Forward to help advance vegetarianism and veganism.

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OMNI’s SEPTEMBER VEGETARIAN POTLUCK is Wednesday, SEPTEMBER 13, 2017, at OMNI, Center for Peace, Justice, and Ecology (2ND Wednesdays). We start eating at 6:00. All are welcome.

You may want to enjoy and discuss some old or new vegetarian or vegan recipes, to talk about healthier food, or you are concerned about cruelty to animals or global warming and climate catastrophe. Whatever your interest it’s connected to food; whatever your motive, come share vegetarian and vegan food and your views with us in a friendly setting. If you are new, get acquainted with OMNI’s director, Gladys Tiffany. OMNI is located at 3274 Lee Avenue parallel to N. College east of the Village Inn and south of Liquor World. More information: 935-4422; 442-4600.
If this subject is important to you and you are looking for meaningful, part-time volunteer work, consider coordinating the potlucks or editing this newsletter. Contact Dick or Gladys.

Wednesday Sept. 13 Potluck emphasizes Native American Food Gardens and Cooking


Here are my miscellaneous notes from the chapter.

It begins with a full color photo of “Hopi Blue” corn with this caption: “the most famous of the colored corn varieties. It is easy to grind and makes flavorful cornbreads and tortillas.”

Apparently corn was universal from NE to SW, with many varieties and cooking methods. See pp. 70-72, 76-77 and 78- for recipes: Fresh Corn Pudding, Succotash, Johnny Cakes, etc.

Hominy, Tortillas….and Popcorn! Just throw the kernels in your evening fire’s embers.

But beans (74) and squash (78, and a recipe 81) equally common with variations.

And then Sunchoke (73) and peppers (73).

A main idea: NA foods offered great variety, in contrast to our industrialized near-uniformity.

Read the chapter: [https://omnireferences.blogspot.com/2017/07/native-american-gardening-cooking.html](https://omnireferences.blogspot.com/2017/07/native-american-gardening-cooking.html)
Contents: Newsletter #40 September 13

Health and Nutrition

Enjoying Recipes from *VegNews* and *NADG*

Drawbacks to Meat: Deadly Pathogens Mutating

  - Industrial Farming Superbugs
  - Big Farms, Big Flu
  - Declining Effectiveness of Anti-Biotics
  - Dead Zone in Gulf of Mexico

Protection of Animals, Do No Harm, Compassion

*PETA Magazine, Summer 2017*

  - Focus on Sea Animals
  - Sea World Changes
  - Eating Live Fish

Jon and Tracey Stewart Animal Rescuers

  - Tracey’s Book, *Do Unto Animals*

Global Warming, Climate Catastrophe, Change the System Not the Climate

*Braun, Meeting Paris Goals vs Eating Meat*

*Krantz, Al Gore’s *An Inconvenient Sequence* Underreports Harms of Eating Meat*


Fight CC: Choose Vegetarian/Vegan
Health and Nutrition

Vegetarian/Vegan magazines celebrate healthy food

VEGNEWS

Love the plant-based lifestyle? Subscribe now, and we’ll send you our September+October Comfort Food Issue as a special gift! Inside you’ll find:

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+ and so much more!

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Misc. notes on Veg/News Sept./Oct. 2017


pp. 33-35, “There’s Plenty of Fish in the Sea” by Anna Starostinetskaya “explores the alarming state of our seas and what can be done to spare its inhabitants.” She quotes Paul Watson favorably: “… the solution is complete and absolute shutdown of all commercial fishing operations worldwide.”

Veg/Veg is everywhere in USA? Allie’s Vegan Pizzeria & Café you find in Spokane, Wash. Where is that? Read all about pp. 58-59.

And so on, more to share in October.

Cookbook VEGAN ON THE CHEAP thanks to Ruth Francis
The “Vegetable Lentil Stew” last week and contained many healthy veggies and the preparation was enjoyable. I intend to try that cookbook again soon with “Sweet Potato Succotash Stew”, and “Three Spicy Sisters Stew.”

