OMNI

VEGETARIAN ACTION NEWSLETTER #21, September 9, 2015.
Compiled by Dick Bennett for a Culture of Peace, Justice, and Ecology.


(#4 Feb. 12, 2014; #5 March 12, 2014; #6 April 9, 2014; #7 May 14, 2014; #8, June 11, 2014; #9 July 9, 2014; #10, August 11, 2014; #11 September 10, 2014; #12 October 8, 2014; #13, November 12, 2014; #14, December 10, 2014; #15, January 14, 2015; #16, Feb. 11, 2015; #17, March 11, 2015; #18, April 8, 2015; #19, June 10, 2015; #20, August 12, 2015). Thank you Marc.

http://omnicenter.org/donate/

Veggie Potluck

Wed SEPTEMBER 9 - 6:00 pm @ OMNI

Food-friendly faces with delicious dishes who want to meet you, and a place and time where you can talk with others not only about nutrition and health, but about the meat industry monopoly, care for other species, and for the environment. You don’t have to be a vegetarian to enjoy this potluck, but you do have to want to learn more about its personal and social power. If you care about yourself and the well-being of animals and the planet, you are already on your way to being a vegetarian. Hope to see you!

OMNI’S Blog

http://jamesrichardbennett.blogspot.com/

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The biggest takeover in American business that you’ve never heard of

The American supermarket seems to represent the best in America: abundance, freedom, choice. But that turns out to be an illusion. The rotisserie chicken, the pepperoni, the cordon bleu, the frozen pot pie, and the bacon virtually all come from four companies.

In *The Meat Racket*, investigative reporter Christopher Leonard delivers the first-ever account of how a handful of companies have seized the nation’s meat supply. He shows how they built a system that puts farmers on the edge of bankruptcy, charges high prices to consumers, and returns the industry to the shape it had in the 1900s before the meat monopolists were broken up. At the dawn of the twenty-first century, the greatest capitalist country in the world has an oligarchy controlling much of the food we eat and a high-tech sharecropping system to make that possible.

Forty years ago, more than thirty-six companies produced half of all the chicken Americans ate. Now there are only three that make that amount, and they control every aspect of the process, from the egg to the chicken to the chicken nugget. These companies are even able to raise meat prices for consumers while pushing down the price they pay to farmers. And tragically, big business and politics have derailed efforts to change the system.

We know that it takes big companies to bring meat to the American table. What *The Meat Racket* shows is that this industrial system is rigged against all of us. In that sense, Leonard has exposed our heartland’s biggest scandal.
Dec 4, 2014 - Perdue Farms launched an audit of one of its chicken farmers Wednesday, just hours after he voiced public concerns about the welfare of the ...

Nutrition, Health

Dear Dick, 8-27-15

Here's a crazy fact for you: 70 percent of all medically-important antibiotics in the U.S. are sold for use on chickens, cattle, pigs and turkeys -- not people.

Why? Industrial farms routinely feed antibiotics to animals to help them grow faster and survive crowded, unsanitary conditions -- and that helps breed dangerous drug-resistant bacteria that can give people difficult-to-treat infections.

As the largest fast-food chain in the world, Subway has the power to help stop this growing problem -- but they need to feel pressure from consumers like you to change course and help keep antibiotics working for people.

Today, on Subway’s 50th anniversary, tell the company to commit to buying meat raised without routine use of antibiotics.

NRDC and its allies have already convinced McDonald’s to take a stand against antibiotic misuse in its meat. By pressuring Subway to do the same, we can spark industry-wide movement for safer meat production -- and help ensure our antibiotics still work when our families need them.

So, as Subway celebrates 50 years as the “healthy” alternative to burgers and fries, we need your help to send them a big surprise...

...an eruption of public pressure demanding they commit to buying meat raised without routine use of antibiotics from their supply chain.
Tell Subway to buy meat raised without routine use of antibiotics and do their part to help protect us from drug-resistant superbugs.

Victory in this campaign, fast on the heels of McDonalds’ recent pledge, will mean that the top two fast-food chains in the U.S. have demonstrated leadership to help save antibiotics. And that could be a game-changer in our fight for a safer, healthier planet for us all.

