ANNOUNCEMENTS

OMNI’s NEW YEAR’S VEGETARIAN POTLUCK IS WEDNESDAY, JANUARY 11, 6pm (2ND Wednesdays) at the OMNI Center for Peace, Justice, and Ecology.

The values of Vegetarianism are immeasurably large. As my exercise teacher says, stretch as far as you can: Come to the Potluck out of curiosity, to taste new recipes, to discuss nutrition, for compassion for animals, for the soil, atmosphere, and species, for the climate. For whatever reason, come share vegetarian food and your views with us in a congenial setting. We have ourselves and a world to change.

Ruth Francis has donated one of her vegan cookbooks as door prize. Ellen J. Jones. *Eat Vegan on $4 Day*. 2011. (Dick: I made a tasty black bean soup from it...
yesterday.)

At OMNI, 3274 Lee Avenue, just south of Liquor World. More information: 935-4422; 442-4600. January 11, 6pm.

FEBRUARY 8 POTLUCK, note from Donna:

Amy Wilson (From Beaver Lake Water District) wrote a Cajun cookbook with her sister from old family recipes with a VEGAN version as well. I want to make the gumbo and cornbread and bring it to the FEB 8th potluck and have a BOOKSIGNING and talk with her.

Restaurant Tips (send what you have discovered for future newsletters):

On Dec. 28 I lunched at Fresco in Fayetteville, Center St. It offered 3 vegetarian entrees: portobello ravioli (my companion thought it excellent), eggplant parmesan, veggie lasagna (my choice and it was delicious with equally good salad) ($12 to $14), and 3 sandwiches/wraps: veggie burger, veggie mixed grill, cheese and soup (($7 to $8).

Try the Veg Fajita at La Huerta on College, a large plate of freshly stir-fried veggies accompanied by a plate of beans, rice, and guacamole--two meals for one price!

Golden Corral: eat all you want of fresh and freshly cooked veggies, and all you want of desserts! $10 I recall.

CONTENTS: OMNI Vegetarian/Vegan Action Newsletter #34, January 11, 2017

VegNews (February 2017), items cited to indicate range

Health, Nutrition

New film: What the Health! From the makers of Cowspiracy

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Eggs

Empathy, Compassion, Protection of Animals
PETA, “Why Animal Rights?”
Practical Guide to Animal Rights
Google Search
Animal Times (#3 2016)

Climate Catastrophe, Capitalism, Fossil Fuels
Vegetarian Action on Climate
Categorical Responses to Climate Catastrophe
Steve Coll, ExxonMobil

Vegetarian Action #33

VEGNEWS (Feb. 2017) a few examples of contents:
Ad p. 3, Vegan, cruelty free, non-toxic skin creams
Ad p. 4, Lightlife, Plant Protein.” “Meat” made from plants.
Ad p. 7, “Leaping Bunny Program,” “connecting compassionate consumers with cruelty-free companies,” info@LeapingBunny.org (888-546-CCIC)
Ad p. 9, Veestro, plant-based meals delivered, veestro.com
“Veganism Saved My Life” by Emily Kivel, who spoke with five peole who learned the relationship of food choices and illness.
“Salad Days” by Julie Morris. I'm going to try some of these recipes they sound so delicious.
“Veg Picks” by VegNews staff: ten new vegan products recommended by staff members, pp. 56-57.
“Phoenix Rising” by Margaux Lushing. A food and health tour around Phoenix, AZ, and
environ.

Books on food and health pp. 73-4.

“Veganuary,” a program of compassion for cruelty-free living—advice, recipes, restaurants—supported by vegan organizations such as Mercy for Animals and Farm Animal Rights Movement.

**Nutrition, Health**

_Cowspiracy_ Film Makers Announce NEW film: *What the Health!*

by Jackie Day on January 23, 2016 in vegan


Kip Anderson and Keegan Kuhn, the talented and passionate men behind the groundbreaking documentary _Cowspiracy_ have just announced their next film: _What the Health!_ They've been working on it for the past year, and have finally announced the project on indiegogo and surpassed their initial funding goals in less than 24 hours! THAT's how much folks want informative films such as this to be made.

The film makers describe it as: “a combination of _Cowspiracy_ and _Forks Over Knives_ on steroids.”

It’s a “ground breaking feature length documentary that follows the exciting journey of an intrepid filmmaker, Kip Andersen, as he uncovers the impacts of highly processed industrial animal foods on our personal health and greater community, and explores why leading health organizations continue to promote the industry despite countless medical studies and research showing deleterious effects of these products.”

