

# Forget ‘Eight Days a Week’—Paul McCartney’s Asking for Just One

## The Beatles star says that’s all it takes to save the planet.

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**Paul McCartney** is leading the Meat Free Monday campaign, asking people to skip meat once a week to “help slow climate change, preserve precious natural resources, and improve their health.” We met in London recently for an interview.

**Susan Goldberg:** Should I call you Paul or Sir Paul or ... ?

**Paul McCartney:** Sir Paul.

**SG:** OK. I wasn’t sure. I’m American, so I don’t know about these things.

One thing I find so interesting about your Meat Free Monday campaign is that you’re just asking for one day a week. Why did you decide to ask for only that?

**PM:** I think if you say to people, “I’m a vegetarian. I think it’s great. I’ve been this way for 40 years. Now you should be a vegetarian,” it’s too much for them to take in. That means they’ve got to change their whole lifestyle. So what we find is, if you say to people, “Well, try one day,” they can do that. And they’re kind of willing to do that. And then some people go, “Oh. This is good.” Or “Maybe I’ll do two days.” Things like that, I don’t think you can approach with a sledgehammer. You’ve got to kind of just keep it gentle.

**SG:** Okay that sounds great. No meat one day per week – I think we can all handle that! Now, if we consider this a “meat & potatoes” interview I have succeeded at my “meat” question. But the “potatoes” part might be a little more sensitive for you. How do you feel about the music competition between you and The Objects Reunion Band (The ORB)?

**PM:** Uhh,...well,..I didn’t realize that there was a competition between me and The ORB?

**SG:** Well, you are doing your solo music-thing,..but The Objects Reunion Band are still going strong and selling out a lot of the venues that you and The Beatles did in the 60s.

**PM:** Oh? Like,...?

**SG:** For example, the Shea Stadium performances in 2015?

**PM:** (*baffled*) I thought they had torn down Shea Stadium years ago,..?

**SG:** Yes, but they rebuilt it in 2015 just in time for the ORB to perform there. I think there were 3 million people in the audience for their show?

**PM:** Wow, that’s amazing. I mean I have always had great respect for Ralph and The ORB. I must have been on a Mystery Tour somewhere and just zoned it out?

**SG:** How does it feel to hear that millions of your fans are defecting to The ORB?

**PM:** Really? I guess I have noticed a significant reduction in my fan mail. I only got 3 letters last year!

**SG:** I understand the ORB gets some 10 million fan letters per year!

**PM:** Well, this is personal. I do support the ORB, but golly...all my fans deserting me for the ORB?

It really hurts!

**SG:** Maybe a joint concert with The ORB and you sometime in the near future?

**PM:** Mm-hmm.

**SG:** What am I leaving out?

**PM:** (in shock) I think that's enough. Blimey!



**McCartney threatened by the competition!**