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AEGIS TRUST: FEEDING HUMANITY TO PREVENT VIOLENCE, INSECURITY

AND FUTURE GENOCIDES

Address: Dr. James Smith

Panel Moderator: Dr. Yogesh Shah

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Introduction

Ambassador Kenneth M. Quinn

President - World Food Prize Foundation

So 1999 was when I got that call. In 1999 was when a doctor from England named James Smith was beginning to work on the Kosovo crisis, and that experience led him to become involved in the issues of terrorism and genocide. And he formed Aegis Trust, and through that organization has become involved with the support of the UK foreign office in staging the first major international conference on genocide prevention and also dealing with genocide recovery. He and Aegis were involved in establishing the Rwandan Genocide Memorial in Kigali. I was just there, it was this incredible experience – in 1994 Rwanda went through a terrible genocide. And I met Dr. Smith for the first time, I met members of their staff. I've seen their work, and I said, "You have to come. You have to be part of the Hunger Summit. You have to tell us how nutrition, fighting hunger works to prevent genocide and also to help countries recover." So please join me in welcoming Dr. James Smith to the stage.

Dr. James Smith

Founder and Chief Executive Officer, Aegis Trust

I hope everybody here understands how remarkable it is to have someone among us who played such a leading role in responding to the humanitarian fallout of the Cambodian genocide. But even before that, what he didn't say is that he'd seen the genocide coming, and he raised the alarm, the alarm that fell on deaf ears. And then afterwards as we just heard, when he was the United States Ambassador to Cambodia, found an ingenious way to eradicate the remnants of the perpetrators of this mass murder. Iowa should be immensely proud, actually, of what you have done for the world in responding to this genocide, but also to have a son, an ambassador who by *rising to the challenge* has set an example to us all.

Aegis Trust has a prestigious international award to recognize genocide fighters, individuals who have shown themselves to be champions of humanity. It's only been awarded once, to General Romeo Dallaire, the head of the peacekeeping mission in Rwanda during the genocide. It's very unusual to identify one individual who has led the fight against a specific genocide. And I'm delighted to announce here today that Ambassador Kenneth Quinn has agreed to accept this Champion of Humanity Award next year at ceremonies both in London and in Kigali, Rwanda. Now, as you're the first to hear of this, please join me in congratulating Ambassador Quinn.

Now, can we address global hunger and violence such as genocide by investing in early prevention? By early prevention I mean not waiting until there are huge humanitarian catastrophes of the kind you've just heard from Ambassador Quinn, but recognizing there are pathways to violence and pathways to hunger, and in many cases these are linked. We've learned from Aegis Trust's work in Rwanda in the past 15 years that we can intervene upstream from the violence, upstream from these pathways at an early stage and instead create pathways of humanity and prosperity.

Both mass atrocities and hunger are ongoing global issues that are inextricably linked. Where there's conflict there's hunger. Where there's hunger there is often conflict. You tackle one alone and the other undermines your efforts. So what do hunger and violence look like at a global level?

After declining for more than two decades, global hunger is now on the rise, and both the United Nations and the World Bank cite violence and conflict as the main reason for that reversal. Just last year, 201 million people were in need of humanitarian assistance. Some 80% of this is fueled by conflict. Only last month statistics from Save the Children were released, which suggest that more than half a million children could die from extreme hunger in conflict zones before the end of this year. If 80% of people on the planet suffering extreme hunger are in conflict zones, then there must be a connection between hunger and conflict. Though we should not assume that it's always that one leads to another. The associations may be complex and cyclical.

We'll examine in more detail this afternoon in the breakout session on malnutrition and violence, but to summarize the relationships: First, hunger could trigger populations onto a pathway of violence. Or, second, massive violence may lead to hunger and malnutrition. Third and shockingly, sometimes hunger and starvation are used as a weapon to subjugate populations when essential deliveries are deliberately obstructed by warring parties. When we see people starving, we should always ask the question – Are they starving because somebody wants them to starve? Finally, it may also be that mass atrocities, conflict and hunger have common root causes. And briefly I will mention one common root cause.