Let’s make it happen,

Rhea Suh
President, NRDC

The mission of the Natural Resources Defense Council (NRDC) is to safeguard the Earth: its people, its plants and animals, and the natural systems on which all life depends.

What exactly has McDonald’s done to carry out its pledge to “take a stand against antibiotic misuse”? What does it mean that Subway will “help save antibiotics”? --Dick

Vegetarian Journal, Vegetarian Resource Group

https://www.vrg.org/journal/index.php

The practical magazine for those interested in Vegetarian Health, Ecology, and Ethics. Subscribe to the Vegetarian Journal to receive current issues in print!

Vegetarian Journal 2014 Issue 2  Vegetarian Action
The Vegetarian Journal is one project of Vegetarian Journal ...  TheVegetarianSite.com hosts all your vegan needs, whether ...

More results from vrg.org »

VRG and its magazine cover a wide range of vegetarianism and veganism as food lifestyles, apparently with little direct discussion of animal rights and the warming planet (I have not yet inspected the magazine). But any effort to reduce meat-eating helps protect animals from suffering and slaughter and the planet from climate change catastrophe. –Dick

“THE TROUBLE WITH CHICKEN” Was Shown August 25.
Here are an essay and a preview.

Frontline's 'The Trouble With Chicken' Reveals Why So ...
www.huffingtonpost.com/.../the-trouble-with-chicke...
The Huffington Post
May 13, 2015 - Frontline's new episode "The Trouble With Chicken," which premiered Tuesday night on PBS and is now streaming online, is pretty much as ...

"The Trouble with Chicken" - Preview | Watch Frontline PBS ...
www.thirteen.org/programs/.../the-trouble-with-chicken--preview/
WNET
FRONTLINE investigates the spread of dangerous pathogens in our poultry — and why the food-safety system isn't stopping the threat. | Stream Frontline PBS ...

Ted Genoways.  The Chain: Farm, Factory, and the Fate of Our Food. October 14, 2014
A powerful and important work of investigative journalism that explores the runaway growth of the
**American meatpacking industry and its dangerous consequences.**

On the production line in American packinghouses, there is one cardinal rule: the chain never slows. Every year, the chain conveyors that set the pace of slaughter have continually accelerated to keep up with America’s growing appetite for processed meat. Acclaimed journalist Ted Genoways uses the story of Hormel Foods and soaring recession-era demand for its most famous product, Spam, to probe the state of the meatpacking industry, including the expansion of agribusiness and the effects of immigrant labor on Middle America.

Genoways interviewed scores of industry line workers, union leaders, hog farmers, and local politicians and activists. He reveals an industry pushed to its breaking point and exposes alarming new trends: sick or permanently disabled workers, abused animals, water and soil pollution, and mounting conflict between small towns and immigrant workers.

The narrative moves across the heartland, from Minnesota, to witness the cut-and-kill operation; to Iowa, to observe breeding and farrowing in massive hog barns; to Nebraska, to see the tense town hall meetings and broken windows caused by the arrival of Hispanic workers; and back to Minnesota, where political refugees from Burma give the workforce the power it needs to fight back.

A work of brilliant reporting, The Chain is a mesmerizing story and an urgent warning about the hidden cost of the food we eat.

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**Animal Rights, Protection, and Human Rights**

CNN, August 2015: Execution of Humans Not Humane, Cannot Be

Death Row Stories explores cases that pose hard questions about the U.S. capital punishment system.

**Why experts say there's no such thing as 'humane' execution**

Throughout the history of capital punishment in America, states have reviewed and revised execution methods in the interest of finding a more "humane" option.

**Former executioner sees 'serial killer' in the mirror**

'It was clear to me that he was in pain'

**Execution takes two hours, 15 injections**

Watch the latest episode on CNNgo
Meat-Eaters Are The Number One Cause Of Worldwide Species Extinction, New Study Warns

BY NATASHA GEILING AUG 17, 2015 1:39PM FROM CLIMATE PROGESS

A meat-inclusive diet often comes with a side of environmental caveats, including livestock’s contribution to global warming, its contribution to deforestation, and the stress it places on a bevy of increasingly precious resources, from water to land. Now, a group of researchers want to add another concern to the meat-eater’s plate: worldwide species extinction.