THE NEWSPAPER
Have rumors of errors in recipes in newspapers scared you off? But I found no problems with a simple but delicious vegetable soup found in the NADG. Its particular strength derived from the generous use of fresh basil and substantial simmering. Pomodoro Salad was simple and easy and wonderfully rich with fresh seasonings: tomatoes, onion, garlic, fresh parsley, fresh basil, fresh thyme, olive oil (I added a little lemon). All the ingredients are ready for Vegetable Jambalaya tomorrow: onion, bell pepper, garlic, rice, veg. broth, corn, Worcestershire sauce, red pepper, black-eyed peas, and stewed tomatoes. I assume various Native Americans, depending on time, place, and nation, would have cooked with all of these vegetables. –Dick

LOCAL RESTAURANTS
Applebee’s Advert. Insert Today 2 Full Pages

On one side 9 entrees with photos, all for carnivores. On the side 3 entrees with larger photos again all with meat.

For breakfast Village Inn continues superlative for vegetarians, with numerous non-meat combinations.

Olive Garden’s soup (minestrone only) and salad combination a good price and all you can eat.

Where do you recommend?

SOME OF THE DOWNSIDES TO EATING MEAT

How industrial farming techniques can breed superbugs | PBS ...

PBS: Affirmative Government in the Public Interest

www.pbs.org/newshour/bb/industrial-farming-techniques-can-breed-superbugs/

16 hours ago - As high-density, industrial-scale livestock farms have become fertile breeding ... How a flood of antibiotics landed in your chicken ... Miles begins at a Missouri pig farm, as part of our weekly science series, Leading Edge.

TOPICS > SCIENCE > STOPPING SUPERBUGS
How industrial farming techniques can breed superbugs

August 9, 2017 at 6:35 PM EDT

As high-density, industrial-scale livestock farms have become fertile breeding grounds for disease, they've also become a major source of drug-resistant superbugs. Science correspondent Miles O'Brien and economics correspondent Paul Solman team up to report on how scientists are studying how superbugs can get into the food supply.

- RELATED
  How a flood of antibiotics landed in your chicken

SEE PODCASTS

Find all of the stories in our series Stopping Superbugs

JUDY WOODRUFF: But first: our special series Stopping Superbugs.

This week science correspondent, Miles O'Brien and economics correspondent Paul Solman tag-team again for a look at how the use of antibiotics in livestock can lead to unhealthy, even dangerous outcomes. . . . www.pbs.org/newshour/bb/industrial-farming-techniques-can-breed-superbugs/

RELATED LINKS

- Column: The never-ending debate over finishing your antibiotics
- We are running out of effective antibiotics fast
- Drug companies aren’t making new antibiotics. Is there an economic cure?

MILES O’BRIEN: Russ Kremer is obsessed with keeping his pigs healthy, because he knows firsthand that his own health depends on it.

RUSS KREMER: That’s about as good as it’s going to get.

MILES O’BRIEN: Thirty years ago, the farmer from Frankenstein created a monster after he adopted industrial farming techniques to increase his pig production.

RUSS KREMER: My pigs were unhealthy. I would go through my pigpens three times a day, injecting them with antibiotics to cure some sort of chronic diseases that I had on my place.

And, in fact, I was actually growing superbugs in this farm and didn’t know it.
MILES O’BRIEN: How he found out nearly killed him. He was gored in the leg by a boar, and the wound became infected. His doctor told him not to worry, antibiotics were the cure. But it wasn’t that simple.

RUSS KREMER: We tried two different tetracyclines. We tried streptomycin. We tried erythromycin, amoxicillin, seven different antibiotics in total, to no avail.

MILES O’BRIEN: So he checked the reports from his veterinarian to see what infections his pigs had and what antibiotics worked for them.

RUSS KREMER: It came back, resistant, resistant, resistant, resistant. And finally, aha, there was one antibiotic at that time that had some effect on that disease. They treated me, and thank God there were this new-generation drug. And so that transformed my life.

MILES O’BRIEN: Molecular microbiologist Lance Price also grew up on a farm, a cattle ranch. He watched firsthand as a neighboring dairy went from a small-scale family operation to a high-density, industrial-scale farm.

They are called concentrated animal feeding operations. Lance Price says they are fertile breeding grounds for disease.

LANCE PRICE, George Washington University: You pack them together, snout to tail in the case of pigs, and beak to feather in the case of chickens and turkeys, they’re going to share bacteria.

So we have engineered a system that makes them sick. Rather than change that system, we actually just add low doses of antibiotics to try to prevent infections.

MILES O’BRIEN: Price and his team at George Washington University conduct large epidemiological studies of meat that is sold in grocery stores. They culture the bacteria found on the meat and test to see how they react to disks saturated with antibiotics. He is hunting for superbugs.