Changes in climatic conditions both locally and globally are also triggering hunger, mass migration and consequent conflict. Jennifer Leaning, a professor of health and human rights at Harvard, has written on this in regards to Darfur genocide that began in 2003 and in Syria where severe drought led to migration and conflict. The conflict in Syria, which is on our TV screens right now, was contributed to significantly by a four-year severe drought, a drought that caused a million people to migrate within Syria to cities where the majority of the population was ethnically different. Now, these cities, already stressed by the arrival of 1½ million refugees from Iraq, housed rising unrest. Peaceful protest in 2011 was suppressed by the Syrian Government, igniting the civil war and mass atrocities from which millions more people then fled – climate, drought, migration, food insecurity, massive violence and atrocities, all woven together.

There's a silver lining to all this shocking data. Just as we know that the risk factors for heart disease, and we can take public health action to prevent heart disease, we now know the risk factors for genocide. And this provides an opportunity to prevent massive violence before it happens. For example, Barbara Harff used more than 30 years of data to develop a risk assessment model for genocide and politicide. I'm not sure whether you can see this. Her research identifies a range of risk factors. Thank you. In 2011 Dr. Harff's model identified these

20 countries that were the highest risk for genocide. A good number of them indeed went on to experience mass atrocities. You can see on there, Cameroon, Sudan, Central African Republic, Syria, Myanmar, and Nigeria. I'm going to pick out three of these to illustrate the impact that subsequent violence has had on hunger.

South Sudan broke out in conflict in 2013. Around 400,000 people, it's estimated, have died as a consequence since then. In the past five years, half of those 400,000 from direct violence and half from malnutrition and disease. This occurred because of the conflict. As of May last year, nearly 6,000,000 South Sudanese, half of the population, were facing levels of food insecurity ranging from critical to catastrophic. In Syria, we've just talked about, since 2011 from a pre-war population of 22,000,000, half, 11,000,000 people are displaced either within Syria or outside Syria. And the United Nations has reported that food production in Syria remains at a record low. Hunger is rampant and deepening across the country with over half the population unable to meet their daily food needs.

A year after this 2011 risk assessment, Central African Republic fell into conflict at the end of 2012. Thousands were murdered and raped, hundreds of thousands displaced from their homes. Central African Republic now has the most extreme hunger in the world.

So if there's anything to take away from this talk, aside from this association between violence, conflict and hunger, it's that reliable risk assessments and early warning exist. And if we just act on them through investment in early prevention, we can significantly reduce both massive violence and hunger. Imagine, imagine if we had listened to Barbara Harff when she sounded the alarm in 2011, how different the world would be. If we used our intelligence and invested resources into preventing these atrocities.

Research has indicated, that investing early to prevent conflicts from escalating into violent crises, is on the average 60, 60 times more cost-effective than intervening after violence erupts. Yet, we still spend vast resources responding when it's too late. For the Central African Republic crisis predicted by Barbara Harff, now costing the international community \$2 billion a year, year on year. South Sudan costs the international community between \$2 to \$3 billion every year, around half on peacekeeping and half on humanitarian assistance. The South Sudan crisis has cost the American taxpayer \$14 billion in the past seven years, and there's no end in sight to the crisis. Reaction and containment is not working.

To overcome this challenge, we're going to have to be smart, to think out of the box and learn from the past. And that's my main message today – the power of investing in early prevention.

So I thank the organizers of the Hunger Summit. You're a great example of leaders who are strategic and willing to look at the big picture. I'm grateful to our friend, Steven Noah, for introducing us, and especially to Ambassador Quinn for inviting us. And I'm pleased to be here with my colleagues to begin conversations that explore overlapping solutions to the twin global challenges of hunger and violence.

And it's now my pleasure to hand over to Dr. Yogesh Shah... He's a physician from Broadlawns, former Dean of Global Health, and he chairs Aegis Trust Committee on Health and Nutrition. He's going to introduce our team, who are working on a pilot early prevention program combining nutrition, trauma healing and violence prevention through education. Thank you, Dr. Shah.

Panel Members

Beth Crookham *Chair, Global Implementation Board, Aegis Champions of Humanity*
Freddy Mutanguha *Africa Representative, Aegis Trust*
Nancy Reynolds *Board Chair, Health Builders*

Panel Moderator

Dr. Yogesh Shah
Peace and Health Lead, Aegis Champions of Humanity

Good morning. Thank you all, thank you, Dr. Smith, thank you, Ambassador Quinn, for inviting us to present at this panel. Luckily, I have been part of Iowa Hunger Summit more than once, to cover important topics at personal level, at the state level and at international level – the topics like importance of microbiome, the gut bacteria, and health, or micronutrients and health, the relationship between grain and health, and more. And also, recently a couple of years ago, talked about the effect of climate change and health and nutrition.