**U.S. Department of Health and Human Services**

**U.S. Food and Drug Administration**

A to Z Index [http://www.fda.gov/Food/default.htm](http://www.fda.gov/Food/default.htm)

Follow FDA
En Español

Search FDA  http://www.fda.gov/Food/default.htm

Food…. and much more
FSMA (Food Safety Modernization Act)

Food Safety
How to Understand and Use the Nutrition Facts Label
Safe Food Handling: What You Need to Know
How to Report a Problem with Food
Foodborne Illnesses: What You Need to Know
Refrigerator Thermometers: Cold Facts about Food Safety

Food Businesses
How to Start a Food Business

Food Labeling Guide
Registration of Food Facilities
Current Good Manufacturing Practices (CGMPs)
Prior Notice of Imported Foods

Contact FDA
Outreach and Information Center  http://www.fda.gov/Food/default.htm
1-888-SAFEFOOD
1-888-723-3366
10 AM- 4 PM EST
Closed Thurs 12:30PM - 1:30PM EST

Inquiries: Submit Your Question  http://www.fda.gov/Food/default.htm

Center for Food Safety and Applied Nutrition
Food and Drug Administration
5001 Campus Drive
College Park, MD 20740
Government Accountability Project, Food Integrity Campaign

http://www.foodwhistleblower.org/

http://www.foodwhistleblower.org/blog/

Food Integrity Campaign » Protecting Food. Empowering ...

Learn more about whistleblowers' disclosures, and sign the Food Integrity Campaign's petition urging top pork producer Hormel Foods to slow down ... GAP Whistleblower Delivers 60,000+ Petition Signatures to Capitol Hill in Support of ...

Contribute to GAP and read GAP’s magazine Whistleblower. The Fall 2016 number has these articles and more: “Staying Ahead in the Fight for Better Food.” “The Oil-dispersant Fiasco” about BP’s Deepwater Horizon disaster poisoning food from the Gulf, the effects of which will “haunt us for generations to come.”

EGGS WITH OR WITHOUT YOLKS—WHICH IS HEALTHIER?

FIND OUT: http://www.ecowatch.com/egg-whites-vs-whole-egg-2145145130.html?utm_source=EcoWatch+List&utm_campaign=94aabb0b18-MailChimp+Email+Blast&utm_medium=email&utm_term=0_49c7d43dc9-94aabb0b18-85335357
Why Animal Rights?

Almost all of us grew up eating meat, wearing leather, and going to circuses and zoos. Many of us bought our beloved “pets” at pet shops, had guinea pigs, and kept beautiful birds in cages. We wore wool and silk, ate McDonald’s burgers, and fished. We never considered the impact of these actions on the animals involved. For whatever reason, you are now asking the question: Why should animals have rights?

In his book *Animal Liberation*, Peter Singer states that the basic principle of equality does not require equal or identical treatment; it requires equal consideration. This is an important distinction when talking about animal rights. People often ask if animals should have rights, and quite simply, the answer is “Yes!” Animals surely deserve to live their lives free from suffering and exploitation. Jeremy Bentham, the founder of the reforming utilitarian school of moral philosophy, stated that when deciding on a being’s rights, “The question is not ‘Can they reason?’ nor ‘Can they talk?’ but ‘Can they suffer?’” In that passage, Bentham points to the capacity for suffering as the vital characteristic that gives a being the right to equal consideration. The capacity for suffering is not just another characteristic like the capacity for language or higher mathematics. All animals have the ability to suffer in the same way and to the same degree that humans do. They feel pain, pleasure, fear, frustration, loneliness, and motherly love. Whenever we consider doing something that would interfere with their needs, we are morally obligated to take them into account.

Supporters of animal rights believe that animals have an inherent worth—a value completely separate from their usefulness to humans. We believe that every creature with a will to live has a right to live free from pain and suffering. Animal rights is not just a philosophy—it is a social movement that challenges society’s traditional view that all nonhuman animals exist solely for human use. As PETA founder Ingrid Newkirk has said, “When it comes to pain, love, joy, loneliness, and fear, a rat is a pig is a dog is a boy. Each one values his or her life and fights the knife.” Watch a video with Ingrid Newkirk from the 2015 Animal Rights National Conference here.

Only prejudice allows us to deny others the rights that we expect to have for ourselves. Whether it’s based on race, gender, sexual orientation, or species, prejudice is morally unacceptable. If you wouldn’t eat a dog, why eat a pig? Dogs and pigs have the same
capacity to feel pain, but it is prejudice based on species that allows us to think of one animal as a companion and the other as dinner.

