroke Risk

Women may be able to significantly reduce their risk of some types of stroke by simply eating more fish and seafood. A new study published in the *Journal of the American Medical Association* (Jan, 2001) shows women who ate fish five times a week reduced their risk of stroke by 52% compared to women who seldom ate fish.⁵ Women who ate fish had a lower risk of stroke, especially ischemic and thrombotic strokes—those strokes caused by blood clots—than women who ate fish infrequently, less than once a month,⁶ Harvard University researchers followed nearly 80,000 women between the ages of 34 and 59 enrolled in the Nurses' Health Study for a period of 14 years, from 1980-1994. Researchers found the risk of stroke decreased as fish consumption increased—even at lower levels. "While the women who were at the lowest risk were those who ate fish five or more times a week, even women who ate fish two to four times a week

or once a week still had substantial reductions in their risk of stroke,” said author Kathryn Rexrode. Compared to women who ate fish less than once a month, the study found women who ate fish once a week had a 22% lower risk of stroke, and those who ate fish two to four times a week had a 27% lower risk. Previous research has shown that omega-3 fatty acids prevent blood platelets from clotting and sticking to the artery walls. Experts say this study should give people another reason to include fish in their diets to help reduce their risk of heart disease and stroke.

What is Omega-3?

Omega-3 fatty acids are polyunsaturated fatty acids naturally found in certain kinds of fish and fish oils. Fish that are known to contain these omega-3 fatty acids are deep-sea oily fish like mackerel, salmon, sardines, herring, and tuna. Omega-3 fatty acids reduce the stickiness of blood platelets. This may reduce blocked blood vessels and protect against heart attacks and sudden cardiac deaths. Omega-3 fatty acids may also improve diseases like rheumatoid arthritis in the way that they boost the immune system. Eating foods rich in omega-3 fatty acids may also lower certain components of your cholesterol level, including triglycerides and very low-density lipoprotein (VLDL) levels, and may also help to lower high blood pressure.

Omega-3 fatty acids are not usually found in commercially produced eggs that you can purchase at the grocery store. But there are eggs that are enriched with omega-3 fatty acids (when fish oils are added to the feed given to egg-laying hens).

Omega 3 and depression and eating disorders

People with eating disorders are almost always depressed. The good news: researchers have found that omega-3 fatty acids may fight depression. The bad news: people with eating disorders shun fat, sometimes almost totally, and the resulting deficiency may contribute to their mood problems. Dr. Joseph Hibbeln of the National Institute on Alcohol Abuse and Alcoholism points out that “in the last century, dietary intake of omega-3 fats has declined. During that time, the incidence of major depression has

increased by a factor of 100.” He added that depressed people have lower than normal levels of omega-3 fatty acids in their blood. Those with the strongest feelings of depression often have the lowest levels of omega-3.

Additionally, a study in Finland found that people who ate lots of fish had less depression and fewer suicidal thoughts than those who did not. Other researchers, some at Harvard University, reported in the *Archives of General Psychiatry* that “fish oil does possess elements to stabilize mood.”

So, what to do? Don’t just run to the health food store for omega-3 supplements. William Lands, also of the National Institute on Alcohol Abuse and Alcoholism, states that “you can’t get the right balance just by taking supplements of fish oil. People who want to increase the omega-3s in their diet should substitute fish for meat or other sources of fat.”

Neither does this research mean that you can cure depression by stuffing yourself with fish. Depression points to a lack in the human soul that can be cured only by looking to the Source, the One who created us.