According to a recent study published in Science of the Total Environment by researchers at Florida International University in Miami, livestock production’s impact on land use is “likely the leading cause of modern species extinctions” — a problem the researchers think will only get worse as population growth increases the global demand for meat.

The study is particularly interesting to scientists because research linking livestock’s relationship to biodiversity loss has been lacking, Gidon Eshel, a geophysicist at Bard College who was not involved in the study, told Science.

“Now we can say, only slightly fancifully: You eat a steak, you kill a lemur in Madagascar. You eat a chicken, you kill an Amazonian parrot,” Eshel said.

To understand livestock production’s impact on biodiversity, researchers at Florida
International University mapped areas that have exceptionally high percentages of native plants and animal species — known as biodiversity hotspots.

The researchers then mapped areas where livestock production is expected to increase in the future, and determined how much land would be lost as a result of expanding meat operations, using data from the Food and Agriculture Organization and other studies about historic livestock production and land use conversion in those areas. Then, they compared the biodiversity hotspots with the expected expansion of meat production.

They found that of the areas expected to have the greatest conversion of land use for agriculture — from forest to land dedicated to livestock production — 15 were in “megadiverse” countries that have the greatest diversity of species. The study concludes that in the 15 “megadiverse countries,” land used for livestock production will likely increase by 30 to 50 percent — some 3,000,000 square kilometers (about 741 million acres).

“These changes will have major, negative impacts on biodiversity,” Brian Machovina, the study’s lead author, told Science. “Many, many species will be lost.”

Several studies have suggested that the Earth is currently in the midst of the sixth mass extinction, caused largely by human activities. Animals are hunted and sold for trade, climate change is disrupting migration and mating patterns, extreme weather is threatening animal populations, and deforestation is fragmenting crucial habitat. But all of those causes, Machovina and his colleagues claim, pale in comparison to the threat of habitat loss driven by demand for meat, which the study claims “will cause more extinctions than any other factor.”

And though meat consumption in the United States has fallen steadily since peaking in the 1970s, meat consumption worldwide continues to rise, driven by technological advancements, liberalized trade, and growing economies. Livestock production is also an incredibly important source of economic security for millions of the world’s poor, providing stable income for 987 million around the world.

Machovina and his colleagues do suggest some mitigation efforts that could curb the loss of biodiversity from meat production — namely, eat less meat. The study says that in order to limit the worst biodiversity losses, the average diet should get no more than 10 percent of its calories from meat, and that pork, chicken, and fish are less resource-intensive options for meat eaters.

But while meat production can have a negative impact on species biodiversity and climate change, it is also an important source of income for millions of people around the world.
change, it’d be unwise to quit meat production altogether, Clayton Marlow, a grassland ecologist at Montana State University, Bozeman, told Science. He argues that the real issue facing biodiversity loss isn’t the expansion of meat production, but the expansion of urban sprawl, which takes away land that could potentially be used for agricultural production.


*Slaughterhouse* is the first book of its kind to explore the impact that unprecedented changes in the meatpacking industry over the last twenty-five years — particularly industry consolidation, increased line speeds, and deregulation — have had on workers, animals, and consumers. It is also the first time ever that workers have spoken publicly about what’s really taking place behind the closed doors of America’s slaughterhouses. In this new paperback edition, author Gail A. Eisnitz brings the story up to date since the book’s original publication. She describes the ongoing efforts by the Humane Farming Association to improve conditions in the meatpacking industry, media exposés that have prompted reforms resulting in multimillion dollar appropriations by Congress to try to enforce federal inspection laws, and a favorable decision by the Supreme Court to block construction of what was slated to be one of the largest hog factory farms in the country. Nonetheless, Eisnitz makes it clear that abuses continue and much work still needs to be done.