LANCE PRICE: If they’re susceptible, that is, not resistant, to the antibiotic, they will be inhibited. They won’t grow near the disk. But when they grow right up to the disk, like all of these, that means that that bacteria is resistant to all those antibiotics. You don’t want to get infected with one of these.

And these are bacteria that we actually isolated from the food supply.
MILES O’BRIEN: He sequences the genomes of E. coli from food and from people, comparing them to a database of 7,000 distinct types of the bacteria.

LANCE PRICE: We’re trying to figure out, hey, did this urinary tract infection come from the E. coli from animals or from food?

MILES O’BRIEN: He says there is a strong case linking the use of antibiotics in livestock to the spread of drug-resistant bacteria in humans.

LANCE PRICE: So, on every grocery store shelf in this country, I guarantee you you’re going to find drug-resistant bacteria on the meats of those shelves. And then they get in our guts when we consume the meat from those animals.

Most of the time, that’s a dead end, right? We will eventually get rid of those bacteria. We will shed them away. But, sometimes, they will take hold.

MILES O’BRIEN: In the 1950s, farmers discovered feeding livestock steady, low doses of antibiotics made them grow faster. But this so-called subtherapeutic use of these precious drugs raised concern in the medical community and the government.

In 1977, the U.S. Food and Drug Administration proposed a ban on subtherapeutic uses of penicillin and tetracycline in animal production. But the rule was never enacted. And the problem worsened.

In 1989, human and livestock usage of antibiotics was about equal. Today, agriculture accounts for about three-quarters of all the antibiotics used in the United States.

MAE WU, Natural Resources Defense Council: We have to stop now. We have to stop abusing them now, so that we can slow this problem down.

www.pbs.org/newshour/bb/industrial-farming-techniques-can-breed-superbugs/

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*Big Farms Make Big Flu: Dispatches on Infectious Disease, Agribusiness, and the Nature of Science* by Rob Wallace

https://monthlyreview.org/product/big_farms_make_big_flu/

Thanks to breakthroughs in production and food science, agribusiness has been able to devise new ways to grow more food and get it more places more quickly. There is no shortage of news items on the hundreds of thousands of hybrid poultry each animal genetically identical to the next packed together in megabarns, grown out in a matter of months, then
slaughtered, processed, and shipped to the other side of the globe. Less well known are the **deadly pathogens mutating** in, and emerging out of, these specialized agro-environments. In fact, many of the most dangerous new diseases in humans can be traced back to such food systems, among them *Campylobacter*, Nipah virus, Q fever, hepatitis E, and a variety of novel influenza variants.

In *Big Farms Make Big Flu*, a collection of dispatches by turns harrowing and thought-provoking, Rob Wallace tracks the ways influenza and other pathogens emerge from an agriculture controlled by multinational corporations. With a precise and radical wit, Wallace juxtaposes ghastly phenomena such as attempts at producing featherless chickens with microbial time travel and neoliberal Ebola. Wallace also offers sensible alternatives to lethal agribusiness. Some, such as farming cooperatives, integrated pathogen management, and mixed crop-livestock systems, are already in practice off the agribusiness grid. While many books cover facets of food or outbreaks, Wallaces collection is the first to explore infectious disease, agriculture, economics, and the nature of science together. *Big Farms Make Big Flu* integrates the political economies of disease and science into a new understanding of infections. MORE

https://monthlyreview.org/product/big_farms_make_big_flu/

**Harms Well-Known, Here Are Studies from 2016 and 2014**

**How Drug-Resistant Bacteria Travel from the Farm to Your Table ...**

https://www.scientificamerican.com/.../how-drug-resistant-bacteria-travel-from-the-far...

Dec 1, 2016 - *Antibiotic*-resistant bacteria from livestock pose a deadly risk to people. ... The agriculture industry says fears are exaggerated, whereas researchers ... up links in the resistance chain leading from animal farm to human table.

**Antibiotics and Industrial Farming 101 - The Pew Charitable Trusts**


May 5, 2014 - *Antibiotic* overuse on industrial farms is a big part of the problem. ... and many other leading U.S. medical and scientific organizations stated in ...

**Portside moderator <moderator@portside.org>**

7:01 PM (19 hours ago)

**Meat Industry Blamed for Largest-Ever 'Dead Zone' in Gulf of Mexico**
A new report shows toxins from suppliers to companies like Tyson Foods are pouring into waterways, causing marine life to leave or die.