¹ Cardiologist Holly Anderson of the New York Weill Cornell Medical Center

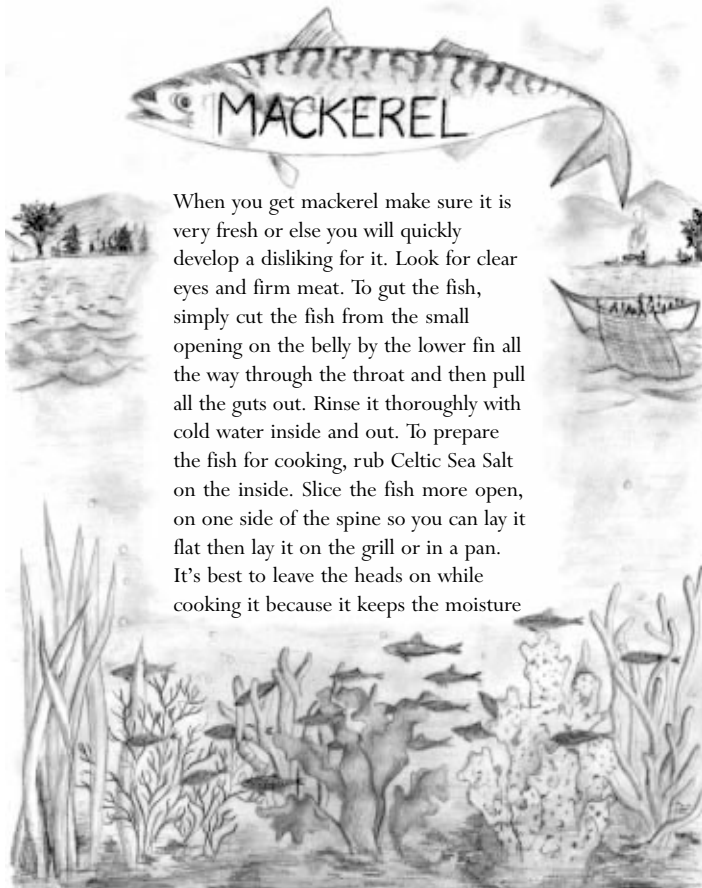
² CBS Health Watch February 28, 2001

³ Quote from senior author of the study, David Siscovick, MD, professor of medicine and epidemiology at the University of Washington in Seattle, Washington.

⁴ Robert H. Eckel, who is also professor of medicine at the University of Colorado in Denver, Colorado

⁵ Jennifer Warner Jan. 16 CBS Health Watch

⁶ Author Kathryn Rexrode, MD, associate physician in the division of preventive medicine at Brigham and Women’s Hospital.



When you get mackerel make sure it is very fresh or else you will quickly develop a disliking for it. Look for clear eyes and firm meat. To gut the fish, simply cut the fish from the small opening on the belly by the lower fin all the way through the throat and then pull all the guts out. Rinse it thoroughly with cold water inside and out. To prepare the fish for cooking, rub Celtic Sea Salt on the inside. Slice the fish more open, on one side of the spine so you can lay it flat then lay it on the grill or in a pan. It's best to leave the heads on while cooking it because it keeps the moisture

and the oils from cooking out. On a grill it takes about 10 minutes on one side then after you flip it about 5 minutes. In the oven bake at 375 for about 10 minutes on each side. When it is very tender and juicy it should be finished. Remember to never leave raw or cooked meat in the refrigerator longer than a few days for it starts breaking down and the once very good nutritious oils turn into the strong stench which most people associate with mackerel. But fortunately its fresh flavor can be preserved for long periods of time in the freezer.



"JUDGE BY THE FRUIT"

*There
is
more
than
one
kind
of
fruit.*

And there is much more involved in heart health than just the food you take into your body. It has much to do with the "stress-causing" conflict in your soul. Stress is a major factor in heart trouble...

A change of heart...

At a certain point in a man's life, he must choose... He must choose how he responds to conflict and distressing situations. The stress caused by conflict in the soul is one of the major health risks of mankind today. Stress can only be overcome by a change of heart...

So what if a man wants to change... to live life by the beat of a different drum... To follow his heart on a different course? There is a lesson we all must learn.

In today's society behavior is being tolerated and even promoted

that deeply bothers the conscience of many people. Those people will either try to change the way they think (become more “liberal”) or they will suffer continually as they see long upheld values eroding like the seashore in the midst of a storm. The waves of immoral behavior beat against the upright conscience until it seems that no one will be able to stand. The only support that a sensitive conscience can get in these times of challenge is clinging to the wisdom of COMMON SENSE found in observing the FRUIT of the tree.

Trees . . .

Trees come and trees go, but the way you can really judge what kind of tree it is will come on the day when you can see the fruit of the tree. So, perhaps at first situations are not so clear. It may be confusing, like trying to know the species and quality of a young tree before it matures. But once it comes to maturity, you examine the fruit and it is judgment day for the tree.

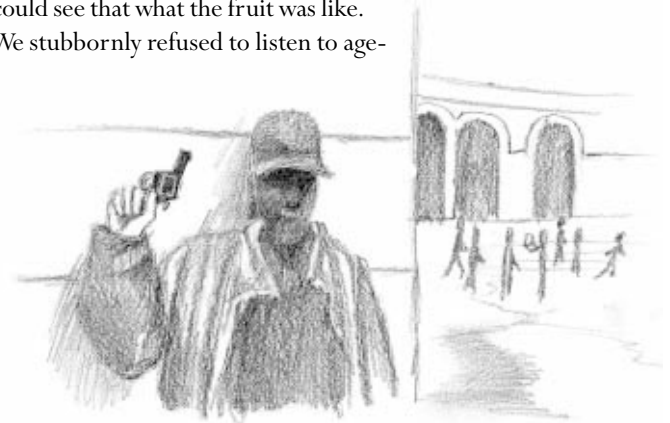
So, why cannot we use the same “common sense” measuring system for judging behavior?