“TYSON ENDS CONTRACT OVER MALTREATMENT”


One of Tyson Foods’ contractors in Tennessee was filmed by Mercy for Animals showing hideous cruelty to the chickens--from stepping on their heads to break their necks, to growing them “so fast they became crippled under their own weight,” to cramming hundreds of thousands of birds “into filthy, windowless sheds forced to live for weeks in their own waste,” according to MfA. Tyson Foods spokesman Worth Sparkman replied: “Animal well-being is a priority at our company and we will not tolerate the unacceptable animal treatment shown in this video.” Tyson ended its contract with that contractor.
Reducing meat consumption and reducing population growth are two parts of one necessity--to reduce CO2 in order to reduce and stop temperature rising, in order to reduce the severest consequences of weather extremes. Vegetarianism is a major campaign for those goals. Dick

CENTER FOR BIOLOGICAL DIVERSITY

COWSPIRACY FILM

STOP Climate Change, Eat No Meat

About the Film

Cowspiracy: The Sustainability Secret is a groundbreaking feature-length environmental documentary following intrepid filmmaker Kip Andersen as he uncovers the most destructive industry facing the planet today – and investigates why the world’s leading environmental organizations are too afraid to talk about it.

Animal agriculture is the leading cause of deforestation, water consumption and pollution, is responsible for more greenhouse gases than the transportation industry, and is a primary driver of rainforest destruction, species extinction, habitat loss, topsoil erosion, ocean “dead zones,” and virtually every other environmental ill. Yet it goes on, almost entirely unchallenged.

As Andersen approaches leaders in the environmental movement, he increasingly uncovers what appears to be an intentional refusal to discuss the issue of animal agriculture, while industry whistleblowers and watchdogs warn him of the risks to his freedom and even his life if he dares to persist.

As eye-opening as Blackfish and as inspiring as An Inconvenient Truth, this shocking yet humorous documentary reveals the absolutely devastating environmental impact large-scale
factory farming has on our planet, and offers a path to global sustainability for a growing population.

Kip Andersen

ABOUT THE FILMMAKERS

**Kip Andersen**’s environmental awakening came as a result of *An Inconvenient Truth*. After seeing the film, he began to recycle religiously, turn off lights constantly, shower infrequently, and ride a bike instead of driving. Andersen believed he was doing everything he could to help the planet by following the guidelines of national and international environmental organizations, but his life took a different direction when he found out animal agriculture is the leading cause of environmental destruction. He is the founder of AUM Films and Media, a 501c3 non-profit focused on creating films and media that promote thrivability, compassion, and harmony for all life. He is also an entrepreneur, as well as a certified Jivamukti and Kundalini yoga teacher. He is a graduate of Cal Poly San Luis Obispo school of business and has called San Francisco home for more than a decade.

**Keegan Kuhn** is a videographer, award-winning documentary filmmaker, and professional musician living in the east bay of San Francisco. He has worked with nonprofit organizations and been involved in social justice movements for virtually his entire life. As a filmmaker, he helps organizations reach an ever-greater community of supporters with the highest possible quality films and videos. His film career has taken him as far as the remote interior of Alaska to document modern homesteaders, to the high deserts of the American west filming the nation’s remaining wild horses, to rural agricultural communities and dirty urban streets. He is motivated by a deep desire to shed light on untold stories of the most downtrodden in our society, and to raise to awareness through greater visibility of social justice issues.

FEATURING THE EXPERTISE OF

**Dr. Richard Oppenlander**

Author of the groundbreaking book *Food Choice and Sustainability*, Dr. Oppenlander is a consultant and researcher whose award-winning book *Comfortably Unaware*, has been endorsed as a “must read” by Ellen DeGeneres, Dr. Jane Goodall, and Dr. Neal Barnard, among many others. Dr. Oppenlander is a much sought-after lecturer, has been a keynote speaker for several conferences and events, and has presented lectures and workshops at numerous universities and corporations. Dr. Oppenlander also serves as an advisor to
municipalities in the U.S. and to world hunger projects that are designing programs from his model of multidimensional sustainability.