Today's topic, I feel it might be the most important in my feeling – connecting hunger, nutrition and violence. It's not just an international problem, it's a national problem also. I'm lucky enough to do that. And to do that, we have a great panel. I'm going to introduce all three of them. They'll come up or they'll talk, and then we'll summarize the topic.

So the panelists I have are Beth Crookham. She's the Chair for Global International Board for Aegis Champions of Humanity. Next to her will be Nancy Reynolds. Nancy is the Board Chair for Health Builders; they build and they strengthen clinics in rural Rwanda. And she's also a nurse practitioner. And Freddy Mutanguha will be talking also about his personal experience in Rwanda. He's the Africa representative for Aegis trust.

So along with this great information, you'll also get a mini-workshop on different accents around the world, English accents. As you heard, Dr. James comes from Britain and British accent. I come from India, and our friend here would come from East Coast of U.S., and Freddy is from Rwanda. So you'll have the proper exposure of all different accents except Australian – but we'll add Australian next time.

If you have questions or want to know more about this topic, we are also lucky to be invited for a workshop today at 1:30 upstairs on the 3rd floor in the Cedar Rapids Room. So feel free to join us at 1:30, and that time we'll have more personal stories, more examples and more chance to have question and answers. Thank you.

Beth Well, we'll ease you into the accents, because I'm actually a native Iowan. And it is really good to be back here talking to Iowans and even better to be sharing with you about champion humanity.

I was just a young girl when Iowa SHARES was initiated by two great Iowans, Governor Robert Ray and Ambassador Ken Quinn, which, it provided significant leadership in confronting hunger and alleviating human suffering both at home and abroad. So looking at it now, it's no great surprise that the work of Aegis Trust,

whose core mission is to *end violence by promoting humanity*, resonated deeply with me.

Let me backup and explain how I came to know Aegis Trust. In 2012 I took a trip to Rwanda. Little did I know how life-changing, how life-reinforcing that trip would be for me. For those who don't know a lot about Rwanda, the one thing you probably do know is that in 1994 the people of Rwanda suffered genocide. In 100 days a million people were slaughtered, 10,000 lives were violently taken every day for a hundred days – 10,000 lives were violently taken every day for 100 days. Yes, it is unbelievable. But through Rwanda, I've learned to believe the unbelievable.

When I first visited Rwanda, I was expecting a broken country littered with vengeful, bitter people. What I found was life and growth and joy and hope. In one of the most beautiful places that I had ever visited. The power of forgiveness that I witnessed in this awe-inspiring place, it was full of resilience, the courage, the conviction. And on that trip as I toured the Kigali genocide memorial that Aegis Trust helped to build, I became aware that there is a defined pathway to violence. And this idea that this pathway is knowable and therefore preventable, captured me. And I didn't let go.

It was something I'd never really thought about before. There is a consistent path that leads to violence, which at an extreme end culminates in genocide. And this path, these warning signs, they were clear in the days and months and years leading up to Rwanda's worst nightmare. So what did the world do as these steps to genocide played out in Rwanda? Nothing. We looked away. And the idea that the United States, the country that I'm from, that I was raised in, that I know to be full of good people, was complicit in not paying attention to those warning signs in Rwanda, to those predictors, to that pathway. That was a hard lesson.

We've just heard Ambassador Quinn talk about the Khmer Rouge and the atrocities in Cambodia. In 1973 Ambassador Quinn was stationed as a young State Department officer in the Cambodian border and saw the Khmer Rouge burning down villages. He prepared a 40-page report, the first-ever report by anyone, which laid out in great detail the radical plans and ideology of the Khmer Rouge. The problem was, that no one within the U.S. Government believed him. Two years later, the genocide in Cambodia was carried out under the leadership of Pol Pot, killing over two million people. Imagine if we had listened. Imagine a world where we had used our ethical intelligence to prevent this conflict.

But this isn't just about there and then and looking back with regret. It isn't just about another time and another country. It's about here and now. I'd like to talk about our own country and the pathway to violence that I feel we're on here, even in the great state of Iowa.

How did we end up on this pathway? How far along the pathway are we? And not just as a country but as communities, as individuals? Should I believe the unbelievable? Surely, we're not headed that way – not in our country. You already heard James describe the pandemic level that violence has reached, how violence and hate is becoming normalized around the world. Let me bring that closer to home in the United States.