For example, we can scream all day about the rights of people to divorce their spouses, but what does it do to the children of that marriage and ultimately the whole society? Today most marriages end in divorce, breaking their “vows.” What has this done to us? A person has to be blind to not see the bad fruit of divorce. So, what is the solution? Our society says: “No Solution . . . just try to do what feels best to you and if others must suffer it is sad, but too bad.”

For example, children are raised without discipline, allowed to do whatever they feel and whatever they are inclined to do, with little accountability. They are put in front of a television that promotes immorality and violence. They are given video games that are full of murder and hostility . . . Oh, here comes the fruit . . . Surprise, surprise! For some reason our children are not growing up like our hard working grandparents who were conscientious

and kept their word, guarding their “good name” and their scruples. The children have become foulmouthed, gun-toting wrecks that seem lost in a maze with no boundaries . . . This is “FRUIT.” It seemed like a good idea to Dr. Spock to recommend we quit spanking our children for their disobedience, because spankings seemed too harsh. When we heard about our grandparents “going to the woodshed” for some misbehavior as children we cringed and said, “Oh, that must have hurt, Grandpa!” Grandpa would laugh and say, “Well, it taught me a good lesson that I surely did not forget!” Strangely he did not seem permanently scarred by his woodshed experience. But we are more modern now and we will deal with misbehaviors in a much more civilized manner . . . It was a young tree and no one could see that what the fruit was like.

We stubbornly refused to listen to age-

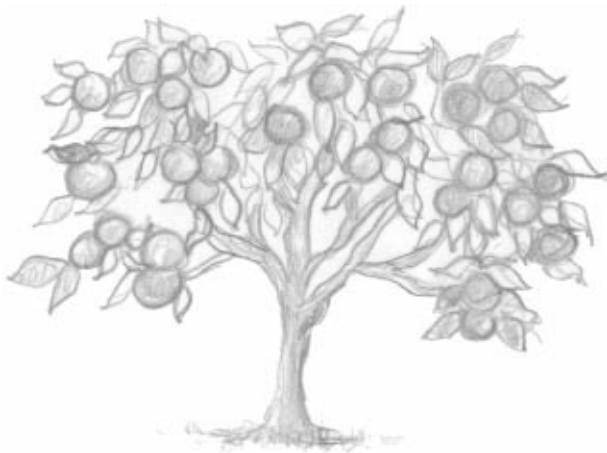


old wisdom, from not only Jewish/Christian scriptures, but also the writing of the Moslems and the Hindu who recommend spankings to form proper conduct patterns in children. No, we were too smart to listen to that “archaic philosophy”. So, now the little tree is bigger . . . and the fruit starts to drop off the tree. It is bitter and full of worms.

We hear news of school violence and we have no idea what to do. The polls about the behavior of teenagers in public schools show appalling statistics of disrespect and violence that often fills the world news stations. Little thirteen year-old children are driven to mass murder to express the anguish of their souls.

Why are they not happy? They are have everything their little hearts could desire. They sleep in soft beds, have all the clothes they want, spend the afternoons riding on their skateboards, and the evenings hanging out at the malls... So, why aren't they happy? The little tree shows bad signs... Bad fruit.

Grandpa never had to worry about that. He looked forward to a little free time from his chores on Sundays. But during the week he spent his mornings in school and his afternoons working with his father on the farm or in the family business. He was only provided a "summer vacation" from his schooling because his family needed him to care for the pressing needs of planting and harvest. He fell into bed at night a tired boy and rose early to go to study with a teacher who demanded his total attention and respect. Should he err in his behavior, the "rod and reproof"



met his misdeeds face on. He learned quickly that he had no space to rebel. He found security in that routine, and became one of the great men that most of us know our grandparents to be. So, what happened to this generation?

Fruit... It always comes back to fruit. We can have good ideas, but when the fruit comes in we can see the wisdom of all our ideas. It is sad, isn't it, that we cannot learn from the lessons of previous generations? Time-proven wisdom has been passed on to us. We do have some smart grandparents who can let us know what to do. They will not be around long, and some of them are already gone. If there would not be a written record of their wisdom all would be lost... But, it has been written, and it has been proven.

It is recorded in the Scriptures, "You will know a tree by its fruit... If the fruit is bad, the tree is bad... Make the tree good and the fruit will be good... Wisdom is proven by its children (fruit)... "Spare the rod, spoil the child".

Though the scholars in their ivory towers may continue to try to tell us that their theory of child training is the most correct and civilized way, their fruit is rotten...