Toxins from manure and fertiliser pouring into waterways in and around the Gulf of Mexico are causing harmful algal blooms, leading to widespread ‘dead zones’. Patrick Semasky/AP

The global meat industry, already implicated in driving global warming and deforestation, has now been blamed for fueling what is expected to be the worst “dead zone” on record in the Gulf of Mexico.

Toxins from manure and fertiliser pouring into waterways are exacerbating huge, harmful algal blooms that create oxygen-deprived stretches of the gulf, the Great Lakes and Chesapeake Bay, according to a new report by Mighty, an environmental group chaired by former congressman Henry Waxman.

It is expected that the National Oceanic and Atmospheric Administration (Noaa) will this week announce the largest ever recorded dead zone in the Gulf of Mexico. It is expected to be larger than the nearly 8,200 square-mile area that was forecast for July – an expanse of water roughly the size of New Jersey.

Nutrients flowing into streams, rivers and the ocean from agriculture and wastewater stimulate an overgrowth of algae, which then decomposes. This results in hypoxia, or lack of oxygen, in the water, causing marine life either to flee or to die.

Some creatures, such as shrimp, suffer stunted growth. Algal blooms themselves can cause problems, as in Florida last summer when several beaches were closed after they became coated in foul-smelling green slime.

America’s vast appetite for meat is driving much of this harmful pollution, according to Mighty, which blamed a small number of businesses for practices that are “contaminating our water and destroying our landscape” in the heart of the country.

“This problem is worsening and worsening. . . .MORE click on title

Protection of Animals, Do No Harm, Compassion
**PETA Global** (Summer 2017).

See pp. 1-4, 6, 8, 13, 16-18, back cover.

Almost entire number about sea animals.

p.1. "PETA Calls for a Sea Change in Attitudes Toward Sea Life." Cephalopods and other intelligent sea animals.

p. 2. Ingrid Newkirk, PETA President appeals for compassion toward sea animals.

p. 3. PETA’s 39 “inflatable ‘dead orcas’” Sea World demonstration.

p. 4. Chinese Olympic star denounces orca captivity.

pp. 6-7. “Eaten Alive: A PETA Expose.” Protests of restaurants serving live fish or parts of live fish. The excruciating pain of being boiled alive or pulled apart alive is thoroughly documented. Paul McCartney advertises the PETA octopus shirt “Eat No” (Paul’s tee@PETACatalog.com). See PETA.org/FishEmpathy video “screened at its Fish Empathy Exhibit to promote compassion for aquatic animals.”

I hope to report on the rest of this no. of the magazine in the October OMNI VEGETARIAN ACTION NEWSLETTER.

**Comedian-Veterinarian Duo Rescue Farm Animals, from Parade Magazine**

**Comedian Jon Stewart and his veterinarian wife Tracey** rescue farm animals on their 45-acre farm in partnership with the national organization Farm Sanctuary (Tracey is on their board). She is author of *Do Unto Animals: A Friendly Guide to How Animals Live, and How We Can Make Their Lives Better*. Nicola Bridges. “Farm Animals Need Love Too.” Parade (June 25, 2017). See Parade.com/rescue.


The more we know about the animals in our world and the better we care for them, the better our lives will be. Former veterinary technician and animal advocate Tracey Stewart understands this better than most—and she’s on a mission to change how we interact with
animals. Through hundreds of charming illustrations, a few homemade projects, and her humorous, knowledgeable voice, Stewart provides insight into the secret lives of animals and the kindest ways to live with and alongside them. At home, she shows readers how to speak “dog-ese” and “cat-ese” and how to “virtually adopt” an animal. In the backyard, we learn about building bee houses, dealing nicely with pesky moles, and creative ways to bird-watch. And on the farm, Stewart teaches us what we can do to help all farm animals lead a better life (and reveals pigs’ superpowers!). Part practical guide, part memoir of her life with animals, and part testament to the power of giving back, Do Unto Animals is a gift for animal lovers of all stripes. [But is being friendly to sentient creatures awaiting their death sentence kindness?–D]

Global Warming, Climate Catastrophe, Change the System Not the Climate

animal husbandry's impact on climate

David Druding 12:14 PM (2 hours ago) bcc: me
9-5-17

DeSmogBlog, EcoWatch

Sep. 01, 2017 01

Meeting Paris Goals Means Dealing With Climate Impacts of Eating Meat By Ashley Braun

Environmental groups place a lot of attention on trying to stop new oil, gas and coal development since current fossil fuel projects would likely already blow us past the less-than 2°C upper limit for warming laid out in the 2015 Paris Climate Agreement. In fact, there’s a whole movement, known as "Keep It in the Ground," predicated on this idea. But when faced with a resurgence of support for fossil fuels from the White House, perhaps just as important is talking about how to "Keep It in the Cow," according to some reports.
Right now, experts predict agriculture is set to eat up half the greenhouse gas emissions the world can release by 2050 and still stay below 2°C (3.6°F) of warming.