The Centers for Disease Control now considers violence a health crisis in America. Violence is a disease, and we are incredibly sick. From a 2016 report, every day in this country 39 people are killed, 180 are shot and wounded, and 27,400 people are hurt by a partner or significant other. That's almost 30,000 people every day, suffering direct violence. Fifty-six percent of children in North America, according to research directly encounter violence before age 18. That's 41½ million children whose futures are impacted and altered by personal violence, domestic violence, gang violence. The shadow violence casts is long. And as we know, violence and hunger go hand in hand, and they drive each other.

I know all of this sounds like a lot of gloom and doom, and I promise you my aim in standing up here today isn't just to deliver horrific information. I share all of this because, just as there is a pathway to violence, there is also a pathway to humanity. At Champion Humanity, we often say – *If you can predict it, you can prevent it.*

It's start with countering ignorance. We counter ignorance with education. Fear is then overcome and we find ourselves on a pathway to love and peace rather than hate and violence. This pathway is paved with acts and attitudes of humanity. One of my mentors relates it to the game of Pick Up Sticks. The idea is to find the single stick that moves all the other sticks. Humanity is that stick. Humanity is in everyone. We just have to awaken and encourage it in ourselves and others through small, daily acts.

Let me close by saying I believe the unbelievable, but today the unbelievable is groups like the one gathered here, coming together in common purpose to lift up humanity in ourselves and others. Please join me in being a believer of the unbelievable.

And I'd like to turn it over now to my colleague, Nancy.

Nancy Hello, Iowans. Well, I too believe in the unbelievable, and I believe in the power and the impact of everyone in this room to make a difference. What a great event this is. I feel really honored to be here. As you can tell, my accent is American. I'm a fellow country person of Beth's. And while searching for a deeper connection to humanity, I too ended up in Rwanda in 2009. In Rwanda we learn about humanity, and we learn about it on an everyday basis. We learn how people can overcome major challenges and create peaceful communities to live in, despite what they've gone through in the relatively recent past.

As a family nurse practitioner and nurse educator, I had the privilege of working in Rwanda with an organization called Health Builders. So Health Builders builds health facilities in rural Rwanda in the poorest areas. They're low-resource settings, and poverty levels are very high. We work with local communities and governments to build health systems.

One of the great challenges all health organizations working in Rwanda face is the gravity of the mental health burden left behind by the violence of the 1994 genocide. How can doctors and nurses care for and heal others when they themselves are battling to process their own trauma? How can mothers and fathers provide healthy homes full of love for their children when every day they're haunted by ghosts of the

past? Some suffer overwhelming mental health issues – flashbacks, depression, anxiety, and suicidal ideation are common factors we see every day in the health centers. Others are consumed with thoughts, and sometimes plans, for revenge.

The evidence is clear that a person suffering post-traumatic stress will suffer more from physical ailments and non-communicable diseases. And some of the non-communicable diseases we see and the caseloads increasing rapidly are asthma, cancer, hypertension and diabetes. The whole person, including their immune system, is affected by stress and trauma. Reduce the stress, the mental health issues, and you reduce the caseload of physical ailments and non-communicable diseases.

Before we can heal the body, we need to find a way to heal hearts and minds. For this reason, my becoming aware of the work of Aegis Trust and the Champion of Humanity methodology was like striking gold. It was what we had been looking for in the healthcare sector for a long time to figure this problem out. It is the answer we've been looking to, to provide a holistic and moreover a sustainable model to provide healing both on the outside and the inside for the Rwandans we treat in these centers.

Working together, Aegis Trust and Health Builders have developed collaborative pilots to work together on. These projects will integrate the methodology of Aegis Trust, the Champion Humanity methodology, into all our systems for community members and importantly our staff. Our staff are often face to face with patients they're meant to treat and heal who can be the perpetrators who committed the acts against their families, and they may be the sole survivors.

One of the first pilots will be very specifically working with families with young children, and let me tell you why we're addressing that first. The first 1,000 days of a child's life, from conception to just before their second birthday, are now understood to be the most significant in a child's development. Leading child health experts from around the world, agree the care given during this first 1,000 days of life have more influence on a child's future than any other time in their life.

It is during this time that the foundation is laid for the person a child will eventually become, both physically and emotionally. A stable, varied diet builds a strong brain and body. A stable, supportive environment builds a strong set of values and life skills that will last throughout the lifetime of that child. The two are inseparably linked; and once they are there, they will last the rest of that child's life.