The way of our great grandparents here in America shows us a different story. Though they have been criticized as puritanical, were the moral codes of our forefathers in this country really that bad? Did they not produce a nation that excelled so greatly that it became the leading nation of the world in just two hundred years? It was the backbone of moral behavior that caused this and every nation to stand. It is only when that standard starts to erode that terminal warnings appear. Fruit... It is the fruit of a society that has lost its vitality and turned to wanton pleasure. If it feels good do it... if you want to say something vulgar, say it... if you are immoral, flaunt it... The waves of change beat against the soul of the conscientious man.

But what if someone tries to do something about it? What if we could start again? Could he restore the old foundations upon which a man can build a moral life for himself and his children? What if he wants to be kind, be polite, marry as a virgin, remain monogamous? Hah, you say, you would have to move to a desert island to live with values like that in this society.

For today the unsuspecting may only switch on the TV and find themselves in the middle of someone's private sex act, and it is just the commercial on the six o'clock news. How can we avoid these defilements? Just send your child to the corner store and they will see naked women on every magazine cover... how can a young man keep himself pure?

These conflicts in the soul are the cause of the "stress" that most attribute to major health problems.

Eye-Opening Commentary on Sodom and Gomorrah

There is a commentary on the direction of society written by a great man many years ago, Ezekiel the Prophet (recorded in Ezekiel 16: 49-52) ... it was about a society that was slipping quickly into destruction. This great man was very correct in his analysis of the moral climate of his day and where it would lead them. It was a commentary on the state of a society we all have heard about... "Sodom and Gomorrah." It has been immortalized in all of our dictionaries with only the one sensational part of their history in the word "sodomy." But there is much more to their story, for this is only the fruit of a tree gone bad.

For it was not just a few random acts of bad behavior which caused Sodom and Gomorrah to merit fire and brimstone. Previously that society appears to have been a very blessed one. It was looked upon by observers as the

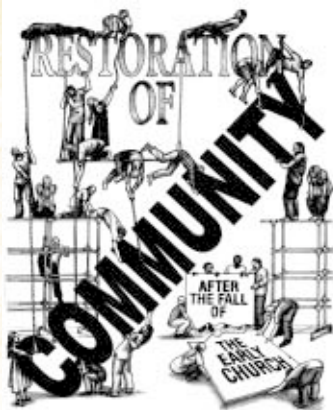
most prosperous and desirable area in which to dwell in. But it was their own prosperity that caused their ultimate demise... For once their life-style became very comfortable for them, they began to grow fat and relaxed and very proud. It was reported that there was "abundant ease"... Lots of free time... lots of time to get into trouble. It was also reported that there was abundant food... no more need to work by the sweat of your brow daily to gain your food. And then the final blow to their society... they became totally "self concerned" and had no compassion for the ones they might hurt or the ones who were suffering in the society.

In this state they were fair game for every abominable practice that entered their minds... An idle mind is the devil's workshop. And what comes out of his workshop is very bad fruit.

That same great man prophesied that a generation would come later on in history who would follow the same path... the same principle. But they would be even worse. And their destruction would be even greater than that of Sodom and Gomorrah. A current appraisal of the ethics of our society today strongly suggests a greater degradation of values than in any previous society.

So, what will be the fruit of this current trend in western society? Can we ignore the bitter fruit? Common Sense teaches us not to be ashamed to judge a tree by its fruit. Taking a stand for what is right will strengthen the heart of every man.

A new social order is being established that will restore the age-old values and dignity of mankind. Please drop in one of our locations to discuss more about these thoughts ...



Community in Island Pond, P. O.
Box 449, Island Pond, VT 05846
☎ (802) 723-9708

Community in Plymouth, 53 Main
St. Plymouth, MA 02360
☎ (508) 732-0427 *COMMON SENSE*

The Basin Farm, P. O. Box 108
Bellows Falls, VT 05101
☎ (802) 463-4149

Community in Rutland, 115
Lincoln Avenue, Rutland, VT 05701
☎ (802) 773-0160

Community in Boston
92 Melville Ave, *COMMON SENSE*
Dorchester, MA 02124
☎ (617) 282-9876 *Common Ground*

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☎ (508) 790-3172 *Common Ground*

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☎ (603) 788-4376 *Common Ground*

Community in Coxsackie, 7 Ely Street, Coxsackie, NY 12051
☎ (518) 731-7711 *COMMON SENSE*

Community in Oak Hill, Rt. 81, Box 81A, Oak Hill, NY 12460
☎ (518) 239-8148

The Common Sense Farm, 41 N. Union Street, Cambridge, NY 12816
☎ (518) 677-5880

Community in Buffalo, 2051 North Creek Road, Lakeview, NY 14085
☎ (716) 627-2098 *Common Ground*

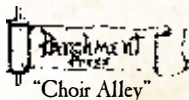
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Community on the Lake of the Ozarks, 145 E. Main, Warsaw, MO
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