That is, unless the world takes a big bite out of its meat consumption, especially from cattle and other livestock that chew their cud, say researchers at Chalmers University of Technology in Sweden. Raising these ruminants produces a lot of methane, a much more potent but shorter-lived greenhouse gas than carbon dioxide. MORE www.ecowatch.com/climate-change-diet-2480359232.html?utm_source=EcoWatch+List&utm_campaign=26a6a1baae-EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_49c7d43dc9-26a6a1baae-85398693

David Druding 9:36 PM (12 hours ago) bcc: me
8-10-17

everything Rachel writes here is correct but....

if her announcement that Gore has chosen to begin eating a plant based diet, he is at least taking himself seriously enough to walk his talk. That puts him into a group that is voluntarily "inconveniencing" themselves if they lack a better understanding, right?

at least the lights are on AND somebody is home, quite the contrary of the vast majority of our selected global leaders

Aug. 07, 2017 01:54PM EST

Al Gore's 'An Inconvenient Sequel' Conveniently Leaves Out This One Big Truth

By Rachel Krantz

At the end of An Inconvenient Sequel: Truth To Power, the audience is asked to take the pledge to #BeInconvenient—to keep demanding schools, businesses and towns invest in clean, renewable energy.

"If President Trump refuses to lead, Americans will," the call to action reads, encouraging viewers who want to fight climate change to use "your choice, your voice, your vote."
Feel-good cheers in the audience abounded, but in my seat, I was seething over the truth that was conveniently omitted from the new sequel to *An Inconvenient Truth*: that the most significant thing we as ordinary individuals can do every day to fight climate change is to adopt a plant-based diet. Al Gore himself went vegan in 2014, but aside from a split-second where he mentions that "agriculture is another major cause" of CO2 emissions, the subject is entirely left out of the film.

And that's disgraceful.

You want me to #BeInconvenient? OK, here are some facts: According to the U.S. Environmental Protection Agency (EPA), the livestock sector is one of the largest sources of carbon dioxide pollution, and the single largest source of both methane and nitrous oxide. According to the World Bank, animal agriculture is responsible for nearly 90 percent of Amazon rainforest destruction. The rainforest is our planet's lungs, and we are destroying it simply to make enough space to kill more animals. More than 80,000 acres of tropical rainforest—and 135 animal, plant and insect species—are lost due to this destruction each day.

If that kind of devastation is too massive to comprehend, consider these more convenient truths: If every American committed to just one Meatless Monday a week, it would be the environmental equivalent of all of the cars on the road switching from sedans to hybrids. The link is so significant that according to research published in the journal *Climate Change*, if you adopt a plant-based diet, you'll cut your carbon footprint in half.

Yet the bulk of *An Inconvenient Sequel* focuses on former Vice President Al Gore's quest to save the world, and the behind-the-scenes drama at the Paris climate accords. While it's inspiring to watch Gore help convince India's leaders to use more solar energy, far too much of the documentary is devoted to spotlighting him as a leader rather than informing viewers about the many concrete actions they can take to limit their own carbon footprints.

Telling viewers to fight back simply by taking the hashtag pledge to #BeInconvenient and ambiguously "vote with their choices" is a cop-out. What about the very concrete choice we can all start making today to leave animal products off our plates? Perhaps the filmmakers thought mainstream American viewers couldn't handle that message. After all, when we're still trying to get parts of the country and politicians to admit climate change is real, the bar is awfully low when it comes to confronting reality—even transportation's impact on the climate went unmentioned in the film.
But Gore is right when we he argues that we don't have any time to waste. If sea levels continue to rise at current pace, scientists estimate that New Orleans and Miami will be underwater by the end of the century. Due to our warming oceans, weather events are becoming more and more extreme—as Gore says, "every night on the evening news is like a walk through the Book of Revelations." Lobbying for solar power alone isn't going to cut it.