The first 1,000 days are a window of opportunity for a family, for the child, for a family and for the country itself – an opportunity for early prevention. If you take a look at the picture, what do you see? It's a well-fed little girl in her father's arms. What is the feeling that the child will be experiencing? The feeling will be one of warmth, pleasure, connection and protection.

This photo, adorable as it is, is also a really good way of showing how a baby's brain develops. That's more than just a look of love. That's a look of cognitive development. It's a look of neuro-pathways developing and thought patterns and processes falling in place. Her brain is growing, fed by the love she gets, just like her body grows, fed by the nutrition she's receiving. Proper nutrition and proper attachment, what we

also call love, are the two vital ingredients to grow an infant's body and mind. Unfortunately, children's bodies and brains too often aren't always fed that healthy stuff – not because parents don't love their children, but because things like hunger, insecurity, mental illness, and trauma can prevent them from being able to.

If we look at Rwanda – and I explained earlier the consequences of the past have cast a long shadow on that country, even though they've made great strides forward towards peace – much of what the ambassador described that happened in Cambodia was repeated. The brutality was repeated in Rwanda. For example, as a fallout of this, the stunting rate in Rwanda now stands at 38%. And by stunting, I mean the arrest or the stoppage of the brain's development and physical development in the ways that we expect – and the stopping is severe and marked.

The stunting is affected by lack of nutrition, but studies show it's also affected by trauma. This will lead to permanent developmental issues both physically and mentally. This in turn affects education, livelihoods and families. So the population of 38% in Rwanda will not be able to be educated to any degree other than absolutely basic, if at all; and they will not enter the workforce. And that's 38% of the population. This is a huge, long-term cost to any country. And this is not just Rwanda. These issues play out globally, as James and Beth have both mentioned.

How can we change this? I bet a lot of you have heard of development programs for children with lunches or breakfasts, often instituted at schools – right? I see a lot of heads nodding. These programs are everywhere, and we know they're a good idea. We know that the right nutrition will allow a child to concentrate, learn and grow in normal developmental patterns that we all expect. What I bet you haven't heard much about are developmental programs which integrate nutrition, but that also address mental health issues, mental health and peace. Isn't that both interesting and concerning?

As a family nurse practitioner, this seems crazy when we know that childhood trauma can have at least as much impact on a child's brain development as the food that we feed them. This is because hunger, trauma and violence are so closely connected. Hunger leads to violence. Violence in turn turns back to hunger, and this all creates trauma in a cyclical pattern. We must tackle them together. That is why I'm so excited personally, to be part of this initiative, because it just makes so much sense. And we finally feel that we've found the answer that everyone's been looking for in the health sector.

I'm going to hand over to Freddy now to talk to you about exactly how we're doing this and the proven effects that we've been seeing. Thank you for this opportunity.

Freddy Good morning. I hope you will be able to follow my Rwandan accent. Let me take this opportunity to pay tribute to Ambassador Quinn, to Governor Ray and to everyone in Iowa who opened their hearts to help people they had never seen or met before. This meant a huge amount to any survivor. The truth is that, if the world was full of people like you, Ambassador Quinn and Governor Ray, I would still have my family today. This choice of extending support to exhibit empathy to humankind, this, my friends, was what we call being a champion of humanity.

My name is Freddy. I am a survivor of Rwanda 1994 genocide against Tutsi. I was 18, I lost my parents, my four sisters during genocide and 18 members of my family in total. I survived it with one of younger sister. After genocide, we asked ourselves, my sister and I, can we go back home? The house didn't exist anymore. My community didn't exist anymore. There were no parents, not anyone waiting for us to take care of us. It was an enormous challenge.

In those years following the genocide, I realized that the problem facing survivors, not just our own problems – it's not just a Rwandan problem. It's not just an African problems. It's a problem for all of humanity. Let me explain.

When the holocaust took place, we in Rwanda we didn't expect to die in a genocide. When a genocide happened to my country, the people of that Dafur didn't expect to be the next. The lesson is – we never expected this to happen to us, but it happened and anyway. Conflict is inevitable, but violence and hatred these are choices. So we must work hand in hand to make sure people, they make the right choice everywhere, the choice to choose humanity, not violence.

One of the reasons I'm grateful to be here today is because I heard so many things, a house of many stories, behind this event. I've heard that it was Governor Ray who petitioned to the U.S. Government to double the number of Vietnamese boat people who were fleeing for their lives. How did Ambassador Quinn and Governor Ray learned to become passionate in this way? How did they learn to seek solutions such as they did? How can we make more people to take actions and to make choices as they did?