**The PETA Practical Guide to Animal Rights**

Take vital steps to cut thoughtless cruelty to animals out of your life and to educate others around you. Check out the most comprehensive book on animal rights available today! In *The PETA Practical Guide to Animal Rights*, PETA president Ingrid E. Newkirk provides hundreds of tips, stories, and resources. It’s PETA’s must-have guide to animal rights. Also available for the Kindle!

**Why Animal Rights? | Uncompromising Stands on Animal Rights**


*People* often ask if animals should have rights, and quite simply, the answer is ... As PETA founder Ingrid Newkirk has said, “When it comes to pain, love, joy, ...

**People for the Ethical Treatment of Animals (PETA): The animal rights**

[www.peta.org/](www.peta.org/)

PETA's animal rights campaigns include ending fur and leather use meat and dairy consumption fishing hunting trapping factory farming circuses bull fighting ...

**HBO: I Am An Animal: Interview: Ingrid Newkirk**

[www.hbo.com/documentaries/i...animal...newkirk.../ingrid-newkirk.html](www.hbo.com/documentaries/i...animal...newkirk.../ingrid-newkirk.html)

I Am An Animal: The Story of Ingrid Newkirk and PETA .... They'll do something-and they'll tell other people about it, so that those people can do something, too.

**Ingrid Newkirk - Wikiquote**


Jump to On pets - The bottom line is that people don't have the right to manipulate or to ...too much, but I love walking and cuddling somebody else's dog.

**People for the Ethical Treatment of Animals - Wikipedia**

[https://en.wikipedia.org/.../People_for_the_Ethical_Treatment_of_Animal...](https://en.wikipedia.org/.../People_for_the_Ethical_Treatment_of_Animal...)

Jump to Ingrid Newkirk - People for the Ethical Treatment of Animals is an American animal rights .... But she made a convincing case that Washington needed a vehicle for animalsbecause the current organizations were too ...

**Ingrid Newkirk - Wikipedia**

Until she was 22, Newkirk had given no thought to animals rights or ... and Newkirk decided to take them to an animal shelter. ... Some of those people would take pleasure in making them suffer.

Sequel: The Donkey That Wouldn't Die↑ Back to top - Zoo Torah

Then Ms. Newkirk made her request to Arafat: "If you have the opportunity, will you please add to ... But if animals are people too, then people are animals too.

Gifts of Speech - Ingrid Newkirk
gos.sbc.edu/n/newkirk.html

I was inspired to form People for the Ethical Treatment of Animals after ... by using infrasound-powerful, deep rumbles at frequencies too low for us to pick up-and ...

10 Insane Facts About PETA - Listverse

listverse.com/2013/05/30/10-insane-facts-about-peta/

May 30, 2013 - PETA (People for the Ethical Treatment of Animals) was formed in 1980 by Ingrid Newkirk and Alex Pacheco. While hardly the first ... I'm not too sure myself about milk changing humans at the genetic level. It seems more of an ...

My Disturbing Encounter with the Mind of PETA – Nathan J Winograd

www.nathanwinograd.com/?p=8765

Mar 13, 2012 - One employee explained to me that animals don't need to be suffering ... allows Newkirk and her staff to mislead people into believing that the killing ... left me not only deeply unsettled, but, I must admit, a little bit shaken, too.

PETA Magazine, Animal Times ( #3 2016):

  Ingrid Newkirk, Founder, President
  Opening message on the drug Premarin.
  Essay, “Animals Are People, Too.”
  Article, “If the Meat Industry Had Its Way, You’d Never Know This.” On cruelty kept secret at Sanderson Farms hatchery in N. C.
  Article, “Let’s End the War on Animals.” About brutal treatment of animals for military trauma training.
  Article on sheep wounded during shearing, “What Are You Really Paying For When You Buy Italian Wool?”
  “Kids Are Wild About ‘Share the World.’” The empathy building program from TeachKind, PETA's humane-education division.
PETACatalog.com offers a variety of animal rights items, such as a T-Shirt with message: “When it comes to feelings like hunger, pain, and joy, a rat is a pig is a dog is a boy.”

And More. –Dick

ANIMALS ALL, WHAT WE SHARE

Climate Catastrophe, Capitalism, and Fossil Fuels

For a large guide to reading about the struggle of vegetarians against climate catastrophe, see past numbers of Vegetarian Action. Comparatively, few climate mitigation movements offer as much practical hope as ending carnivorism.