**Michael Pollan**

Michael Pollan is the author of four *New York Times* bestsellers (*Food Rules: An Eater’s Manual*, *In Defense of Food: An Eater’s Manifesto*, *The Omnivore’s Dilemma: A Natural History of Four Meals*, and *The Botany of Desire: A Plant’s-Eye View of the World)*. *The Omnivore’s Dilemma* was named one of the ten best books of 2006 by both the *New York Times* and the *Washington Post*. Pollan was named to the 2010 *Time* 100, the magazine’s annual list of the world’s 100 most influential people. In 2009 *Newsweek* named him one of the top 10 “New Thought Leaders.”

**Dr. Will Tuttle**

Dr. Will Tuttle is an award-winning speaker, educator, author, musician, and author of *The World Peace Diet*, called one of the most important books of the 21st century. Dr. Tuttle presents about 150 events yearly at conferences, retreats, and progressive churches and centers throughout North America. In his lectures, workshops, and trainings based on *The World Peace Diet*, he addresses veganism, spirituality, effective activism, and personal development. A former Zen monk, Dr. Tuttle has a master’s in humanities and a PhD in philosophy of education.

**Howard Lyman**

A former Montana cattle rancher, Howard Lyman is a world-renowned public speaker, author, and animal advocate. Best known for being sued by the National Cattlemen’s Beef Association for speaking about “mad cow” disease on the Oprah Winfrey Show, he is the founder of Voice for a Viable Future and the subject of two documentary films, *Mad Cowboy* and *Peaceable Kingdom: The Journey Home*.

**Will Potter**

Will Potter is an award-winning independent journalist and TED Fellow based in Washington, D.C. who focuses on the animal rights and environmental movements, and civil liberties post-9/11. His reporting and commentary have been featured in the world’s top media outlets, including the *Washington Post*, NPR, *Rolling Stone*, *El Pais*, and *Le Monde*. He has testified before the U.S. Congress about his reporting, as the only witness opposing the Animal Enterprise Terrorism Act. He is the author of *Green Is the New Red*, an exposé of the FBI’s use of fear and intimidation to silence dissent in the animal and environmental movements.

**Will Anderson**

In 1978, Will Anderson founded Greenpeace Alaska in Anchorage, and shortly thereafter,
was appointed to the national board of directors of Greenpeace USA. Since then, he has had a long career in campaign management in both the environmental and animal welfare sectors for a number of organizations including Earth Island Institute and the Progressive Animal Welfare Society. He has worked with state and federal agencies, scientists, political representatives and NGOs, and continues to consult for numerous national organizations to protect marine animals and wildlife, and defend the land and oceans against industrial destruction.

WITH APPEARANCES BY

**Michael Besancon**
A 41-year veteran of the natural foods industry, Michael Besancon is the former senior global vice president of purchasing, distribution and communications for Whole Foods Market.

**Michael Klaper, MD**
Dr. Michael Klaper has more than 40 years of clinical experience, and practices preventative and nutrition-based medicine. He is the director of the non-profit Institute of Nutrition Education and Research and a member of the Nutrition Task Force of the American Medical Student Association.

**David Robinson Simon**
David Robinson Simon is an attorney, advocate for sustainable consumption, and author of the book *Meatonomics* about the economics of animal agriculture.

**Dr. Kirk R. Smith**
Dr. Kirk R. Smith is a professor in the School of Public Health at University of California, Berkeley, where he is the director of the university’s Global Health and Environment Program.

I know we all feel the importance of our Vegetarian Potluck and *Veg. Action*.

See you next month. Dick

--------- Forwarded message ---------
From: Cecile Richards, Planned Parenthood <pponline@ppfa.org>
Date: Sat, Aug 15, 2015 at 7:00 AM
Subject: Powerful support for Planned Parenthood
To: "James R. Bennett" <jbennet@uark.edu>
Dear James,

For weeks, we've heard false claims and outrageous rhetoric from anti-abortion extremists, politicians, and ideologues. Now, the real experts are weighing in. The *New England Journal of Medicine* just released two powerful pieces strongly supporting Planned Parenthood, our doctors, and patients.