So yes, by all means, #BeInconvenient. Demand alternative energy reforms, vote in every election, and consider making the ultimate environmental statement by leaving animals off your plate—if not for their sake and your health, then for humanity. Because here's one of the most uncomfortable truths: We talk about climate change as if Earth's destruction hangs in the balance. But the truth is, the planet will persevere. It is mankind—and the many species we should be stewards of—that may not.

Rachel Krantz is lead writer for Mercy For Animals and host of the podcast Honestly Though

The documentary Meat the Truth (2008) by the Nicolaas G. Pierson Foundation. The film

Meat the Truth is a high-profile documentary, presented by Marianne Thieme (leader of the Party for the Animals), which forms an addendum to earlier films that have been made about climate change. Although such films have convincingly succeeded in drawing public attention to the issue of global warming, they have repeatedly ignored one of the most important causes of climate change, namely: intensive livestock production. Meat the Truth has drawn attention to this by demonstrating that livestock farming generates more greenhouse gas emissions worldwide than all cars, lorries, trains, boats and planes added together.

The Nicolaas G. Pierson Foundation chose to compile the best scientific information on climate change and livestock farming, which is presently available and to translate this for a broader audience. The film was produced by Claudine Everaert and Gertjan Zwanikken. The calculations on greenhouse gas emissions used in the film derive from and have been validated by the Food and Agricultural Organisation of the UN (FAO), the World Watch Institute, the Institute for Environmental Studies of the Free University Amsterdam and numerous other authoritative sources.

Well-known Dutch celebrities, such as Anthonie Kamerling, Georgina Verbaan, Henk Schiffmacher, Yvonne Kroonenberg, Karen van Holst Pellekaan, Wim.T.Schippers and Dolf
Jansen, participated in the making of the Dutch version of this documentary, which has already been deemed better than Al Gore’s *An Inconvenient Truth* by the science editors of the quality Dutch daily newspaper, the NRC Handelsblad.

In the meantime, the Nicolaas G. Pierson Foundation has also produced an international version of *Meat the Truth*. This English language film is better tailored to an international public and uses calculations on the carbon savings that may be achieved by reducing one’s meat consumption based on American, rather than Dutch, examples.

Many well-known celebrities, such as Pamela Anderson, Bill Maher, James Cromwell, Emily Deschanel, Tony Denison, Esai Morales, Megan Blake, Debra Wilson Skelton, Elaine Hendrix, Kate Flannery, Carol Leifer, Joy Lauren, Hal Sparks, Constance Marie, Kristina Klebe, Skyler Gisondo, Graham Patrick Martin, Greg Vaughan and Touriya Haoud Vaughan, participated in the making of the international version of the film.

With this documentary, the Nicolaas G. Pierson Foundation hopes to make a contribution to the societal discussion about a more plant-based and thus also more animal-friendly diet and society. Moreover, the Foundation also anticipates that the film will provide a showcase for prominent scientific reports about livestock farming and climate change, which unfortunately have thus far proved inaccessible to the general public.

**The world premiere of *Meat the Truth* was held on 10th December 2007 in the Tuschinski cinema in Amsterdam. The international version of the film premiered at London’s Odeon West End Cinema in Leicester Square on 19th May 2008 and has since also had its premiere screening in the USA at the Egyptian Theatre, Hollywood, LA during the Activist Film Festival on 3rd October 2008.**

The international version of the film is now available for purchase on DVD via Amazon.com. Click here to order your copy!

[The film is a decade old. Does its argument hold up 2017? See the following recent studies. --D]

**Studies Show Link Between Red Meat and Climate Change | Climate ...**


Apr 20, 2016 - Shifting diets away from meat could slash in half per capita greenhouse gas emissions related to eating habits worldwide and ward off ...

**Fight Climate Change by Going Vegan | PETA**

www.peta.org › Issues

Climate change has been called humankind’s greatest challenge and the ... the most important thing that you can do is stop eating meat, eggs, and dairy foods.
PUT FOLLOWING AT END of #40

Contents: July Vegetarian Action Newsletter #39, July 12, 2017


Special Potluck Program: Shari Withey on Fermentation

Nutrition, Health

Protection of Animals, Compassion

Climate

END VEGETARIAN/VEGAN ACTION NEWSLETTER #40

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