Vegetarian Action

#33 http://jamesrichardbennett.blogspot.com/2016/12/vegetarian-action-newsletter.html


#31 http://jamesrichardbennett.blogspot.com/2016/10/vegetarian-action-newsletter-31.html


#29 http://jamesrichardbennett.blogspot.com/2016/06/vegetarian-action-newsletter-29-june-8.html

etc.
DEGREES OF INDIVIDUAL RESPONSES TO CLIMATE CATASTROPHE  (Dick)

I. Business As Usual
   A. Ignorance
   B. Denial
      1. Individual: I don’t want to be bothered
      2. Corporate, esp. fossil fuels industry, drive for profits reinforces ignorance and escape

II. Positive Responses to Enlarging Awareness
   A. Protect self
   B. Protect self and family
   C. Protect town, city
   D. Protect nation
   E. Protect PLANET

Steve Coll.  *Private Empire: ExxonMobil and American Power.*


*STEVE COLL  READ AN EXCERPT, AUTHOR, Q&A, PRAISE*

*New York Times Bestseller*

*Two-time Pulitzer Prize winner Steve Coll goes deep inside ExxonMobil Corp, the largest and most powerful private corporation in the United States.*

*Awards:*  Financial Times Business Book of the Year Award WinnerNational Book Critics Circle Award Finalist800-CEO-READ Business Book Award WinnerRidenhour Book Prize ShortlistLos Angeles Times Book Prize Finalist

*SHARE*

In *Private Empire* Steve Coll investigates the largest and most powerful private corporation in the United States, revealing the true extent of its power. ExxonMobil’s annual revenues are larger than the economic activity in the great majority of countries. . . .

The first hard-hitting examination of ExxonMobil, *Private Empire* is the masterful result of Coll’s indefatigable reporting. He draws here on more than four hundred interviews; field reporting from the halls of Congress to the oil-laden swamps of the Niger Delta; more than one thousand pages of previously classified U.S. documents obtained under the Freedom of Information Act; heretofore unexamined court records; and many other sources. A penetrating, newsbreaking study, *Private Empire* is a defining portrait of ExxonMobil and the place of Big Oil in American
politics and foreign policy.

I read the review in The Daily Beast (http://www.thedailybeast.com/articles/2012/05/06/steve-coll-on-exxonmobil-s-sinister-kingdom-and-private-empire.html) to compare with the preceding publisher’s blurb, and they seemed in agreement. Here’s the final paragraph:

It is frightening how little Americans can do about the impact of oil. As poor societies get richer, China and India’s appetite for cars and industrial growth will explode. And in this way, Private Empire is a deeply unsettling book. As much as Coll seeks to bring to light all that ExxonMobil needs to answer for—and this is a considerably necessary service—the far more unsatisfying takeaway is that we shouldn’t kid ourselves. “We have a global energy economy that’s going to make oil essential at least for the next 20 years,” Coll says. And as Lee Raymond once remarked, “We see governments come and go.” We need oil to function, at least for now. ExxonMobil is here to stay.


Contents: Vegetarian Action #33, December 14, 2016

http://jamesrichardbennett.blogspot.com/2016/12/vegetarian-action-newsletter.html

Vegetarian and Vegan Magazines and Books

Vegetarian and Vegan APPS, Podcasts, Magazines, Books

Health, Nutrition

Fran Alexander

Rob Wallace. Big Farms Make Big Flu
Transform Factory Farms and Human-Type Waste Disposal

**Respect for Animals, Empathy, Compassion & Protection of Animals**

ASPCA

Farm Sanctuary

Mike Masterson Ridicules PETA's Memorials

Writings by Bernard Rollin on Animal Ethics

Steve Best, Animal Rights and Liberation

Grace for "All Creatures"? NADG

**Climate Catastrophe: Mitigation, Adaptation**

Google Search

**Climate Catastrophe: Population Growth, Consumption**

How the Food System Drives Climate Change

Population Connection, another Organization Deserving Support

AR Obesity Declines, Slightly

**Deforestation**

Union of Concerned Scientists, What’s Driving Deforestation?

David Smith, Chinese Pulp Mill Coming to AR

**Water Pollution**

A New Front in the War over Hog Waste in the Buffalo River Watershed, Ark Times

Factory Farm Runoff Is Polluting Lake Erie, But CAFO Sewers Are Not the Answer, In These Times

END OMNI VEGETARIAN ACTION NEWSLETTER 34

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Dick Bennett
Blog: http://jamesrichardbennett.blogspot.com/
For research purposes, specific subjects can be located in the following alphabetized index, and searched on the blog using the search box. The search box is located in the upper left corner of the webpage.
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