Read what they have to say; then, forward this message and share on Facebook and Twitter with everyone you know who needs to hear the truth.

These pieces are further proof of what we already know: Objective media voices, doctors, medical experts — and above all, the millions of patients who have received compassionate, high-quality care at Planned Parenthood health centers — are standing with Planned Parenthood. We have protected women's health for generations, and we're not going to stop, no matter what.

Please, share this message far and wide. Thank you for continuing to stand with Planned Parenthood.

Sincerely,

Cecile Richards, President
Planned Parenthood Federation of America

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The *New England Journal of Medicine*, n engl j med [nejm.org](http://nejm.org) 1

**Planned Parenthood at Risk**

George P. Topulos, M.D., Michael F. Greene, M.D., and Jeffrey M. Drazen, M.D.

Planned Parenthood is under attack — again. This time, a campaign of misinformation about the retrieval of fetal tissue used in research and therapy is
the excuse. When women have made the decision to terminate a pregnancy, Planned Parenthood allows them the opportunity to have the fetal tissue that would otherwise be discarded be used by qualified researchers to help answer important medical questions. The organization does so carefully, following all applicable laws and ethical guidelines. In a Perspective article now published in the Journal, Charo presents compelling arguments defending these uses of fetal tissue. Planned Parenthood, its physicians, and the researchers who do this work should be praised, not damned. The research is not easy to do, but as Charo explains, it has benefited millions of people worldwide. If the antichoice forces were allowed to rule the day, these advances would never have been made. We strongly support Planned Parenthood not only for its efforts to channel fetal tissue into important medical research but also for its other work as one of the country’s largest providers of health care for women, especially poor women. In 2013, the most recent year for which data are available, Planned Parenthood provided services to 2.7 million women, men, and young people during 4.6 million health center visits. At least 60% of these patients benefited from public health coverage programs such as the nation’s family-planning program (Title X) and Medicaid. At least 78% of these patients lived with incomes at or below 150% of the federal poverty level. Planned Parenthood’s services included nearly 400,000 Pap tests, nearly 500,000 breast examinations, nearly 4.5 million tests for sexually transmitted illnesses (including HIV), and treatments. The contraception services that Planned Parenthood delivers may be the single greatest effort to prevent the unwanted pregnancies that result in abortions. It is shameful that a radical antichoice group whose goal is the destruction of Planned Parenthood continues to twist the facts to achieve its ends. We thank the women who made the choice to help improve the human condition through their tissue donation; we applaud the people who make this work possible and those who use these materials to advance human health. We are outraged by those who debase these women, this work, and Planned Parenthood by distorting the facts for political ends. Dr. Topulos reports serving as a volunteer member of the medical committees of both Planned Parenthood League of Massachusetts and Planned Parenthood Federation of America. Disclosure forms provided by the authors are available with the full text of this article at NEJM.org. From the Department of Anaesthesia, Harvard Medical School, and the Department of Anesthesiology, Perioperative and Pain Medicine, Brigham and Women’s Hospital (G.P.T.); and the Department of Obstetrics and Gynecology, Massachusetts General Hospital (M.F.G.) — all in Boston. This article was published on August 12, 2015, at NEJM.org. 1. Charo RA. Fetal tissue fallout. N Engl J Med. DOI: 10.1056/NEJMp1510279. 2. Planned Parenthood Federation of America. Our health, our decisions, our moment. 2013–2014 Annual report (http://plannedparenthood.org/files/6714/1996/2641/2013-2014_Annual_Report_FINAL_WEB_VERSION.pdf). 3. Planned Parenthood Federation
Population Increasing Rapidly

Lorax’s Birthday and Earth Overshoot Day August 13, 2015

Labor Day and the Meat Hotline

Food, Sex, and Action Kits

Population to Top 11 Billion by 2100

The United Nations has released the latest revision of its World Population Prospects, and once again the numbers have been revised upward. In just nine years, we'll hit 8 billion people on the planet, well on the way to the projected 11.2 billion by 2100 -- which will be almost twice as many as when we started this century. (The UN also released its latest numbers on the planet's current population, which is reflected in our updated population counter.)