We learn many things in our school – Math, English, Sciences, etc. – but where does our children learn humanity? We have been asking this question since we started this journey by building the Kigali genocide memorial in 2004. We knew that we wanted more than a place to remember our loved ones. We wanted a place that would be a global center to learn and share humanity. We wanted to prevent atrocities such as which happened to my country from ever happening again.

In 2009, we launched the first pilot of education initiative, Champion of Humanity. It was then called Peace and Value-Based Education. We knew from research that to combat hatred, we need to teach empathy, trust, critical thinking and personal responsibility, to inspire people to champion of humanity, which is we came up with this name of Champion of Humanity.

But we can't tell someone to be critical thinker. You cannot lecture on empathy. People must connect to these with their hearts and their minds. We discovered that we could inspire through the positive stories and the stories of humanity – the stories like John Peter story, my rescuer the person who saved my life. Peter was in a very poor family. They could only afford one meal a day, but his brothers, two brothers, they were drawn into genocide because they were promised to eat our cows and anything they could find in our neighbors. They were motivated because they can have breakfast, they can have lunch, they can have supper. But John Peter, he was courageous to say no and to be my savior. Through passing on stories of humanity, we can awaken and activate the humanity within us.

When I mentioned the story of Governor Ray and Ambassador Quinn, this is the question: When I mentioned the Governor and Ambassador Quinn helping the refugees, how many of you felt a little movement in your heart, a little movement where you wanted to do something like that, too? How many? So is that feeling... Right, that's very nice. That's very nice. That's great. So it's that feeling at that moment that we work with. But that feeling tiny spark is just a small test of what I am talking today. When the skills, positive values, and attitude are exercised, the individual has an increased capacity to make positive choices. Once the seed is sown and is nurtured, wonderful acts of humanity start to happen, and this spread, as Beth said, about 3.5% can actually change the world.

For several years we ran a program through a workshop based at the Kigali genocide memorial. We then created a mobile unit that was toward remote areas in a Rwandan community. Over this time we have reached over a half million people with different ages. In 2015 after seeing the success of these workshops, the Minister of Education took our methodology one step higher. They integrated into the national curriculum to be systematically implemented throughout their entire school system. So the public school system of Rwanda now trains every teacher from kindergarten through to 12th grade across all subjects to be teacher of peace and values, to be the teacher of Rwandans' future, champions of humanity.

Now, the program has been expanded to different countries in Africa, including Central Africa Republic, Kenya and South Sudan – all to save lives there and also preventing impending violence. We were invited by the local people and the local leaders who had been visiting the Kigali genocide memorial, and they had experience of our programs in Rwanda.

I want to give you one other example. I just mentioned the Central Africa Republic. It's a country where 75% of children have somehow seen someone killing. You can imagine, actually, what it is about. And 87% of children display symptoms of post-traumatic stress disorder.

Over the last years, three different, independent assessments have been carried out. Each one found that the methodology is effectively preventing people from progressing down the path to violence. The most recent assessment conducted in Central Africa Republic came back with a very surprising result. The program also has a healing element, which relieves trauma and mental health. So this is a medicine for the heart and for the mind.

I'd like to end reading a quote from a participant in one of our trainings, to demonstrate the level of change which we are seeing today. This is a young man, 18 years old; and at the end of the day at the workshop, he raised his hand and he wanted to speak. And I quote, "I want to thank you for saving my life, and I want to thank you for saving lives of people I was planning to kill. Until today my plan in my life was to get an education, join the army, to get a gun, and then to come back and avenge the killing of family members in 1994 by killing everyone responsible. That was my plan in life, and I realized, after the workshop today that it was a bad plan. And so, thank you for saving my lives and saving the lives of people I was planning to kill." End of quote.

This young man's testimony is an example of the benefit of early prevention. Jim spoke about it, and my colleagues here spoke about early prevention. It's exactly evident that you can teach people the option to violence. So if you'd like to hear more about Champion of Humanity, I invite you to join us in a breakout session this afternoon to help us. Thank you very much.

Great. Thank you so much for sharing your stories, your narratives. I think that us here in Iowa can share the humanity that you have brought to the stage today. So thank you again very much. Thanks again to all of our panelists, all of our panelists this morning. Now I hope that you will all stay and join us for our hunger luncheon which is about to start at noon on the third floor in the Des Moines Hall. We look forward to seeing you there