Unfortunately the meager news coverage of the report focused on our "slowing" growth rate. While it's statistically true that the rate of global population growth is .06 percent slower than it was 10 years ago, the actual numbers tell a different story: We're adding 83 million people to the planet every year -- 3 million more than a decade ago. Without a greater drop in fertility rates through universal access to contraception, reproductive justice and education for women and girls worldwide, the momentum of our growth will keep increasing the pressure on our climate and environment. Both the rate and actual numbers of wild plants and animals going extinct will continue to skyrocket.

As you'll read below, we're already using up more resources than the planet can replenish, and it's happening earlier every year. It's going to take a truly comprehensive effort -- a profound change in the way we think and act when it comes to family planning, food, fuel and waste -- to turn these numbers around. We need to start the revolution today.
For the wild,

Stephanie Feldstein
Population and Sustainability Director

P.S. Today's world population is: 7,361,174,462. We can still save room for wildlife -- spread the word and share the newsletter below.

The Lorax’s Birthday Marked by Deficit in Planet’s Resources

Forty-four years ago The Lorax, Dr. Seuss' iconic cautionary tale of overconsumption and deforestation, was published. It's sadly fitting that just one day after the book's anniversary earlier this month, we hit Earth Overshoot Day, the day we've used up more resources than the planet can replenish in a year. The Earth's budget is now in the red -- four and a half months too soon and a week earlier than it happened last year.

Earth Overshoot Day is calculated by the Global Footprint Network by dividing the amount of ecological resources the planet generates each year by the amount of land and water needed to produce the resources humans consume and absorb the waste we create. That number is divided by 365 to calculate the day when we've emptied our account, which this year came on Aug. 13. The Center partnered with the Global Footprint Network to raise awareness about overshoot and the impact of unsustainable overconsumption on the planet.

We're currently blowing through the equivalent of 1.5 Earths every year. And if everyone lived like Americans, the number would be closer to 4.5 Earths. Since we only have one planet, it's long past time to listen to the Lorax and speak for the trees.

Get Wild With Campus Action Kits

With fall semester nearly here, the Center has the perfect addition for the college activist's back-to-school list: Our new Campus Wild Action Kits will help students talk about food, sex and sustainability. We're giving away 100 kits full of resources to spread the word about how what we eat and the reproductive health choices we make affect wildlife and the planet. If you're a student or know someone on campus, be among the first to join our "Team Wild" campus volunteer network by signing up to receive one of the brand-new action kits. Make this school year a little wilder.

Defeat the Meat Hotline

Between Memorial Day and Labor Day, Americans eat an average of 818 hot dogs per second. That's a huge amount of meat that's responsible for enormous amounts of habitat loss, greenhouse gas emissions and other threats to wildlife. With one of the meatiest days of the year -- Labor Day -- still to come, the Center is creating a hotline to help barbecue-goers "defeat the meat" temptation when faced with a smoking hot grill. Watch our Facebook page before Labor Day for the number to call when you're in the midst of a near-meat experience over the holiday weekend.
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“By the Pinch and the Pound” by Laura Miller and Emilie Hardman, in Protest on the Page. Tracks the evolution of vegetarian and vegan cookbooks and catalogues the arguments for not eating meat or using animal products. See Bill Lueders, “A Slogan in Every Pot: Cookbooks as Protest Literature.” The Progressive (July-August 2015).

Nutrition, Health

This subject has been and is being thoroughly covered particularly by the corporate food industry, but you might want to read Michael Moss, Salt Sugar Fat: How the Food Giants Hooked Us.
Rights and Protection of Animals

PETA’s Latest Number of *Animal Times*

Dick, Center for Human Well-being

Vegan Liberationist Gary Yurofsky, “Best Speech You Will Ever Hear”:
https://www.youtube.com/watch?v=_K36Zu0pA4U

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Global Warming, Climate Change

PETA’s *Animal Times*

END VEGETARIAN ACTION NEWSLETTER #21,
SEPTEMBER 2015

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Dick Bennett

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